



**Enrichment Program**  
UNIVERSITY OF DENVER

# ENRICHMENT PROGRAM

**WINTER/SPRING 2025**



12

Understanding Key Trends and  
Insights of Sub-Saharan Africa

26

NEW PROGRAM:  
Retirement Reimagined

42

Bella Italia:  
Vivaldi and So Much More

# FEED YOUR CURIOSITY SERIES

## FREE LECTURES

Credit: Scott Dressel-Martin

### Please Be Our Guest

Join us for Feed Your Curiosity Week! Explore a variety of free lectures as we launch the winter/spring term. Get to know some of this term's instructors and find out what exciting topics they'll be covering. Whether you're eager to explore something new or deepen your knowledge on a familiar subject, come experience the joy of learning with us!

- Dates: January 13–16, 2025; 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., Jan. 13

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### 7 pm – *The Graduate*: Revolution on Film

When *The Graduate* hit screens in 1967, it defined the era better than any other film. The movie ushered in the new generation and removed the mores of another time. What's more, Paul Simon's music suited the societal revolution perfectly. And, of course, Anne Bancroft, Dustin Hoffman and Katharine Ross were unmatched. Join film buff Paul Turelli, who also plans to teach a course on film noir, for his enlightening take on this astonishing film.

### 8 pm – Beyond Color: The Craft of Black and White Photography

Black and white photographs are infused with a unique aesthetic impact and a timeless beauty. "But before we create monochrome, we must first learn to see and think in the tonalities of black and white," says professional photographer Scott Dressel-Martin. Let him help you assess opportunities for great black and white shots. Also learn some post-production tips and tricks for turning your color digital images into black and white photographs.

## Tue., Jan. 14

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### 7 pm – Intermittent Fasting: A Practice of Risk or Reward

The American Heart Association (AHA) recently reported that time-restricted feeding, a form of intermittent fasting (IF), was linked to a 91% higher risk of cardiovascular death. This sparked a flurry of people admonishing those who follow the practice and declaring that the trend is doing more harm than good. In this presentation, nutrition expert Dianne Koehler discusses the AHA announcement, the forms and features of IF, and IF's potential benefits and downsides.

### 8 pm – Legend, Lore, and the Lives of America's Most Iconic Bird

Step aside, Bald Eagle—the Eastern Whip-poor-will, a small and unassuming bird of the eastern U.S., is the country's most iconic bird! The whip-poor-will's haunting song and enigmatic life has inspired generations of poets, songwriters, novelists and nature-writers. But today, whip-poor-will numbers are declining. Based on research for his in-progress book, *The Lonesome Whip-poor-will*, cultural sociologist Jared Del Rosso's lecture explores the lore and lives of whip-poor-wills to deepen our connections to this threatened species of bird.

## Wed., Jan. 15

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### 7 pm – Retirement Reimagined

Retirement represents a seismic shift that impacts identity, purpose, relationships and daily routines. Here, DU emeritus professors Scott McLagan and Barbara Kreisman offer strategies and guidance to navigate this transition. Whether you're nearing retirement or already retired, learn to embrace this new chapter with confidence and clarity. This session kicks off a new offering called *Retirement Reimagined*, which features five detailed workshops, all related to creating a rewarding and fulfilling future! See pages 26–29 for more details.

### 8 pm – Great Moments in International Diplomacy

Most conflicts in the world are settled by diplomacy. The parties involved cannot settle their differences through arms or other aggressive means, and accept negotiation. It was as true at the end of the Thirty Years War in 1648 as it was with the Egypt-Israel peace agreement of 1979. How does diplomacy work? Join Ambassador Gary Grappo, a former career diplomat, as he describes the art of diplomacy, delving into the more recent example of the Egypt-Israel peace agreement.

## Thur., Jan. 16

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### 7 pm – The Creative Age

In his early 70s, artist Henri Matisse said, "I have needed all that time to reach the stage where I can say what I want to say ... " He, along with many other artists who worked well into their 70s, 80s and beyond, are proof that creativity can get better with time. Molly Medakovich, teaching specialist and art historian, celebrates artists like Grandma Moses, Alma Thomas and Katsushika Hokusai for their continued creative evolution and adaptations across their long lives.

### 8 pm – Avalanche Safety and Forecasting in Colorado: An Overview of the Colorado Avalanche Information Center

Avalanches present one of the most significant natural hazards to life in Colorado. The Colorado Avalanche Information Center (CAIC) offers information, education and research to protect life and property. Join CAIC Deputy Director Brian Lazar for an overview of how the CAIC operates, the technology and science it uses to forecast avalanches, and its strategies for public communication and safety.

# Table of Contents

## Art & Art History

■ Beginning Photography	19
■ Hands-On in DU's Makerspace	21
■ Intro to Glass Work	20
■ Mixed-Media Art Journaling	18
■ Travel Journaling	18
■ Understanding Film Noir	17
■ Art of Alcohol	43

## Business & Law

■ Intro to Rapid Prototyping	21
------------------------------	----

## Current Issues

■ Colorado Climate Preparedness	11
■ Contemporary Geopolitics	10
■ Sub-Saharan Africa	12
■ U.S. Foreign Policy	10
■ Healthcare Today	40
■ Intelligence & Security	40

## Feed Your Curiosity Series

■ Free: Feed Your Curiosity Lectures	2
--------------------------------------	---

## Food & Beverage

■ Cooking to Improve Brain Health	32
■ Cooking to Improve Gut Health	33
■ Cooking to Reduce Inflammation	32
■ Mixology	31

## Health & Lifestyle

■ Yoga & Mindfulness	25
■ Archiving Family History	43

## History & Exploration

■ 10th Mountain Division	13
■ Australian History, Culture & Geography	41
■ Women of the Spanish Empire	42

## Intergenerational Exploration

■ Magic!	14
----------	----

## Literature & Writing

■ <i>Pride &amp; Prejudice</i>	30
■ Writing in the Age of Distraction	30
■ Memoir in Easy Pieces	45

## Music & Performing Arts

■ Brahms' Chamber Music	15
■ Negro Spirituals	16
■ Willie Nelson	15
■ Italian Classical Music	42

## Nature & Science

■ Aging Brain	23
■ Birds in Winter	24
■ Chamberlin Observatory	22
■ Quantum Computing for Beginners	22

## One-Night Lecture Series

■ One-Night Lectures in Person	8
■ One-Night Lectures on Zoom	38

## Psychology & Sociology

■ Wellness & Writing	44
----------------------	----

## Religion & Philosophy

■ <i>Timeless Questions</i>	25
■ Common Figures in the Bible & Qur'an	45

## Research With Impact Lecture Series

■ Free: Research With Impact Lectures	34
---------------------------------------	----

## NEW PROGRAM:

### Retirement Reimagined

■ Managing the Transition (prerequisite)	27
■ Building Relationships	29
■ Community & Social Impact	29
■ Finding Your Purpose	28
■ Healthy Aging	28



# Quenching Curiosity for Over 20 Years

As dean of DU's University College, I have had the pleasure of overseeing the Enrichment Program for the past 14 years. During this time, I've witnessed firsthand how it enhances our lives, fostering a love for lifelong learning and deepening our understanding of the world around us.

I've been connected to the Enrichment Program since its launch in 2003, back when I was the director of marketing. It was a joy to communicate to the Denver community about the exciting possibilities this non-credit program presented. From the beginning, the topics were rich, diverse and designed to inspire curiosity.

When I first became involved with the program, it offered just a handful of classes each term, serving a modest number of students. Fast-forward to the most recent term, when it offered 66 courses and lectures and served more than 1,100 students. This growth is a testament to the community's appetite for intellectual exploration and discovery at all stages of life.

In 2020, the pandemic posed a critical challenge, but the program adapted quickly, moving courses online to provide meaningful interaction in a time of isolation. This shift accelerated our growth and confirmed the enduring need for enrichment, especially in uncertain times.

I firmly believe that learning should be a lifelong endeavor, augmenting our experiences and shaping who we are. Throughout my time at University College, I've been proud to champion the Enrichment Program within the DU community and beyond, as a program that makes learning accessible, enjoyable, and meaningful for all.

I hope your participation this term sparks a similar passion for continual intellectual discovery in your life. Thank you for being part of this vibrant community, and enjoy your learning journey!



A handwritten signature in black ink that reads "Michael McGuire".

Michael McGuire  
Dean, University College

It's been said the only constant in life is change. In 2025 we bid a heartfelt farewell to our Dean Michael McGuire. Michael's remarkable leadership has left a lasting impact, including his dedication and support of the Enrichment Program since its inception in 2003. We extend our deepest thanks for his commitment to lifelong learning and his invaluable contributions to the University of Denver.

Change brings new opportunities, and few are as significant as retirement, whether it's just ahead or newly underway. How can you plan for this unique and meaningful chapter? What are your goals, and how will you reach them? We're excited to introduce *Reimagining Retirement*, a program thoughtfully designed to provide the guidance and tools to help you navigate this life transition. Led by DU Professors Emeriti Barbara Kreisman and Scott McLagan, the program launches in January on the DU campus. Full details may be found on pages 26–29 of this catalog.

Many courses in this catalog also explore the theme of change: Denver's future growth, climate change, advances in DNA sequencing, shifting geopolitical landscapes, Antarctic exploration, the evolution of technology and security, healthy eating and fresh perspectives on emotional and mental well-being, among others. Each course is crafted for the curious learner, offering insights to challenge and inspire how you think and how you engage with the world around you. With over 60 lectures and multi-week courses this winter and spring, there's truly something for everyone. We look forward to seeing you in class.

Make every day a learning day.



A handwritten signature in black ink that reads "Lynn Wells".

Lynn Wells  
Director, Enrichment Program

# REGISTRATION

## How to Register for Classes

Registration opens Monday, December 9, 2024.

Register Online  
[UniversityCollege.DU.edu/Enrichment](https://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](https://DU.edu/Continuing-Education/Catalog/Enrichment)):

- *Feed Your Curiosity* free lectures are identified by this subject, followed by the date of the lecture.
- In-person classes or Zoom classes are first identified by their subject, then delivery mode and short course name.
- Courses are removed from the registration page once registration closes.

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

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

## Course Discounts

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

## Disability Services Program (DSP)

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

## DID YOU KNOW?

### 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)

Four-Session Course (8 hours)

To receive your certificate, email [UCOLSupport@DU.edu](mailto:UCOLSupport@DU.edu) and include a list of courses taken. Upon verification, you will receive one certificate.

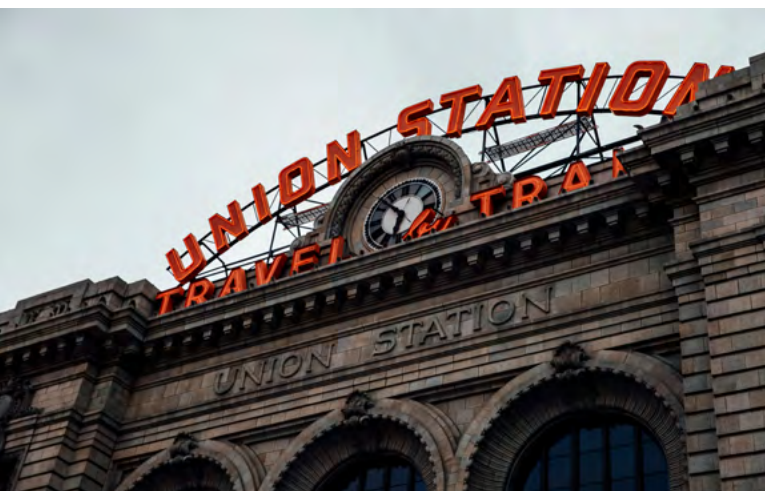
## Alumni Experts

We are proud to acknowledge University of Denver alumni. DU alumni teaching Enrichment Program courses are identified by the alum logo.





# IN-PERSON COURSES



## 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.

# ONE-NIGHT LECTURES



*Christopher Phiel*



*Andrew Goetz*



*Jared Del Rosso*

## How Advances in DNA Sequencing Have Revolutionized Biology and Medicine

**One In-Person Session / \$25**

Mon., Feb. 10, 2025, 7–9 pm MT

Recent advances in DNA sequencing are revolutionizing the study of biology and at the same time transforming healthcare by offering up unprecedented insights into genomes. DNA sequencing is now used for a multitude of purposes, from addressing basic biology questions to delivering critical information needed to treat human illnesses. In this talk, integrative biology professor Christopher Phiel, PhD, reviews how these advances occurred and then shares real-life examples of how we're using DNA sequencing today.

