



Enrichment Program
UNIVERSITY OF DENVER

ENRICHMENT PROGRAM

FALL 2025



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The World's Happiest Country

Quenching Curiosity for Over 20 Years

Welcome to a new season of learning with the Enrichment Program! As Associate Dean at the College of Professional Studies, I lead all the College's non-credit programs and it's my great honor to welcome you to this community dedicated to learning "just for the fun of it."

Each term, I open the Enrichment Program catalog with the excitement of a treasure-hunter—because treasure it is! The very name "Enrichment" alludes to the wealth we accrue in any learning experience. Here at the College of Professional Studies, we believe that education can open new opportunities—but more importantly, we believe it is fundamental to the human experience. Learning brings us alive, feeds our spirits and helps us make sense of an ever-changing world.

This fall's offerings are as varied and as engaging as ever. Guided by passionate instructors, each course is a journey toward discovery, reflection and the simple joy of expanding one's perspective. You can learn about everything from bluegrass to birds, from whiskey to world peace and from affordable housing to asylum. You can even share the learning experience with a youngster you love in our hands-on intergenerational course (page 18). How lucky we are that the learning process is never done, that there is always more to explore and another Enrichment Program catalog packed with fascinating topics.

Join us this fall in indulging your curiosity and expanding your outlook. We hope you come away inspired, informed, and yes, *enriched*.

You may have noticed that University College—the academic home of the Enrichment Program for 22 years—has a new name. We're now the College of Professional Studies, but our mission remains unchanged. We still carry forth the same commitment to curiosity, creativity and community that has always defined the Enrichment Program.

So, what's in a name? Names capture essence and direction—and our fall offerings prove it. *Architecture Gone Wild* is a course that promises to reshape how you see the built world. *Camille Pissarro: The Unsung Hero of Impressionism* brings the artist's bold vision to life. And, *True Tales of Taboo* invites a fresh take on fairy tales, revealing that beloved classics might not be as light as they seem.

Titles like *Voting in America* and *Free Speech Under Fire* dive into timely and urgent conversations. *How to Use AI in Your Daily Life* explores how emerging technologies impact our routines. Whether you're drawn to science (*Tomorrow's Energy*), the practical (*Smart Strategies to Avoid Financial Scams*), or the delicious (*Meals Made Easy for a Busy Week*), there's something for every curiosity.

Our course titles—like our new name—reflect a learning spirit that's dynamic, relevant and inclusive. They're more than classes; they're invitations to explore, question and connect. As we begin this exciting new chapter, we invite you to join us this fall. Explore our diverse offerings and become part of a vibrant community of lifelong learners.

Make every day a learning day.



A handwritten signature in black ink that reads "Teri Markle".

Teri Markle

Associate Dean of Finance,
Business Operations &
Continuing Education



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

Lynn Wells

Director, Enrichment Program

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FEED YOUR CURIOSITY SERIES

FREE LECTURES



Credit: Jeanette Galie Burkle.

Please Be Our Guest

Relish the joy of learning during *Feed Your Curiosity* week! Enjoy free Zoom lectures that give you a taste of the Enrichment Program's rich and diverse offerings—from the AI revolution and global affairs to tips for a bird-friendly yard or nighttime photography. Get inspired, invite a friend, and dive into topics that spark your interest—just for the fun of it!

- Dates: August 25–28, 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 courses related to *Feed Your Curiosity* lectures throughout the catalog.

Mon., Aug. 25

7 pm - *Shakespeare in Love*:

Changing a Tragedy Into a Rom-Com

What happens when one of Shakespeare's greatest tragedies gets a romantic comedy twist? In this engaging lecture, Sarah Kozloff, former professor of film at Vassar College, explores how *Shakespeare in Love