## The Future of Denver: Where We Are Now and Where We're Going

**One In-Person Session / \$25**

Mon., Feb. 24, 2025, 7–9 pm MT

If you've lived in or near Denver even for just a few years, you've witnessed massive change. Join DU professor Andrew Goetz as he explores metro Denver with a focus on demographics, economic development, transportation, sports and entertainment. Why is Denver now growing more slowly? How can we solve cost-of-living increases and transportation challenges? Will sports and entertainment venues continue to exist downtown or move to the suburbs? In short, what does Denver's future look like?

## Angry Birds, Bad Bunnies and Wily Coyotes! The Human Dimensions of Urban Wildlife

**One In-Person Session / \$25**

Tue., Apr. 1, 2025, 7–9 pm MT

When a coyote trots across a park, some people are filled with awe, and others want it killed. Why? Join sociologist and birder Jared Del Rosso for the answer so that you can make sense of urban wildlife controversies. Del Rosso also examines the characteristics that people project onto so-called "problem" animals while exploring the qualities we place on iconic species like falcons and hawks. And finally, learn practices to be better neighbors to other species.



# ONE-NIGHT LECTURES



*Jing Sun*

## Navigating Troubled Waters: The South China Sea

One In-Person Session / **\$25**  
Tue., May 6, 2025, 7–9 pm MT

The South China Sea is one of the world's most contested bodies of water. What's driving the turmoil? Join Jing Sun, an expert on Chinese politics, as he explores the geopolitical dynamics of the sea, a region at the center of complex international relations. The class dives into territorial disputes, maritime security and the role of global powers in shaping the region's future. Discover how international law, diplomacy and economic interests intersect in these troubled waters.



*David Fisher*

## The Truth About False Confessions

One In-Person Session / **\$25**  
Wed., May 14, 2025, 7–9 pm MT

Who would have thought false confessions—innocent people admitting to crimes they had nothing to do with—would become a thing? And how do attorneys identify these confessions and then convince district attorneys, judges and juries that the confessions are false? Join criminal defense attorney David Fisher as he examines three cases he's worked on to show you real examples of how and why false confessions happen and what attorneys do when they have one.



See Geopolitics class on page 10.



# CURRENT ISSUES

## U.S. Foreign Policy Under a New President

Two In-Person Sessions / **\$95**  
Wed., Mar. 19, 26, 2025, 6:30–8:30 pm MT

Change is in the air. A new year. A new season. And, of course, Donald Trump as the new president. His administration will mean a foreign policy that differs from what we've grown accustomed to over



the last four years. In fact, it may even look somewhat different from his foreign policy of his first term. On Russia-Ukraine, China, Iran, Israel's wars against Hamas and Hezbollah, America's traditional alliances, trade and immigration, there will be some marked differences. "One thing is for sure: we will see departures from the direction taken under the Biden administration," says Gary Grappo, former U.S. Ambassador. The question is how significant those departures will be from the current administration's policies, where might we see those, and what the likely impact may be." Join Grappo as he dives into the day's headlines and examines pressing issues tied directly to today's U.S. foreign policy and what we may face in the coming four years of a new president and new administration. What's next in Ukraine and in the Middle East? What about relations with China? What's looming large for the new president? Both sessions occur in-person at the University of Denver and include discussions and question and answer sessions.

*Gary Grappo is a distinguished fellow at The Center for Middle East Studies at the University of Denver's Josef Korbel School of International Studies. Ambassador Grappo has nearly 40 years of diplomatic and public policy experience. His career with the U.S. State Department included service in Jerusalem, Baghdad, Oman and Saudi Arabia.*

## Contemporary Geopolitics

Three In-Person Sessions / **\$175**  
Tue., Feb. 25, Mar. 4, 11, 2025, 6:30–8:30 pm MT

One could say if there was ever a time to better understand geopolitics, today would be it. Around the globe we're faced with wars, refugee crises, threatened democracies, climate change, cyberattacks and much, much more. In this course, Scott McLagan, emeritus professor of management and Amanda Cahal, director of global MBA programs at DU's Daniels College of Business, offer a comprehensive view of today's significant geopolitical issues. The class features three 2-hour sessions, each focusing on key regions and their unique challenges and dynamics. Session one covers the intertwined histories and current affairs of Europe and the Middle East along with the ongoing conflicts, political shifts and socio-economic impacts influencing those regions. Specifics include insights into the Russia-Ukraine war, the complex subtleties between Iran, Israel and the Palestinian crisis, and the broader implications for global stability. In session two, the instructors address the rapidly evolving landscape of Asia. They will focus on China's rise, the delicate state of affairs with Taiwan, the persistent threat from North Korea, and the emerging influence of India. And in session three, they examine weighty political issues, unique challenges and opportunities in Africa and



South America, from political instability and economic development to environmental concerns and international partnerships.

*Scott McLagan, an emeritus professor of the practice in management, combines his academic background with a career as a senior executive in global companies. His expertise in geopolitics focuses on business and security risks.*

*Amanda Cahal, the director of global MBA programs at Daniels College of Business, has a background in international development and higher education. She approaches geopolitics through historical, political, cultural and social equity lenses.*

# CURRENT ISSUES

## Climate Action in Colorado

Two In-Person Sessions / \$80

Thur., May 1, 8, 2025, 6:30–8:30 pm MT

Let's be perfectly clear: The climate is changing in Colorado. From 1980 to 2022, statewide annual average temperatures warmed by 2.3°F. By 2050, Colorado statewide annual temperatures are projected to warm by +2.5°F to +5.5°F compared to a 1971-2000 baseline, and +1.0°F to +4.0°F compared to today. "Future warming will

lead to reductions in Colorado's spring snowpack and likely reduced annual stream flows," says energy expert Aaron Ray.

"Climate change is also expected

to lead to increases in large wildfires in the state." Faced with these changes, state and local governments along with individuals are taking action to reduce greenhouse gas (GHG) emissions and adapt to the impacts of climate change. Plus, Colorado lawmakers have established statewide goals to reduce GHG emissions by 50% by 2030 and 100% by 2050. In 2023, the state published the Colorado Climate Preparedness Roadmap to inform efforts to adapt to the impacts of climate change. Join Ray as he spends two nights sharing the impacts of climate change in Colorado, the steps state and local governments are taking to reduce GHG emissions, how the state is preparing for the impacts of climate change, and the additional actions that each of us individually can take to address this very real and fundamental challenge.

*Aaron Ray is the assistant director for energy innovation at the Colorado Department of Natural Resources, where he leads the transition from traditional to renewable energy sources. Prior to that, he was a program examiner in the White House Office of Management and Budget responsible for science, natural resources and tribal programs.*



See free Colorado Avalanche lecture on page 3.

## WHAT OUR STUDENTS ARE SAYING



The instructor was incredibly knowledgeable and offered clear explanations for complex topics.

It was an eye-opening experience.

Highly recommended courses!

I enjoyed exploring and discussing the real-world ideas and principles as they apply to everyday life.

The field trip was a highlight.



# CURRENT ISSUES

## Understanding Key Trends and Insights of Sub-Saharan Africa

Four In-Person Sessions / **\$210**

Mon., Jan. 27, Feb. 3, 10, 2025, 6:30–8:30 pm MT

Dinner at African Grill & Bar, Wed., Feb. 12, 6:30 pm



You might be surprised by facts about sub-Saharan Africa. Consider that it has one of the world's fastest growing populations, one of the largest free trade areas, one of the most diverse ecosystems and one of the largest regional voting groups in the United Nations. "I tell my students if they want to specialize in global politics to study Africa," says DU professor Abigail Kabandula. "Today, Africa sits at the center of international power

plays, whether it's in security, development, climate change or technological advancement." Join Kabandula for an eye-opening look at sub-Saharan Africa as she highlights events and people that have informed political, social and economic development.

Examine African society, culture, politics and economics. Discover Africa's diverse geography, historical experiences, and political and social resilience in the face of colonial repression and war. And finally, consider Africa's contributions to art, music and literature. Through

lectures and participation, you gain a deeper awareness of Africa, its people and contributions thus rethinking common stereotypes of the continent. Please note that the price of this course also includes an evening at the African Grill & Bar in Lakewood where you will be treated to a delicious menu of African dishes, such as stews, soups and scrumptious main courses.

*Abigail Kabandula is the director of the Africa Center at DU's Josef Korbel School of International Studies. Her research focuses on global governance, security, terrorism, prevention of violent extremism, response to crises and organization for peace.*



Credit: CC by-sa 4.0 International



# HISTORY & EXPLORATION

## 10th Mountain Division: Colorado's Mountain Soldiers

Two In-Person Sessions / \$85

Mon., Mar. 3, 10, 2025, 6:30–8:30 pm MT

They were literally soldiers on skis: the U.S. Army 10th Mountain Infantry Division from WWII fighting in some of the war's roughest terrain against some of the toughest enemies. Why did the military create the division? Where and how did they train? Where were they deployed and why? How did the division impact Colorado's outdoor recreation industry? And why did the U.S. create Colorado's Camp Hale, one of the country's newest national monuments? Join

military historian David Little for the answers and for a stirring summary of the 10th Mountain Division today along with Colorado's continued military mountaineering legacy. In session one, Little explores the division's early history and how the U.S. Army built a case for creating



the division along with how soldiers were recruited and trained. Then in session two, Little examines the division's work, deployments, combat and results. Plus, consider its contributions to the post-war army and outdoor recreation in Colorado and elsewhere. As a bonus specifically for this class, enjoy a uniform and equipment display that features hands-on examples of the specialized 10th Mountain Division gear. And note that Little leaves lots of time for discussion and questions and answers. He also offers plenty of reference material for further study that's available upon request.

*David Little has been studying the history of this division for almost 50 years, serving as the historian for the 10th Mountain Division Foundation, Inc. and consulting for National Archives, History Colorado, the U.S. Forest Service, and the U.S. Army Museum System on 10th Mountain and Camp Hale history.*

## WHAT OUR STUDENTS ARE SAYING

“

The instructor had such a command of the subject. Every student question led to additional interesting information.

The class offered a chance to learn/discuss a topic outside of my normal realm.

The professor loved his topic and conveyed that excitement in the class.

I would love another class from this instructor.

”

# CURIOSITY ENRICHED:

## Intergenerational Exploration

### Ageless Wisdom: The Magic of Sharing Across Generations

This class encourages you to share your childhood memories and special times with a younger guest of your choice, creating an opportunity for you to experience the joy of magic together. Are you a *Harry Potter* fan? Did you like to do magic tricks as a youngster? Did you watch magic on TV? Were you fascinated with magicians' trickery?

Your guest can share their wonder and excitement about magic as well. Maybe they saw magic at a birthday party, at a street festival or online. Has grandma or grandpa shared with them a few tricks of their own? Or do they want to impress their friends with their own magic?

Whatever the experience with magic is, here's a great way to bridge the generational divide with a fun afternoon of mutual learning. Registration covers one adult and one child. Questions? Call 303-871-3610.



### Prestidigitation: The History, Art and Secrets of Magic

One In-Person Session / **\$55**  
Sun., Apr. 6, 2025, 2–4 pm MT

The art and history of magical illusion overflow with awe. For one afternoon only, feel that awe as fun expert David Thomas and magician James Lopez unveil the ideas that make magic work, share stories of some of the great moments in magic history and, of course, teach you a few tricks you can perform for your family and friends.

Learn how Houdini shocked audiences with disappearing elephants, discover the trick that left him completely fooled and meet the duo who set out to deconstruct what magic is all about. Next, get the inside scoop on David Blaine's genre-bending magic. Plus, find out why the top hat has a timeless connection with magic and why magicians still like to use wands. Then peek into David Copperfield's collection of magic history, featuring rare artifacts from the golden age of illusion.

"This class is specifically designed for magic fans young and old, and promises to leave you and your younger partner with a new appreciation of magic, and some sleights and a tricky deck of cards to take home," Thomas says.

*David Thomas is an expert on fun who has written books on the aesthetics of games, having fun at work and putting playful techniques into classrooms. He is the executive director of online programs at the University of Denver.*

*James Lopez is a magician-in-residence with Omegan Entertainment, a magician agency. He has performed nationally.*

# MUSIC & PERFORMING ARTS

## The Intimate Brahms: Up Close and Beautiful

Four In-Person Sessions / **\$190**

Thur., Mar. 20, 27, Apr. 3, 2025, 7–9 pm MT  
FCM Performance, Wed., Apr. 9, 7:30 pm

We love his sprawling symphonies and concertos, but the personal side of Brahms gives us a loving embrace with his chamber music. Beyond the rich catalog of piano music is a wealth of glorious melodies for multiple combinations: sonatas for two instruments, trios, quartets, quintets—even sextets. In this lively survey of Brahms' intimate music, taught by popular instructor Marc Shulgold, discover the passion in Brahms' violin and cello sonatas, the richness in his string quartets, the greatness of the heavenly quintets for string quartet plus clarinet, piano or viola. The Opus 11 String Quintet, for example, is a work you will hear live at the April 9 Friends of Chamber Music concert (included with enrollment). As a special treat, enjoy an in-class visit with Colorado Symphony principal violist Basil Vendryes, who joins the Italian ensemble Quartetto di Cremona at that concert. Naturally, there's more to Brahms than his music. Explore



the context of his chamber works, delve into his very eventful life and reveal how this music emerged among his larger, more public compositions, and how his friendship with musicians influenced the creation of masterpieces such as the late works with clarinet. Come away with a renewed appreciation of the man, the creativity and the music.



Credit: John Christopher Studio

*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.*

## The Music, Life, Loves and Legend of Willie Nelson

Three In-Person Sessions / **\$160**

Wed., Apr. 2, 9, 16, 2025, 6:30–8:30 pm MT

Can you believe it? Willie Nelson is 91. Can you explore 91 years in six hours? This is the course to find out. Join educators Jack Kronser and Barbara Kreisman for an insightful and thorough journey into Willie's world—where music history meets his storied career. “There's no question Willie is one of American music's most iconic figures,” Kreisman says. “And he's also a stunning



Credit: Library of Congress

example of someone who's living both a long life and a good life.” This class starts with his early life and career beginnings, his influences, first steps in the music industry, initial struggles and breakthrough moments. Next, examine his musical evolution and style, including how he developed his unique sound, key albums and songs from the 1960s and 1970s, and the influence of jazz, blues, and folk on his music. Then consider

the outlaw country movement, collaborations and analysis of landmark albums like *Red Headed Stranger*. This is followed by a look into his personal struggles and activism including his battles with the IRS, his stormy relationships, his advocacy for farmers and marijuana legalization, and how his personal life shaped his music. And finally, explore his impact on future generations of musicians, his role in the Farm Aid concerts and contributions to the film and television industries.

*Barbara Kreisman is a longtime Enrichment Program instructor who's taught many courses, including one on Bruce Springsteen. She loves country music and used to live in Austin, Texas.*

*Jack Kronser is a lifelong K-12 educator and an adjunct instructor for several universities. He saw The Beatles in concert in 1965 and has since performed in several bands.*

# MUSIC

## Songs of the Soul: The History and Power of Negro Spirituals

Four In-Person Sessions / **\$185**

Tue., Mar. 4, 11, 18, 25, 2025, 6:30–8:30 pm MT

They are known as Negro Spirituals—the sacred, deeply emotional and religious folk songs created by enslaved Africans in the United States expressing their pain, hope and longing for freedom. Rooted in oral tradition, the songs are influenced by African rhythms and melodies that form the foundation of much of American music. In this class, DU Associate Professor M. Roger Holland examines Negro Spirituals—what they are, their characteristics, their function within the enslaved community, along with the African origins and influences of this music, the middle passage, and the beginning of the slave trade. “Early in the course, we look at the history, African roots and cultural significance of the Spirituals,” Holland says. “We consider how the Spirituals originated during the era of American slavery as expressions of faith, resistance and hope.” He then explores how this music grew in America, along with the various meanings both explicit and encoded within the music. Holland says the lyrics held hidden meanings that sometimes offered instruction for escaping slavery and may also be regarded as songs of resistance. *Wade in the Water* and *Go Down, Moses* are prime examples. “There is considerable evidence that Spirituals were used as secret codes of communication,” Holland adds. “It’s also interesting to note that the themes of these songs still resonate with various communities today, and the class will discuss the various reasons why that is.” Note: Get in the mood for this class by attending an optional, Spirituals Project Choir concert at DU’s Newman Center on Thursday, February 27 at 7:30 pm. Sign up early; tickets are required and these concerts fill quickly. Visit The Spirituals Project website for tickets.

*M. Roger Holland, II is a teaching associate professor in music and religion and director of The Spirituals Project at the DU’s Lamont School of Music, and a contributor to Colorado Public Radio Classical. He holds masters’ degrees from Union Theological Seminary and the Manhattan School of Music. He served as artist-in-residence and director of the Union Gospel Choir for over 13 years. He has played for the Broadway productions of Oprah Winfrey’s The Color Purple and the Tony award-winning show Memphis.*





# ART & ART HISTORY

## Dim the Lights! Understanding Film Noir

Four In-Person Sessions / **\$185**  
Thur., Jan. 23, 30, Feb. 6, 13, 2025,  
6:30–8:30 pm MT

Film noir is a term describing one of the most fascinating and creative eras of movie making. It began during the Great Depression, thrived through the 1940s-50s, re-emerged as

'neo-noir' and has continued even to this day where it's now considered the most impactful art form in the history of cinema. Beginning with German Expressionism, it shifted rapidly from



the original melodrama birthed in the silent era into a new definition of the term. Usually relying on hardboiled crime stories with evil lurking in the shadows, a low-key, revealing quality of what is actually true ensues—deeply psychological beneath the veneer of the crime. Join film buff Paul Turelli as he examines pulp fiction and screenplay writers such as Raymond Chandler, Dashiell Hammett, Dorothy Hughes and Stanley Kubrick. Consider the classics such as *Casablanca*, *Double Indemnity*, *The Maltese Falcon*, *The Big Sleep* and *Vertigo* along with many others and their celebrated stars. Turelli also explores films that left an indelible mark on history, notably *Blade Runner*, *Taxi Driver* and *Chinatown*. See how pulp fiction literature, unique lighting and cinematography, and the use of femme fatales and mysterious plot lines continually dominate our viewing. "If you're a fan of movies, this class is for you," Turelli says. "I promise it'll be a lot of fun."

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

## WHAT OUR STUDENTS ARE SAYING

“

The topics and message of the course were clear, valuable and actionable.

The instructor is a walking encyclopedia.

Our guide was so informative. Just a delightful day!

The depth of knowledge and expertise of instructor was astonishing.

The instructor is scholarly and humorous.

”

# ART & ART HISTORY

## Mixed Media Art Journaling: Filling Pages With Joy

One In-Person Session / **\$135**  
Sat., Feb. 22, 2025, 9 am–12 pm MT

Are you interested in cultivating a creative practice but not sure where to start? Do you have a drawer full of art materials but are a little hesitant to actually use them? Do you have an inner critic that keeps you from splashing paint and gluing down beautiful papers? Join artist and educator Judith Cassel-Mamet in this stress-free, horizon-expanding workshop as she shows you how to take a mixed media approach to filling up journal pages! “We don’t try to make a finished painting for the wall or refrigerator. Instead we play with all kinds of materials to get marks on pages,” she says. “Students incorporate text, color and collage as we cultivate a playful mindset that is perfect for art journaling.” Cassel-Mamet brings all the materials, so all you need is your blank journal (suggested size and brand is provided when you register) and a curious attitude. Experienced artists and absolute beginners enjoy this one-day workshop where students are invited to make marks with various art supplies, collage with interesting materials and fully embrace the concept that creative expression does not have to be intimidating or challenging. Cassel-Mamet plans to share techniques from her book, *Joyful Pages: Adventures in Art Journaling*. Please note: Registration covers all materials, except the journal.



**Art Journaling Package**  
Enroll in both classes and save \$20.

**\$250**

## Travel Journaling: The Five-Step Approach to Capturing Your Adventures

One In-Person Session / **\$135**  
Sat., Apr. 5, 2025, 9 am–12 pm MT

Are you getting ready for a trip and want to capture the special moments and memorable sights in a journal? In this workshop, artist Judith Cassel-Mamet shares with you exactly how to start travel journaling! The course features her five-step approach: from supply considerations to “memory maps” to attaching ephemera you might find along the way. “The goal with travel journaling is to capture the experience in a way that brings back wonderful memories as you return to the journal years after the adventure,” Cassel-Mamet says. While the emphasis is on working with visual elements, Cassel-Mamet also covers ways to incorporate text into your journal. In addition, she shares ways to do quick sketches that capture a view or meal—no need to be an accomplished artist. And even if you’ve already taken a trip and you’re thinking it would be fun to create a personal journal that goes beyond a photo book—you’re in luck! “This workshop is applicable to that situation as well—to help you remember your time,” Cassel-Mamet says. “Many travelers report that keeping a journal adds to the overall experience by offering a reason to slow down and focus on the magical moments.” Please note: Registration covers all materials, except the journal.



Judith Cassel-Mamet is a mixed-media artist and instructor who teaches at the Art Students League of Denver, online at *Craftsy* and *The Great Courses*. She also leads art journal groups to magical spots in the U.S. and Europe. She’s the author of two books: *Joyful Pages: Adventures in Art Journaling* and *Joyful Pages Playground*, and the co-creator of a virtual culture and travel journal class called *Sketching Spain*. To see examples of Judith’s teaching approach visit [www.jcmamet.net](http://www.jcmamet.net).

# ART & ART HISTORY

## The Power of Photography: Using Photography for Personal Expression and Lasting Memories

Three In-Person Sessions / **\$150**

Thur., Mar. 13, 20, 2025, 6:30–8:30 pm MT

Downtown Photo Shoot, Sat. Mar. 15, 9–11 am

Whether you're using the latest mirrorless camera with all the bells and whistles or a 5-year-old cell phone to take photos, some things remain true about the image-making process. In this 3-session course, professional photographer and popular Enrichment Program instructor Scott Dressel-Martin explores what makes a great photograph, how to choose your gear to meet your needs, and how you can express yourself and your ideas through photography. In short, he draws on his decades of experience to show you how to become a better photographer.

In the first session, Dressel-Martin covers subject matter, what gear is best in what situation and how to set your own personal standards of quality and expression. Next, explore concepts of composition to make your images more interesting and impactful. In the second session, you take part in a photo field trip in Denver where you get hands-on help with your photography. And in session three, you survey methods of image post-production to get the most out of your pictures and enjoy a group critique of a few of your photos to help expand your thinking about photography and improve your images.

Please note, this class is a total of six hours: two hours in the classroom with lectures, discussions, and questions and answers; two hours of photo shooting in the field, including hands-on assistance, answers to specific camera questions and instructor guidance; and two hours in class with supportive critiques and feedback. The shooting session occurs at Union Station the morning of the St. Patrick's Day parade to allow for lots of fun subjects!

"My goal with this class is to inspire you to maybe shoot a little more, shoot a little differently," Dressel-Martin says. "I want you to view the world with wider eyes when you step outside."

*Scott Dressel-Martin is the author of Light Grows the Garden: The Denver Botanic Gardens. He is the official photographer of the Denver Botanic Gardens and he also helps a select group of institutions promote their missions and tell relevant and moving stories. As a photographer and filmmaker, Dressel-Martin has worked around the world. He began his career in photojournalism and has been published internationally.*



Credit: All images Scott Dressel-Martin



# ART & ART HISTORY

## An Introduction to Working With Glass

Two In-Person Sessions / **\$170**

Sat., May 10, 17, 2025, 9 am–12 pm MT

OR

Two In-Person Sessions / **\$170**

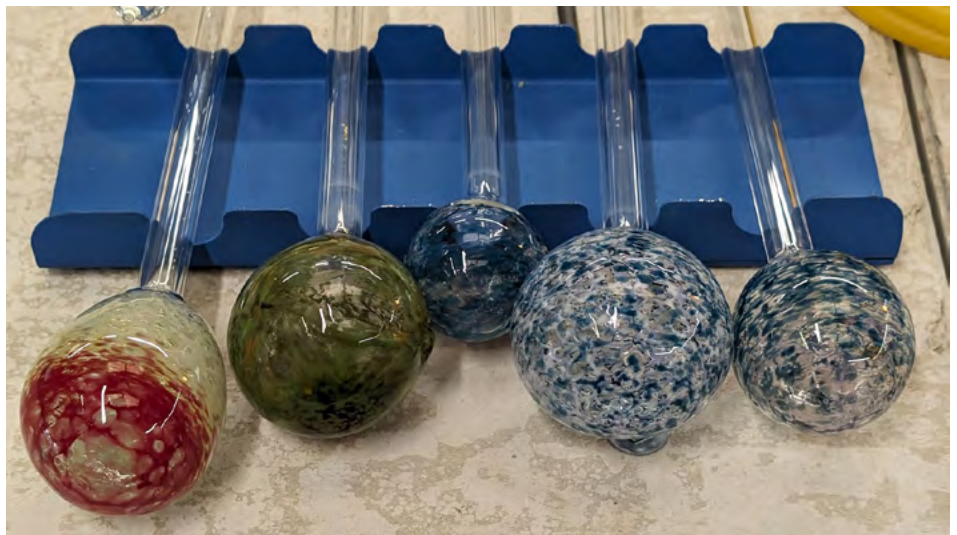
Sat., May 10, 17, 2025, 2–5 pm MT



Glass blowing, a time-honored art form with roots tracing back to 27 B.C.E. in ancient Babylon, is experiencing a renaissance in recent times thanks to popular TV shows like *Blown Away*, which features artisans taking part in glass-blowing competitions. Back by popular demand, glass-blowing expert Jon Wade instructs this special hands-on course in borosilicate lampworking over two 3-hour sessions. This class is structured for the total beginner and no prior knowledge or experience is expected. Wade helps you develop a basic understanding of the torches and tools used to shape glass as well as some fun artistic techniques. The course also covers the history of glass, shop safety, proper kiln usage and creating both hollow and solid objects.

With your own torch, you complete multiple projects that include a pendant depicting a reflective space scene, a beautiful blown holiday ornament, as well as some fun surprises. Plus, learn how to add color to the clear glass using crushed pieces of colored glass called frit. You're given a vibrant spectrum of colors of glass frit to mix and match for your project, as well as silver powder for your space pendant. All torches, safety equipment and other required materials are provided courtesy of the course's sponsors.

*Jon Wade is the head instructor and the owner of Glass Class Denver. With industry recognition and over a decade of experience, Wade has a deep-seated expertise in sharing his love of hand-blown glass and inspiring new students. He's known for his ability to simplify the process of making glass art to the most basic level.*



# ART & ART HISTORY

## Inventors' Playground: Exercising Your Creativity in a Makerspace

One In-Person Session / **\$55**

Tue., Mar. 18, 2025, 6:30–8:30 pm MT

The word says it all: makerspace. It's a place where you can make just about anything your brain can imagine.

Makerspaces started popping up all over the metro area a few

years ago and their popularity

continues to climb. In this

2-hour course, with guidance

from your instructor, you

get to stretch

your fingers and creativity as you make an object in the University of Denver's state-of-the-art makerspace, all while learning about the tools, materials and capabilities of makerspaces. "I think of a makerspace as an

experimental playground, a place where you can come and test new ideas, mindsets and ideologies," says DU professor Michael Caston. "You can trade ideas and test them out quickly and if you fail, you're going to learn something from it." The makerspace is a fun place to

tinker with new technologies and learn as you go. What will you make in class? You get to choose from a wide variety of items that could include a toy car or catapult or decorative personalized sign among others. "In a

makerspace you can make anything and everything related to innovation, entrepreneurship and problem-solving—they're all welcome," Caston says. "It's a chance to do something fun, unique and impactful." Sign up early; this class is limited to 15 students.

*Michael Caston is the executive director of the Innovation Labs, a project-based learning center at the University of Denver. He also serves as the faculty director for the Innovation & Entrepreneurship Living & Learning Community where students learn about and experience entrepreneurship and innovation through hands-on activities in a year-long program.*



# BUSINESS

## Rapid Prototyping: Idea to Reality ... Rapidly!

Three In-Person Sessions / **\$160**

Mon., Apr. 21, 28, May 5, 2025,  
6:30–8:30 pm MT

What is rapid prototyping? Why is it becoming popular in the world of business and beyond? And more importantly, how does it help you bring your own personal ideas to life? "Rapid prototyping typically refers to computer numerical control (CNC) technologies that interpret geometric code to make a prototype quickly," says DU professor Michael Caston. "And there are two types of CNC technology: additive and subtractive." He notes that, as the terms suggest, additive CNC technology builds objects by adding material layer by layer, and subtractive CNC technology removes materials to create objects. Join Caston as he shows you how to up your entrepreneurial game using the tools of rapid prototyping that include 2D and 3D computer-aided design, laser engraving and 3D printing manufacturing technologies. Caston says the course's curriculum "gradually builds upon itself" presenting more challenging problems as the class progresses. "You work on solving simple design and prototyping exercises usually in groups of three," he says. "And we discuss and demonstrate real-world problems." And only about a fourth of the class is lecture time; the



remainder is hands-on as you and your group design, build and launch a model rocket. Sign up early; this class is limited to 15 students. Note: Students are required to bring a laptop to this class.

*Michael Caston is the professor of the practice in innovation and product design and development in the Mechanical and Materials Engineering Department within the Ritchie School of Engineering and Computer Science at the University of Denver. He teaches courses in product development, entrepreneurship, consumer insights and market feasibility.*

# NATURE & SCIENCE

## Quantum Computing for Curious Minds: A Beginner's Guide

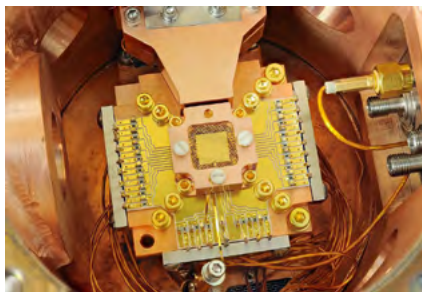
Two In-Person Sessions / **\$85**

Mon., Apr. 7, 14, 2025, 6:30–8:30 pm MT

The hype around quantum computing continues to grow as breakthroughs and new applications arise, fueling excitement about its potential to revolutionize our lives in cybersecurity, business, medicine and much more. “The excitement stems from quantum computing’s potential to solve problems better than classical computers,” says physics professor Mark Siemens, PhD. “But amidst the buzz, it’s crucial to distinguish between the hype and what’s actually possible.”

Experts add that while quantum computers hold immense promise, they’re still in the early stages of development, and practical, large-scale applications are yet to be realized. In this class, which requires no prior knowledge or experience with physics or quantum computing, Siemens offers a balanced view, highlighting quantum computing’s groundbreaking possibilities and its realistic limitations. The class will start with an introduction to the fundamental principles of quantum mechanics, including concepts such as superposition, entanglement and the basic unit of information known as qubit. Students will build their own qubit model and use it to better understand the abstract concept of a qubit as a tool to explore how quantum computers operate, including the role of qubits and quantum algorithms. Finally, the class examines current real-world applications and the challenges researchers face in scaling up quantum technologies. Students come away with a solid understanding of the core concepts of quantum computing and an appreciation for its potential.

*Dr. Mark Siemens is a professor and associate chair of DU's Department of Physics and Astronomy. His research interests include quantum information and fluid dynamics.*



## Chamberlin Observatory: Denver's Victorian Gem of Science and Architecture

One In-Person Session / **\$45**

Fri., Mar. 7, 2025, 7–9 pm MT

To better understand the University of Denver's Chamberlin Observatory, the quintessential hub for astronomical activities in Denver, it helps to go back to the 19th century when Victorian England dominated Western culture. “Britannia was the preeminent world leader in commerce, military might, manufacturing, technology and social change,” says Bill Kast, a lifelong astronomy buff. “And the Queen’s consort, Prince Albert, was a passionate advocate of the sciences at a time when astronomy was entering a golden age, and towering observatory domes were becoming the new status symbols of cutting-edge universities.” Across the pond, and in the 1860s, DU was founded. It turns out that an early friend of the fledgling university was a British-born real estate promoter named Humphrey Chamberlin who wanted to elevate Denver to the Victorian Era’s cultural standards. In 1888, Chamberlin, an amateur astronomer, pledged \$50,000 to DU for a world-class observatory. Just six years later, Chamberlin Observatory opened with a 20-inch Alvan Clark refractor telescope that ranked among the largest instruments not just in the U.S. but in the world. Join Kast as he explores the beginnings of the observatory and offers a guided tour of the building. And weather permitting, enjoy a peek through the historic Clark telescope to view the Moon, Jupiter and Mars.



*Bill Kast's interest in astronomy was sparked by the launch of Sputnik and the early days of space exploration. He got his first telescope at age 10 and has been looking up ever since. He has served on the Denver Astronomical Society's board for the last three years.*

# NATURE & SCIENCE

## The Aging Brain: Understanding and Preserving Cognitive Health

Four In-Person Sessions / **\$185**

Wed., Feb. 19, 26, Mar. 5, 12, 2025, 6:30–8:30 pm MT



**Knoebel Institute  
for Healthy Aging**

UNIVERSITY OF DENVER

Embark on a fascinating journey into the world of neuroscience in this groundbreaking course on the aging brain. Led by research assistant professor and neuroscientist Dr. Daniel Paredes, the class is designed for curious minds of all backgrounds. It examines cutting-edge approaches that uncover the mysteries of the human brain and guides you through the intricate processes of brain aging while giving you state-of-the-art strategies to maintain your own cognitive vitality and health.



Over three engaging lectures plus a hands-on laboratory session, you explore the frontiers of brain science under Paredes' expert guidance. Unravel the complexities of neurodegenerative conditions like Parkinson's and Alzheimer's diseases, discover how lifestyle choices and diet can slow cognitive decline, and learn about the promising realm of natural and traditional medicines. Paredes, who also served as a postdoctoral fellow at the National Institutes of Health, showcases how his team at DU's Knoebel Institute for Healthy Aging is revolutionizing our understanding of the aging brain through artificial intelligence (AI) and advanced technologies. From AI-powered early detection of brain disorders to machine learning-assisted drug discovery, witness firsthand how these innovations are reshaping neuroscience research and treatment possibilities. And in the 1-hour lab session, hold and observe real human brain tissues, compare healthy and affected neurons under the microscope and participate in AI demonstrations that bring abstract concepts to life.

Don't miss this unique opportunity to learn from a leading expert and researcher in the field. Empower yourself with knowledge, pioneering tools and a new perspective on healthy aging. Your brain has stories to tell—let's listen and learn together in this extraordinary exploration of the aging brain!

*Dr. Daniel Paredes is a research assistant professor at the University of Denver who specializes in new therapeutic approaches to target neuroplasticity and regeneration in neurodegenerative disorders. His current research focuses on how neurochemical profiles change during aging and in pathological conditions even before physical or cognitive symptoms appear, with the aim to detect biomarkers and develop therapeutic targets to treat degenerative disorders such as Parkinson's, Alzheimer's and Huntington's diseases.*



# NATURE & SCIENCE

## Birds in Winter: Hardy, Ingenious, Adaptable

Four In-Person Sessions / \$200

Thur., Feb. 20, 27, 2025, 7–9 pm MT

Bird-Watching Field Trips, Sat., Feb. 22, Mar. 1, 9 am–1 pm

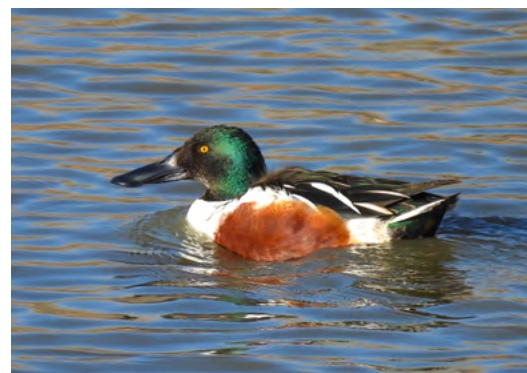
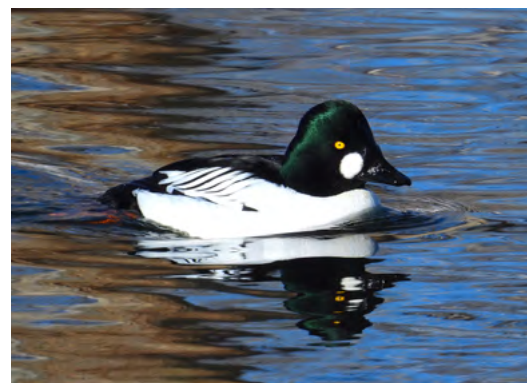
Colorado winters are famously cold and snowy, yet the birdlife in the region is wonderfully diverse and dynamic during the coldest times of the year. And paradoxically, birds are arguably easier to observe during the winter than any other time of the year. They are typically out in the open, flocking and foraging, even right in the heart of Denver. How do they do it? How do they not only survive but flourish during those months of long nights, deep snow cover and prolonged cold? Join Colorado birding expert Ted Floyd for two lectures and two field sessions covering the broad horizon of winter bird ecology. Learn about the remarkable physiological and behavioral adaptations of the winter bird fauna of the Denver region. Floyd's emphasis is on easily observed birds in the metro area. "I'm confident that you'll be amazed by how many birds, both species and individuals, occur in and around Denver in winter," Floyd says.



Learning the basics of winter bird ecology is the central organizing theme, but expect to get acquainted with the remarkable new technologies being put to good use by the scientists who study birds. Not only that, discover how "citizen scientists" are contributing to new knowledge. Equipped with nothing more than smartphones and a couple of free and easy-to-use apps,

learn how to contribute data to massive crowdsourced databases that are literally rewriting the books on winter bird ecology. Field trips visit surprisingly bird-rich destinations that are an easy commute from the University of Denver. Delight in sightings of falcons and eagles, huge numbers of waterfowl, and tiny songbirds that amaze and inspire with their almost unbelievable survival abilities.

*Ted Floyd is the long-time editor of Birding, the flagship publication of the American Birding Association, and the author of many articles and books, including How to Know the Birds (2019) and Field Guide to Birds of Colorado (3rd printing, 2021). He has taught college courses in ecology, evolution, entomology, conservation biology and other topics.*



Credit: All images Ted Floyd



See Urban Wildlife Controversies lecture on page 8.



# HEALTH & LIFESTYLE

## Yoga That Makes You Happier and Healthier: It's Not a Stretch!

Two In-Person Sessions / **\$85**

Tue., Apr. 22, 29, 2025, 6:30–8:30 pm MT

In the book *Having Our Say: The Delaney Sisters' First 100 Years*, Bessie Delaney recalls why she started yoga at age 80—because her older sister, who had been practicing

yoga, was looking younger than her!

“As our physical bodies age and our ability to be weekend warriors wanes, it’s natural to look for gentler ways to help us

with our overall fitness and mental health,” says certified yoga therapist Kristin Doherty. “Yoga can support growing older gracefully by increasing mindfulness and flexibility.”

In this course, which is not just a yoga class but a class that includes the research behind why yoga works so well, Doherty shares how to create a daily practice using three tools: mindfulness, a joint-freeing series and yoga nidra. The first session covers mindfulness and the joint-freeing series where you learn how to incorporate breath practices that help calm your nervous system. Doherty also touches on journaling. In session two, she focuses on the sleep-promoting technique of yoga nidra, teaching a sequence that puts you into deep relaxation. Here, you learn and experience the benefits of profound rest. “I add background in both sessions as a way to keep you engaged so you’re learning the whys and whats behind the three tools,” Doherty says. Time to unroll your mat!

*Kristin Doherty, MA, C-IAYT, E-RYT 500, is a certified yoga therapist and mindfulness meditation teacher who specializes in behavioral health. She has worked in hospitals, addiction treatment centers, schools and universities. She’s seen firsthand the resiliency of people when they have the awareness and the skills to heal.*



# RELIGION

## *Timeless Questions: How World Religions Explore the Mysteries of Life*

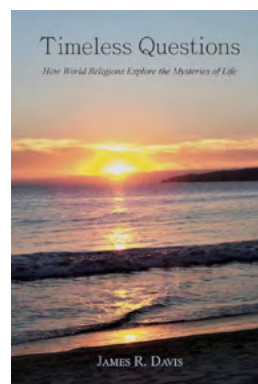
Three In-Person Sessions / **\$135**

Sat., Apr. 5, 12, 19, 2025, 10 am–12 pm MT

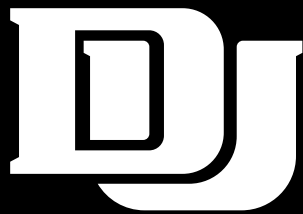
Timeless questions are what we ask as we confront the mysteries of life. What is our origin, essential nature, best way to live a good life and final destiny? The questions are timeless because each generation keeps asking them, and their mysteries are never fully resolved. The world religions, in their ancient forms—Judaism, Christianity, Islam, Hinduism, Buddhism and Daoism—explore life's mysteries and provide not so much answers as useful insights for thinking about human existence.

A taboo of silence hangs over these timeless questions, but this course offers a safe and neutral setting—on the DU campus where you can share what you think and learn from others. Read short, selected chapters from the book *Timeless Questions*, written and provided by Jim Davis, retired DU professor and former dean of University College who also teaches this class. Topics covered include: God, creation, human nature, social order, the

good life, suffering and death, and the fate of the world. Join Davis' facilitated discussion while pondering the most meaningful of questions. “Here you can feel the joy of learning something new while examining the mysteries of your own life through the timeless questions that nag us all,” Davis says. Early registration is encouraged to allow time for pre-class book distribution.



*Jim Davis, with the help of many colleagues, created the Enrichment Program at DU's University College. He has authored eight books on college teaching, training and leadership. He holds degrees from Oberlin College, Yale University Divinity School and Michigan State University. A series of graduate courses inspired a lifelong interest in world religions.*



## Retirement Reimagined

UNIVERSITY OF DENVER



## Program Overview

Retirement is a time for new beginnings and exciting opportunities. *Retirement Reimagined* is an innovative and modular program designed to help you navigate this transition with confidence and enthusiasm. This program offers a flexible and affordable alternative to traditional retirement planning courses, allowing you to customize your learning experience to suit your unique needs and interests.

This integrated program, brought to you in partnership between the DU Enrichment Program and the Knoebel Institute for Healthy Aging, begins with a comprehensive overview course, providing you with essential insights and strategies for a fulfilling retirement. Following the overview, you can choose from a series of optional workshops tailored to various aspects of retirement, such as finding purpose, building relationships, reacting to sudden change and engaging in community involvement. Each workshop is designed to deepen your understanding and equip you with practical tools to create a rewarding retirement. Expert guest speakers will guide you through each of the workshops.

With *Retirement Reimagined*, you have the freedom to focus on the topics that matter most to you, at your own pace and within your budget. Join us and take the first step towards a fulfilling and enriching retirement. Enroll today and start reimagining your future!



Scott McLagan



Barbara Kreisman, PhD

*Scott McLagan and Barbara Kreisman, PhD, are former DU professors who recently completed a fellowship at the University of Chicago focusing on guiding people through life transitions. They both serve on the board of advisors and teach at the Knoebel Institute for Healthy Aging. Their experience makes them valuable guides for those navigating retirement.*

# RETIREMENT REIMAGINED



## Retirement Reimagined: Managing the Transition

Three In-Person Sessions / **\$495**

Wed., Jan. 22, Feb. 5, 12, 2025, 6:30–8:30 pm MT

It's been said that retirement isn't the end of the road, but the beginning of a new highway. That may be, but sometimes the on-ramp to that new highway can be a bit steeper and tougher to maneuver than you expect. Retirement marks a profound shift not just in your daily routines, but in your identity, purpose and relationships. It's a time filled with potential, but navigating the transition can be challenging. Many face uncertainty about their future role, concerns over health, or simply wonder how to fill their days with meaningful activities. It's a period that asks us to reassess who we are and what we value most.

Yet, within this transition lies unparalleled opportunity. Picture a phase of life where you can prioritize purpose over obligation, explore new horizons and deepen relationships. Retirement can indeed be your most fulfilling phase yet, provided you approach it with intention and support.

In this course, husband-and-wife team and retired DU professors Scott McLagan and Barbara Kreisman help you embrace the opportunities of retirement while effectively managing the challenges that come with it. Discover strategies to ensure a smooth transition, address potential pitfalls, react to sudden changes—both good and bad—and unlock the full potential of your retirement years.

Whether you're on the brink of retirement or already retired, this course offers valuable insights and practical tools to craft a fulfilling retirement. Embrace this new phase of life with confidence and excitement.

**Please note:** This course is a prerequisite for all of the other *Retirement Reimagined* workshops.

*Scott McLagan and Barbara Kreisman, PhD, are former DU professors who recently completed a fellowship at the University of Chicago focusing on guiding people through life transitions. They both serve on the board of advisors and teach at the Knoebel Institute for Healthy Aging. Their experience makes them valuable guides for those navigating retirement.*

# RETIREMENT REIMAGINED

## Retirement Reimagined: Finding Your Purpose

One In-Person Workshop / **\$270**  
Sat., Feb. 22, 2025, 9 am–12 pm MT

There's no question that retirement marks the beginning of a new journey, one filled with endless possibilities and opportunities for growth and fulfillment. But, it's also a transition that can sometimes feel daunting as you begin the process of redefining not only your identity, but also your life's purpose. Past experiences deserving of reflection may have a profound effect on the future you define. In this workshop you will explore the importance of identifying rewarding activities and pursuits that ignite your passion and provide a sense of purpose. Professor Emerita Barbara Kreisman, along with guest speakers Gregg Vanourek and Jack Kronser, explore concepts of *ikigai* (reason to live) and other nuances of retirement in the U.S. versus Europe and Asia. Learn how to tap into your interests, hobbies and lifelong dreams to design a retirement that's both enjoyable and deeply rewarding. Through interactive sessions and guided exercises, discover insights that align your values and goals with your new lifestyle. Plus, get practical tools and inspiration to help you live your retirement years with purpose.



**Please note:** This course is a prerequisite for *Retirement Reimagined: Community Involvement & Social Impact*.

*Barbara Kreisman, PhD, teaches in DU's Knoebel Institute for Healthy Aging and serves on the boards of several nonprofits. Gregg Vanourek is co-author of LIFE Entrepreneurs (a manifesto for living with purpose and passion). Jack Kronser is a Japanese American who speaks to the nuances of retirement in the East vs. the West.*

## Retirement Reimagined: Healthy Aging

One In-Person Workshop / **\$270**  
Sat., Mar. 1, 2025, 9 am–12 pm MT

Aging—there's no getting around it. It's a natural part of life. But here's the thing to remember: How we age can significantly impact our overall well-being and quality of life. And the key here is to realize and appreciate that we can control some factors related to how we age. This workshop is all about helping you embrace the aging process by focusing on the crucial areas of exercise, nutrition, sleep and emotional health. This course, co-facilitated by physician Eric Chess and emeritus professor Scott McLagan, first examines how aging affects your body and mind, and then shares practical strategies to maintain and even improve your health as you age. Explore the concept of health span vs. lifespan and the importance of staying active through the following four pillars: exercising regularly, adopting a balanced and nutritious diet, ensuring quality sleep and nurturing your emotional well-being. "When you incorporate these good habits into your daily routine, you can enhance your vitality, boost your mood and enjoy a more fulfilling retirement," says McLagan. "And we offer practical tips on incorporating the habits. Good health is definitely doable." Join us in this empowering workshop and take charge of your health. Enroll today and start reimagining a healthier, happier you in retirement!

*Eric Chess is a clinical professor at DU's Knoebel Institute for Healthy Aging, serving as the founder and director of Aging and Well-Being/The Paul Freeman Financial Security Program. Scott McLagan is an emeritus professor of the practice in management at DU's Daniels College of Business. He's been studying and practicing healthy aging for the last 10 years.*

**Discounts are available for DU faculty, staff, alumni, students and their parents, DU Retirees Association members and OLLI at DU members. Register with someone else and receive a discount. Contact Student Support at 303-871-2291 for further details.**

# RETIREMENT REIMAGINED

## Retirement Reimagined: Building Relationships

One In-Person Workshop / **\$270**  
Sat., Mar. 8, 2025, 9 am–12 pm MT

There's no question that retirement brings a great deal of freedom to pursue new interests and experiences, but it can also bring unexpected challenges, particularly when you consider losing daily connections and social networks you formed and enjoyed at work. This workshop, led by emerita professor Barbara Kreisman and Rebecca Chopp, former chancellor of the University of Denver, is designed to help you cultivate meaningful relationships that can enrich and enhance your retirement years. In the course, you discover the importance of forging new connections and nurturing existing ones. And at the same time, see how strong, supportive relationships can enhance your happiness, your health and your overall well-being during retirement. You also learn strategies to build a robust social life, whether through community involvement, hobbies, volunteering or simply reconnecting with old friends. "One of our main goals in teaching this workshop is to help students gain practical tools and insights to create the kind of robust social network that supports and energizes them," Kreisman says. "So whether you're newly retired or you've been retired for a while, this workshop is about helping you navigate the social landscape of retirement and aging with confidence. What we experience with our families, friends, pets and even passing acquaintances can make all the difference in how we experience and live life."

*Barbara Kreisman, PhD, recently completed a fellowship at the University of Chicago focusing on transition programs for maturing populations and opportunities of retirement. She was associate dean of the Executive MBA Program, Daniels College of Business at DU. Rebecca Chopp is chancellor emerita of DU.*

### Retirement Reimagined Package

Register for all four workshops  
and save over \$200!

**\$1,100**

## Retirement Reimagined: Community Involvement & Social Impact

Two In-Person Workshops / **\$495**  
Sat., Apr. 26, May 3, 2025, 9 am–12 pm MT

Retirement opens up a world of possibilities, and one of those possibilities is the opportunity to give back and to make a positive impact on your community. However, finding meaningful ways to get involved isn't always easy. This two-session workshop is designed to help you identify high-leverage areas where you can contribute your time and talents to make tangible differences in your community. In these enlightening workshops, led by husband-and-wife team and retired DU professors Scott McLagan and Barbara Kreisman, you explore the importance of community engagement and discover how your unique skills and passions can be channeled into substantial opportunities. Learn to navigate the landscape of community involvement, from local organizations and nonprofits to grassroots initiatives and social causes. Gain insights into how you can create a lasting social impact and build a solid legacy of service. Whether you're newly retired or seeking to enhance your community involvement, this course offers the tools and guidance you need to find and engage in fulfilling activities. Join us and start making a meaningful and potent contribution to your community. Enroll today and reimagine your retirement as a time of purposeful giving and connection!

**Please note:** *Retirement Reimagined: Finding Your Purpose* is a prerequisite to this course.

*Scott McLagan and Barbara Kreisman, PhD, are former DU professors who recently completed a fellowship at the University of Chicago focusing on guiding people through life transitions. They both serve on the board of advisors and teach at the Knoebel Institute for Healthy Aging. Their experience makes them valuable guides for those navigating retirement.*



# LITERATURE & WRITING

## Dusting Off the Classics: Jane Austen's *Pride and Prejudice*

Three In-Person Sessions / \$150  
Mon., Apr. 28, May 5, 12, 2025, 6:30–8:30 pm MT

Jane Austen's *Pride and Prejudice* has inspired devoted fans since it was published in 1813. Many readers are drawn to the vivid characters of Elizabeth Bennet and Mr. Darcy, rooting for their love affair and reveling in the happy ending. But Austen didn't think of herself as writing a timeless romance; instead, her depiction of the Bennets, their friends and enemies, and their travails, were rooted in the social and economic context of her time. Join history professor Ingrid Tague as she probes how Austen used her acerbic wit to create an incisive portrayal of a society where nuances of rank and status presented minefields in every conversation. Behind the romance and humor lay a dark reality in which financial collapse and social ruin were much more likely than a fairy tale ending. Austen's contemporaries would have recognized the real threats posed by the antics of Elizabeth's sisters and mother at a time when personal reputation was an essential currency. They would have understood that her status as "the daughter of a gentleman" was both her ticket to upward mobility and a straitjacket. Unpack the details that create a precise map of social relations in the novel, and consider why the stakes for the characters went far beyond a happy marriage.

*Ingrid Tague, professor of history at the University of Denver, teaches European history from the Middle Ages to the 19th century and is a specialist in early modern British history, with a particular interest in cultural and gender history. Her most recent book is Animal Companions: Pets and Social Change in Eighteenth-Century Britain.*



## Writing in the Age of Distraction

Four In-Person Sessions / \$150  
Tue., Apr. 1, 8, 15, 2025, 6:30–8:30 pm MT  
Lighthouse Writers Keynote, Fri., Apr. 25, 7 pm

We're living in an era ruled by the cultural influence of smartphones, social media and algorithms, and in this quickly changing atmosphere it can be easy to lose sight of why good old-fashioned writing matters. This course, taught by award-winning writer Andrea Dupree, encourages all attendees to slow down and practice the writer's craft, demonstrating how doing so can foster creative renewal and inner quiet while also spawning meaningful art. Class participants take part in three sessions of discussion and writing in response to a new essay collection, *Searches*, by Vauhini Vara, a *New Yorker* and *Atlantic* writer who penned the tech-apocalyptic novel *The Immortal King*



**LIGHTHOUSE**  
WRITERS



*Rao, a finalist for the Pulitzer Prize in fiction in 2022. Vara got access to an early version of the AI tool that would evolve into ChatGPT and used it to co-write an essay about*

her grief over her sister's death. The class considers that essay, "Ghosts," featured on NPR's *This American Life*, along with other materials examining writing in our current moment. Over three weeks, each student is asked to draft an original story or essay that captures, even indirectly, what it means to be human in the world today. The fourth and final meeting features a keynote talk by Vauhini Vara. All sessions are held at Lighthouse Writers Workshop.

*Andrea Dupree is co-founder and program director at Lighthouse Writers Workshop, the Rocky Mountain West's largest independent literary center since 1997. She's won multiple MacDowell fellowships and her work can be found in Ploughshares, Virginia Quarterly Review, Colorado Review and elsewhere.*

# FOOD & BEVERAGE

## Crafting Cocktails: The Science of Perfect Drinks Through Mixology

One In-Person Session / **\$65**

Tue., Jan. 28, 2025, 7–9 pm MT (two cocktails)

OR

One In-Person Session / **\$90**

Fri., Apr. 11, 2025, 7–9 pm MT (four cocktails)

Ever thought you'd like to learn the craft of making cocktails? Understand the art of mixology? Or discover the essence behind mixed drinks? Here's an educational and interactive class that not only teaches you easy ways to make all the classic cocktails, but also the history and culture behind it all. Led by Matt Allen, the owner of Matt's Mixology, a Denver-based company that teaches the art of cocktail making, this class breaks down the task of mixology into easy-to-follow steps that lead to expertly crafted and delicious cocktails. "One of the secrets is focusing on high-quality ingredients and unique flavor combinations that create memorable drinks," Allen says.

The drinks chosen for these classes have been inspired by Allen's extensive world travels. He shares the history and culture of the drinks you make, not only where they come from, but also how they came to be, along with details on the alcohol and fruits that are used. "In short, you get an enlightening lesson before the first drink is actually poured," he says.

You have two choices with this course: Option 1 includes a class on Tuesday, January 28 where you learn to make two cocktails. Option 2 includes a class on Friday, April 11 where you make four cocktails, including a special drink related to DU. Each class begins with 15 minutes of instruction and Q&A. Following that, you're guided through making your cocktails.

Please note: All ingredients and light snacks will be provided, but it is suggested you eat before class. A designated driver or public transportation is recommended.

*Matt Allen founded Matt's Mixology during the pandemic on Zoom. As a Denver-based mixologist, he teaches the art of crafting classic cocktails and creating unforgettable experiences. Matt was a bilingual teacher in Denver and traveled the world during his summers off. He's visited the following: Mexico, Barcelona, Paris, Monaco, Morocco, Mexico City, Colombia, Peru, Costa Rica, Nicaragua, Honduras, El Salvador, Guatemala, Cuba and a few Caribbean Islands.*



### Mixology Package

Enroll in both Mixology courses and save \$15.

**\$140**

# FOOD & BEVERAGE

## Cooking to Nourish: Quell Inflammation

One In-Person Session / **\$85**  
Sat., Feb. 22, 2025, 1–3:30 pm MT

Inflammation is a well-documented underlying hallmark of chronic diseases. But what causes that inflammation? Experts say diet is a primary contributor—both what we eat and what we don't. The good news is you can learn how to adjust your diet to control inflammation. In this 2-part class, nutrition expert Dianne Koehler and Chef Maddie LeBrun empower you to make food choices that reduce inflammation and support your overall long-term wellness goals.

Part one is a 30-minute session that covers the top five nutrients that quell inflammation. Discover the roles these nutrients play, the inflammatory effects that result from deficiency and the best ways to achieve optimal levels in your life on a regular basis.

And in part two, a 2-hour hands-on cooking class, you get to use what you've learned in part one. Here chef LeBrun guides you through the process of preparing and cooking a gluten- and dairy-free meal centered on nutrient density that includes a main dish of high-quality protein, paired with a variety of plant-based sides. Expect a colorful, satisfying and sensory experience!

Come away feeling inspired to expand your culinary horizons so you can improve your health.

Class is held at the Nutrition Therapy Institute in Arvada, Colorado. Seating is limited, so register early!



**NUTRITION  
THERAPY  
INSTITUTE**

## Cooking to Nourish: Brain Health

One In-Person Session / **\$85**  
Sat., Mar. 15, 2025, 1–3:30 pm MT

Some research has found that activities like solving crossword puzzles or playing a musical instrument can help keep your brain nimble as you age. But there's growing evidence that your food choices can also play a positive role for your brain health. This class examines diet and brain health in two parts: one part looks at specific foods and nutrients related to cognition with the help of nutrition expert Dianne Koehler, while the second part features Chef Maddie LeBrun who explores how to prepare healthy dishes that optimize brain function.

In part one, Koehler spends 30 minutes covering the top nutrients needed for peak cognition. Koehler says she wants students to discover how these nutrients work, to understand the functional challenges caused by nutrient deficiencies and to learn how to accomplish peak levels in their diets regularly.



In part two, LeBrun conducts a 2-hour, hands-on cooking class where you put to use what you learned from Koehler. LeBrun guides you through the steps of preparing and cooking a meal designed specifically to impart maximum nutritional support for brain health. LeBrun calls the meal “a fulfilling, satisfying and delicious” experience.

Class is held at the Nutrition Therapy Institute in Arvada, Colorado. Seating is limited, so register early!

### Cooking to Nourish Package

Enroll in all three classes and save \$20.

**\$235**



# FOOD & BEVERAGE



## Cooking to Nourish: Gut Health

One In-Person Session / **\$85**

Sat., Apr. 26, 2025, 1–3:30 pm MT

The saying goes, you are what you eat. But that's not quite right. Actually, you are what you digest and absorb. All the functions of the body require nutrients, which are delivered in foods, but first you must be able to digest and then absorb those nutrients. That's where having optimal gut health comes in; and unfortunately, that's where many people fall short in their health journey.

In this 2-part class, nutrition expert Dianne Koehler and Chef Maddie LeBrun share what helps you optimize your gut health.

Part one is a 30-minute session where Koehler covers the top five nutrients that support peak gut function. Discover the roles these nutrients play, the gut-damaging impacts that result from deficiency and the best ways to regularly achieve optimal levels in your diet.

In part two, a 2-hour hands-on cooking class, you apply the nutritional principles you learned in part one. Here Chef LeBrun guides you through the process of prepping and cooking a nutrient-dense, gluten-free meal that leaves you feeling satisfied and well nourished.

At the end, come away with a new culinary expertise that makes your gut healthier and happier!

Class is held at the Nutrition Therapy Institute in Arvada, Colorado. Seating is limited, so register early!



### Cooking to Nourish Package

Enroll in all three classes and save \$20.

**\$235**

*Dianne Koehler is a 2007 graduate of the Nutrition Therapy Institute (NTI) who has since become a teacher and community speaker. She has continued her education through additional training in holistic health, high-level wellness, herbal therapeutics, functional blood chemistry analysis and endocrinology. She has been an instructor at NTI for more than 10 years, and became academic dean in 2017 and director of NTI in 2019.*

*Maddie LeBrun is a former registered nurse with a passion for preventative medicine and wellness. In 2022 she graduated from both NTI's Nutrition Therapy Master program and Natural Food Chef program. She leads workshops teaching people how to cook to support their health and is an assistant instructor in the Natural Food Chef program at NTI.*



# R1 LECTURE SERIES

## 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 aging society, culture and politics, 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.*



## Did the Denver Basic Income Project Reduce Homelessness? Results Are In

**One In-Person Session / FREE**  
Tue., Feb. 18, 2025, 6:30–8 pm MT

It's been a stubborn problem in Denver for almost as long as the city has existed: homelessness. Can the city solve the problem? If so, how? A first-of-its-kind program that's using money to fight homelessness called the Denver Basic Income Project (DBIP) is showing promise,



according to researchers who studied DBIP for 12 months. From October 2022 through February 2024, DBIP delivered 12 months of guaranteed income for 800 unhoused people in Denver. DBIP participants were divided into three groups: groups A and B both received monthly cash payments that totaled \$12,000 a year. Group B got an additional initial payment of \$6,500. And group C got monthly payments of \$50 for a total of \$600 a year. Findings from the first 12 months of the program are now out, and for the first time ever, the Enrichment Program is inviting a researcher back to share his findings. In this single in-person session, Dr. Daniel Brisson, DBIP principal investigator, shares illuminating details of this groundbreaking study, offers thoughts on how the study might impact Denver's policies on homelessness and shares DBIP's next steps and the future of fighting homelessness. "The study's outcome has been really powerful with participants not only finding housing, but also finding full-time employment," Brisson says.

*Dr. Daniel Brisson is a professor and director of the Center for Housing and Homelessness Research at DU's Graduate School of Social Work. He teaches research and macro social work practice with a focus on poverty alleviation. He's also the principal investigator of the Denver Basic Income Project.*



# R1 LECTURE SERIES

## You Don't Look Anorexic: Eating Disorders Hiding in Plain Sight

One In-Person Session / **FREE**

Thur., Apr. 10, 2025, 6:30–8 pm MT

Eating disorders are emerging as one of the nation's leading mental health issues. With mortality rates second only to opioid addiction among psychiatric illnesses, eating disorders present as serious, life-threatening illnesses. Though people of all ages, genders and races struggle with eating disorders, societal stereotypes of eating disorders as a "thin white girl problem" mask the seriousness and widespread nature of these illnesses. In this presentation, Dr. Erin Harrop debunks societal stereotypes about eating disorders and shares how eating disorders hide in plain sight—sometimes in the people and loved ones we would least suspect. Using narrative, arts-based research, Dr. Harrop shares findings from their recent research on atypical anorexia that highlights how eating disorders occur in older and younger groups alike, across the gender spectrum, and in thin and larger bodies. Using stories and real art created by eating disorder patients, Harrop highlights how weight stigma and racial bias within our healthcare system can unintentionally trigger, disguise and exacerbate these dangerous illnesses. This presentation ends with an update on Harrop's legislative work in Colorado, showing how mental health and eating disorder advocacy organizations are making a real difference in the lives of patients with eating disorders, and showcasing how Colorado is emerging as a national leader in eating disorder-related legislation.



*Erin N. Harrop, LICSW, PhD is an assistant professor at the University of Denver Graduate School of Social Work and licensed medical social worker. Their research centers on the intersection of weight stigma, eating disorders and healthcare experiences. They utilize this research to support legislative efforts in Colorado aimed at increasing healthcare equity for patients of all sizes.*

## Heart Surgery Without the Big Cut: The Magic of THVR

One In-Person Session / **FREE**

Tue., May 13, 2025, 6:30–8 pm MT

It's called transcatheter heart valve replacement (THVR) and it's revolutionizing how physicians are treating structural heart disease. "In essence, THVR combines advanced engineering and clinical expertise to replace damaged heart valves and transform patient care," says DU mechanical engineering professor Dr. Ali Azadani. "It's also important to note that THVR is a minimally invasive procedure that replaces valves without the need for open-heart surgery, so it significantly reduces recovery time and associated risks. The data points are in and we know that THVR has demonstrated remarkable success and improved patient outcomes." Azadani adds that from an engineering standpoint, the transcatheter valves' design relies on intricate computer simulation that ensures precise fit, durability and functionality, while also allowing healthcare workers to better predict potential issues, such as blood clot formation. In this single in-person session, Azadani takes you behind the scenes where he shares the details of how the engineering and medical worlds merged to create THVR, how it came to market and why it works so well. Azadani also explores how combining engineering excellence with clinical insights is allowing THVR to continue to evolve, offering patient-specific therapeutic strategies and advancing cardiovascular healthcare. Come away with a fresh understanding of one of medicine's biggest breakthroughs in cardiac care.



*Dr. Ali Azadani is a professor of mechanical engineering and the director of DU's Cardiovascular Biomechanics Lab, which he established in 2013. He researches structural heart disease, particularly the development of transcatheter heart valve replacements and patient-specific therapeutic strategies. His lab is recognized for its expertise in computational modeling and experimental testing of cardiovascular devices.*



# 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.





# ZOOM COURSES



Credit: CC by 2.0

## 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.

# ONE-NIGHT LECTURES



Amanda Finger



Kara Napolitano

## Human Trafficking in Colorado: Beyond the Headlines

One Zoom Session / \$15

Tue., Feb. 4, 2025, 7–9 pm MT

Human trafficking has become a hot topic in the past few years due to political platforming, salacious headlines and dramatic Hollywood portrayals. In this lecture, Amanda Finger and Kara Napolitano from the Laboratory to Combat Human Trafficking explore labor and sex trafficking, a crime only defined within the past 25 years. They also examine what this crime has looked like in Colorado since 2005 and how misinformation has damaged a human rights-based approach to anti-trafficking efforts.



Shannon Roberts



Shelly Hill

## Inside Mesa Verde and Great Sand Dunes National Parks

One Zoom Session / \$15

Wed., Mar. 5, 2025, 7–9 pm MT

Enjoy two insiders' views of two national parks in one fact-filled lecture. First, Shannon Roberts, education program coordinator at Mesa Verde National Park, delves into the park's extraordinary history and how citizens like you are preserving the Puebloans' fascinating past. Then education ranger Shelly Hill explores the Great Sand Dunes National Park & Preserve and its remarkable landscapes and ecological diversity. Plus, discover the park's ecosystems, from grasslands to alpine tundra and the dunes themselves.



# ONE-NIGHT LECTURES



Sgt. Jeremiah Gates



Tom Zeiler



Susan MacGregor Batenhorst

## Drones on Duty: New Frontiers in Policing

One Zoom Session / **\$15**

Wed., Mar. 19, 2025, 7–9 pm MT

How are police keeping you safe these days? Just look up. “Law enforcement agencies are now using drones in many ways,” says Jeremiah Gates, officer and drone pilot. “They’re cheaper than aircraft and easier to use, so drones are helping with search and rescue, crime scene investigation, crowd management, first responding and much more.” Join Gates to learn how and why law enforcement is turning to drones, and what the future of drones looks like.

## Baseball and the American (and Colorado) Dream

One Zoom Session / **\$15**

Thur., Apr. 3, 2025, 7–9 pm MT

Poet Walt Whitman once called baseball “the American game.” That’s not completely accurate because baseball comes from British rounders and cricket. “Still, baseball is Americana,” says Tom Zeiler, author of *U.S. History Through Baseball*. In time for opening day, Zeiler tests the validity of Whitman’s quote by examining how baseball reflects America, how the Colorado Rockies represent baseball’s new frontiers and why baseball is more than a game—it’s an expression of American history, and, perhaps, of life itself.

## Science in Antarctica: Why Should You Care?

One Zoom Session / **\$15**

Thur., Apr. 17, 2025, 7–9 pm MT

Why is Thwaites Glacier called the Doomsday Glacier? How and why is it being studied both above and below the ice? Why should your tax dollars fund long-term ecological research in the dry valleys of Antarctica? In this lecture, Dr. Susan MacGregor Batenhorst, a chemist who has lived and worked in Antarctica, shares her surprising answers and ice tales about Antarctic researchers and the science that lured them there to conduct the most challenging research on the planet.



# CURRENT ISSUES

## Challenges and Opportunities in 21st Century Healthcare

Two Zoom Sessions / \$75

Thur., Mar. 6, 13, 2025, 6:30–8:30 pm MT

Today's U.S. healthcare system is a complex mix of public programs, private insurance and out-of-pocket care. The result? High costs and big differences in access and quality. And globally, healthcare systems vary widely, with many countries struggling to balance universal coverage and affordability amid growing pressures from aging populations and economic constraints. In this class, DU professor Jack Buffington offers an in-depth exploration of healthcare systems. He begins with a comprehensive definition of healthcare that includes clinical, financial/administrative and supply chain/operational functions that must work in an integrated fashion. He then provides a brief history of healthcare here and abroad, and the differences across healthcare systems worldwide.

Buffington then explores how unique (good and bad) the U.S. healthcare system is compared to comparable nations, ranking last (20th) amongst the most developed economies. "It's a world-class system for some, yet insufficient and unaffordable for a significant proportion of the American public." Buffington argues that the future of healthcare in the U.S.

could either be a complete breakdown of the funding and hospital systems, or a new era driven by technology where America leads the world. The course concludes with predictions about the future of global healthcare, including potential innovations, challenges and policy shifts to meet the demands of a changing world.



*Jack Buffington is a professor for and the director of the Supply Chain Management program and the Denver Transportation Institute at the University of Denver. He has also served as a consultant for Colorado-based hospital systems, and started a partnership to improve healthcare in China.*

## Intelligence: Roles and Limits

Two Zoom Sessions / \$75

Thur., Feb. 6, 13, 2025, 6:30–8:30 pm MT

It's an unnerving time right now. Consider wars in Europe and the Middle East, rising tensions in East Asia, coups and terrorism across central Africa, piracy and attacks on shipping, cognitive warfare and dis/misinformation, security implications of climate change, narcotics and human trafficking, and transborder issues. What can intelligence, and in a U.S. context, the Intelligence Community (IC) do to help solve these issues?

"Intelligence plays an active role in each of these areas, as well as other threats and problems," says IC veteran Steve Recca.

Join Recca as he reviews how and why intelligence is being applied. Recca examines the IC and its relationship

with the president, Congress, the media and the public. He also explores how other countries view and apply intelligence for their national interests. Plus, he surveys the roles and limits of intelligence including how (and what) information is collected, including overt and clandestine activities; counter-intelligence efforts to identify and stop spies; how technology and artificial intelligence are pushing the boundaries across all aspects of the profession; and the application of covert action. As a teaser, Recca explains why the CIA is not the only game in town, and what made Julia Child famous for more than introducing French cooking to the U.S.

*Steve Recca is an adjunct professor for the Joseph Korbel School of International Studies at DU and is the executive director of the Center for Human Security at the University of Colorado Colorado Springs. He also serves as the director of the University and Agency Partnership Program for the Naval Postgraduate School Center for Homeland Defense and Security.*





# HISTORY & EXPLORATION

## Koalas to Captain Cook: Exploring Australia

Two Zoom Sessions / \$75

Sat., Mar. 22, 29, 2025, 10 am–12 pm MT

The name *Australia* conveys many vivid images—the Outback, indigenous inhabitants, unique flora and fauna, European exploration and colonization—to name just a few. In this class, geography professor Judy Okun delves into both history and geography to clarify what makes Australia so unique. “She explains that the continent was shaped by several unique factors, including its tectonics (which contributed to the evolution of iconic Australian marsupials like kangaroos and koalas), its mostly arid climate, a location that connects the southern Indian and Pacific Oceans, and human entry to the land beginning over 40,000 years ago. Okun then investigates how the last ice age affected the continent by extending the coastline, which facilitated human migration paths from distant lands such as Africa. Fast forward to the Age of



Exploration, which was influenced by Aristotle’s theories of the antipodes and the existence of a hidden Southern continent. This helped propel Dutch and British exploration of the continent. Okun also examines Captain James Cook’s landing on Australia’s east coast—an event that initiated the British claim on the continent. In addition, she explores current trends in population, ports, Australia’s diverse economy, natural resources, environmental challenges and international trade. The geopolitical challenges and opportunities that result from Australia’s proximity to China, the South China Sea and the Pacific Rim round out this course on this extraordinary place.

*Judy Okun teaches geography at West Chester University (WCU) in Pennsylvania and leads history and geography workshops for teachers and adult groups around Philadelphia and the U.S. She holds master’s degrees in history and environmental conservation. In 2020 and 2024, Okun won WCU’s outstanding faculty award.*



Credit: Australian Copyright Act, sections 65-68

# HISTORY & EXPLORATION

## Incredible Women of the Spanish Empire

Four Zoom Sessions / \$150

Tue., Feb. 18, 25, Mar. 4, 11, 2025,  
6:30–8:30 pm MT

Despite the fact that they lived in a repressive patriarchal society, women across the Spanish empire still found creative ways to navigate the world and mold meaningful lives. While the body of texts written by women in the 16th and 17th centuries is relatively small, we still have a large number of absolutely incredible first-hand testimonies of women from the period. In this course, Spanish professor Chad Leahy explores a handful of these amazing stories. He starts with the narrative of Catalina de Eraúso, who escaped the convent when she was young, fashioned her habit into men's clothes and joined the army. Then consider María de Zayas, who forcefully criticized violence against women in a series of powerful novellas. Next, examine the autobiography of Santa Teresa de Ávila, who was not just a renowned religious reformer, mystic and doctor of the church, but was also one of the most influential and important movers and shakers of her day. And there's Elena/o de Céspedes, who was born as a slave of mixed race and later became a surgeon. Finally, meet Sor Juana Inés de la Cruz, whose autobiography defends the right of women to study and whose poetry often underscores the absurdity of the patriarchal world she lived in.

*Chad Leahy is associate professor of Spanish and chair of the Department of Spanish Language, Literary & Cultural Studies at the University of Denver. His teaching and research focus on the history and cultures of late medieval and early modern Spain.*



Catalina de Eraúso

# MUSIC

## Bella Italia: Vivaldi and So Much More

Three Zoom Sessions / \$115

Thur., May 1, 8, 15, 2025, 6:30–8:30 pm MT

Classical music of Italy: If you've stopped to read this paragraph, you likely already know of Vivaldi's *Four Seasons*. It is, after all, some of the most famous classical music ever composed, and 2025 happens to be the 300th anniversary of its publication. However, there's so much more to Italian fine music than just Vivaldi's bird songs and thunderstorms! In this 3-evening online course, frequent DU Enrichment Program instructor Betsy Schwarm serves up a much broader view: from the Renaissance all the way to the present day. Who were the most notable names? What led them to write their music as they did? How did they reflect the times and places in which they lived? How did Italian become the *de facto* official language of fine music: "allegro," rather than "quick?" In what ways did Italy's 19th century drive for independence and unification find musical expression? The names you likely expect are here: Palestrina, Vivaldi, Rossini, Paganini, Verdi and Puccini, plus others along the way, including those great men of film:

Rota and Morricone. At no additional cost, the course includes an optional online concert opportunity outside of class time. Students are encouraged to share impressions during virtual intermission. The classical sounds of Bella Italia await you!



*Classical radio host, music professor, pre-performance speaker and author of 10 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.*

# ART HISTORY

## Cheers! The Art of Alcohol

Three Zoom Sessions / \$115

Sat., Jan. 25, Feb. 1, 8, 2025, 1–3 pm MT

Humans have enjoyed a tipples since the dawn of civilization, and some scholars even attribute alcohol to the development of complex societies. These giddy beverages have been essential to many humans' experiences.



*Hip, Hip, Hurrah! Artists' Party, Skagen, Peder Severin Krøyer, Gothenburg Museum of Art*

Credit: CC BY-SA 4.0 International

Artists have joined the festivities along the way. In this course, art historian Molly Medakovich leaves “Dry January” behind and offers visits to ancient Roman banquets, Renaissance taverns and 19th-century Parisian cafes, all while exploring the pleasures of beer, wine, absinthe and more. Witness the more ceremonious side of alcohol in art with glimpses into Egyptian offering chapels and Christian rites. Explore attitudes toward the benefits and dangers of alcohol with visual campaigns for abstinence and moderation. Consider the social impact (and representations) of the cultivation of rum and its relationship to slavery and the Caribbean sugar economy.

Along the way, view drinkware (Is it true that the champagne coupe was modeled on a French royal mistress's bosom?), corkscrews and other accessories that have elevated the experience of imbibing across time. Look at the art of wine labels and consider how their suggestive marketing sways us to purchase a bottle. Raise a glass of your favorite beverage from home (mocktails welcome) as we toast the art of alcohol and the stories of human experiences that it reveals.

*Molly Medakovich is a teaching specialist for lifelong learning programs at the Denver Art Museum, an affiliate faculty member at the University of Denver and an art historian. She holds a PhD in 18th- and 19th-century European art history with a focus on women artists and gender.*



See Mixology classes  
on page 31.

# LIFESTYLE

## Archiving Family History

Two Zoom Sessions / \$75

Wed., Apr. 23, 30, 2025, 6:30–8:30 pm MT

Let's face it, all your family photos aren't getting any younger. In fact, they're probably starting to fade and turn yellow. And what about those home movies? You can't play them because your VHS player is missing in action. When you add up all those photos and home movies, you get years and decades of heart-felt family memories and histories that are at risk

of fading away forever. In this course, research and education librarian Beth Blackwood comes to the rescue as she shares all the strategies and solutions to help you preserve your photos and videos, plus the more challenging formats like films and audio recordings. She also covers formats that home archivists can easily preserve and organize such as photos, negatives, letters and other flat documents. By the end of the course, you will gain the knowledge of supplies to store items that are important to your family history and memories; learn the tools that allow you to digitize photos, letters and negatives; recognize trustworthy vendors for digitizing more specialized projects that involve film or audio recordings; understand basic organizational structures and digital storage platforms for the long-term storage of digitized family history collections; and delve into the metadata description so others can find and use your hard work!

*Beth Blackwood is a research and education librarian at Duke University and has spent the past decade digitizing and preserving materials of all types. She has digitized collections at the University of North Carolina at Chapel Hill, Hillwood Estate, Museum & Gardens and California State University Channel Islands.*



# PSYCHOLOGY & SOCIOLOGY

## WHAT OUR STUDENTS ARE SAYING



The instructor's enthusiasm for this topic was infectious.

I enjoyed the small group breakout sessions and discussions.

The instructor was incredibly well prepared for every class and the depth of his knowledge about the material is impossible to overstate.

I loved that the class was offered live on Zoom.

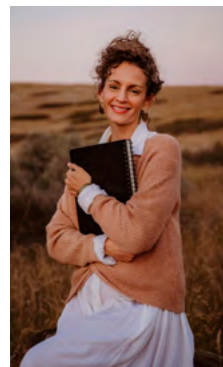


## Words for Well-Being: Boost Your Health Through a Wellness Writing Practice

Three Zoom Sessions / **\$115**

Mon., Jan. 27, Feb. 3, 10, 2025, 6:30–8:30 pm MT

Are you ready to discover a proven and creative way to boost your mental and emotional well-being? In



this course, DU writing instructor Dr. Heather N. Martin offers transformative instruction designed for adults looking to support their well-being through writing. And good news: You don't have to be a Shakespeare. "The focus is on wellness and there's no critiques of the writing," Martin says. She adds that guided expressive writing has been proven to reduce stress, enhance social relationships and improve academic

performance. While these outcomes may not surprise you, expressive writing has also been shown to improve lung function among asthma patients, reduce pain for people with rheumatoid arthritis and reduce sleep disturbances, among a host of other wellness outcomes. Examine current research on writing and well-being to learn how journaling, reflective writing and expressive storytelling can enhance wellness. Experiment with these techniques in a supportive environment and develop a personalized wellness writing routine. By sharing stories and reflections with classmates, you connect with others, fostering compassion and collective well-being. Together, explore the healing power of shared experiences. Come away with a deeper understanding of the connection between writing and well-being, practical strategies for incorporating writing into your daily life and the joy of contributing to a wellness-focused community.

*Award-winning writing professor Dr. Heather N. Martin empowers individuals to harness writing for reflection, healing and growth. Across decades of experience, she's guided students, teachers, first responders, middle-schoolers and corporate leaders in wellness writing activities—helping thousands worldwide lead more intentional lives through writing.*



# WRITING

## Writing Memoir in Easy Pieces

Three Zoom Sessions / **\$115**

Wed., Jan. 29, Feb. 5, 12, 2025, 6:30–8:30 pm MT

You want to record your many lived experiences, but the mere thought of it overwhelms you. In this class, Dianne Blomberg, PhD, a multi-published author, helps you trim this task into manageable bits. Students learn how to write a memoir in essay rather than full-length book form. The first two sessions include both learning the writing process and in-class generative work. This includes analyzing published memoir essays to both emulate and criticize. Does it work? If not, why not?



If it works, why? Learning how to identify these specifics helps you in your own writing. Since it is not possible to write an entire life's memoir in one essay, follow a simple bracketing process to determine exactly which slice of your life to capture. Once this is decided, you're guided through the structure and practice of writing a short memoir essay. The final session is a celebration of your writing, a chance to hear Blomberg's comments on your writing and, if you choose, share your work with classmates. "The purpose of this is to workshop our essays. Classmates offer praise and gentle suggestions for improvement, if any, in writing for you to read later," Blomberg says. "This is a safe space, so sharing isn't required."

*Dr. Dianne Blomberg's award-winning memoir-essays and short stories are published in multiple journals and magazines, selected for "best of" anthologies and featured on podcasts. Her research on the human condition is quoted in The Wall Street Journal, Good Housekeeping, Newsday, and elsewhere. She's the co-writer of a TV pilot rom-com, Happy Landing.*



# RELIGION

## Common Figures:

## The Bible and the Qur'an

Three Zoom Sessions / **\$135**

Wed., Apr. 30, May 7, 14, 2025, 6:30–8:30 pm MT

Adam, Eve, Joseph, Mary and Jesus. Highly recognizable names from the Hebrew Scriptures or the Christian Bible. But each one, and many more, can also be found in both the Bible and the Qur'an. Guided by Andrea Stanton, professor of Islamic Studies, and Christy Cobb, associate professor of Christianity, explore the people and stories that bind the two faiths closer than you might have ever imagined. Start with a scholarly introduction to both scriptures, including their authorship, authority and shared and divergent histories. Consider the common figures who make cameos and those who play leading roles. Discuss similarities in many narratives, such as Creation, the Garden of Eden, the calling of the people of Israel, the appearance of the Angel Gabriel to Mary, and the life of Jesus. Learn how Muslims have been taught to view Jews and Christians: The Qur'an proclaimed that both Jews and Christians should be protected as "people of the book." Also consider how artworks in each religious



tradition depict these key scriptural figures. Enjoy thoughtful conversations and come away with a new understanding of both faiths.

*Andrea Stanton is a professor of Islamic Studies and an affiliate faculty member at DU's Center for Middle East Studies. She is an expert on contemporary Islam.*

*Christy Cobb is an associate professor of Christianity and an affiliate faculty member in DU's Gender, Women's, and Sexuality Studies Program. She specializes in New Testament and early Christian texts.*

# EDUCATIONAL OFFERINGS

The Enrichment Program is housed within University College, DU's school of professional and continuing studies.

University College is built to serve busy adults with flexible online courses, instructors who are experts in their field and personalized support. Discover courses and credentials within one of our other programs:

## Bachelor of Arts Completion

*For adults who have started, but not yet finished, an undergraduate degree*

If you want to finish the degree you started but never completed, you can transfer up to three years of previous college credit directly toward a DU degree! Nearly 100% of our students receive a scholarship, saving thousands of dollars. Get a free preliminary transcript review at [UniversityCollege.DU.edu/Bachelors](http://UniversityCollege.DU.edu/Bachelors).

## Master's Degrees & Certificates

*For adults seeking the skills that will open new career opportunities*

University College offers top-ranked graduate programs that are industry-aligned and relevant for busy professionals. Tailor your program to your life and goals, with courses entirely online or in the evening. You'll gain valuable real-world skills from industry experts to help you stand out in the job market.

### Master's Degrees

Finish one of University College's top-ranked master's degrees in as little as 18 months. Classes start four times a year, with no admission or application fee. Learn more about our 14 different career-focused degree programs at [UniversityCollege.DU.edu/Masters](http://UniversityCollege.DU.edu/Masters).

### Graduate Certificates

For a more immediate return on your investment, earn a four- or six-course graduate certificate. Elevate your knowledge and skills in one of dozens of academic areas. These credits also will apply to a full master's degree. Explore your options at [UniversityCollege.DU.edu/Certificate](http://UniversityCollege.DU.edu/Certificate).

## Center for Professional Development

*Short, high-quality courses with immediate professional impact*

The Center for Professional Development at DU provides short non-credit online courses and bootcamps to support your career goals. Programs are taught by professional practitioners with real-world insights. From coding to coaching, cybersecurity to sales, our programs help you take the next step in your career. The center also offers online test prep courses for the GMAT, GRE, LSAT and CPC. See our offerings at [Professional.DU.edu](http://Professional.DU.edu).

## 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 offers both in-person and online courses on an array of topics, as well as informative webinars. OLLI at DU creates spaces that promote dialogue and deep understanding with plenty of opportunity for social interaction. Most classes meet weekly either in the morning or afternoon for 4-, 6-, or 8-week periods. For more information [UniversityCollege.DU.edu/OLLI](http://UniversityCollege.DU.edu/OLLI).



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# THANK YOU!

## Certificate of Completion

The Enrichment Program will provide a Certificate of Completion or other evidence of course attendance, upon request. Please contact us at 303-871-3801 before the end of your course to request the appropriate documentation.

## Enrichment Program e-Newsletter

Get special discount offers, the inside scoop on your favorite instructors and cultural organizations, insight on upcoming courses, and much more.

*If you do not currently receive our newsletter and would like to, subscribe now at [UniversityCollege.DU.edu/Enrichment](http://UniversityCollege.DU.edu/Enrichment).*

## Enrichment Program Scholarship Fund

We are pleased to offer a limited number of partial scholarships toward the cost of one Enrichment Program course.

*Limited to one course per qualifying student per calendar year. Scholarships no greater than 50% off course price for qualifying courses. To apply, visit: [UniversityCollege.DU.edu/Enrichment](http://UniversityCollege.DU.edu/Enrichment).*

## We would like to hear from you!

Send program suggestions, course recommendations and feedback to us by mail or email.

**University of Denver**

**Enrichment Program**

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[UCOLSupport@DU.edu](mailto:UCOLSupport@DU.edu)

## Thanks to Our Partner Organizations

The Enrichment Program extends a heartfelt thank you to the following organizations for their outstanding support this term.

- Africa Center at Institute for Comparative & Regional Studies
- African Grill & Bar
- Arapahoe County Sheriff's Office
- Colorado Avalanche Information Center
- Colorado Department of Natural Resources
- Denver Astronomical Society
- Downward Dog Upward Spirits
- Dressel-Martin Media Works
- Friends of Chamber Music
- Glass Class Denver
- Innovation Labs at the University of Denver
- Knoebel Institute for Health Aging
- Laboratory to Combat Human Trafficking
- Lighthouse Writers Workshop
- Matt's Mixology
- National Park Service
- Nutrition Therapy Institute
- The Spirituals Project

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- Chanrith Schieffer, Business Operations Coordinator
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- All of our terrific volunteer Zoom co-hosts



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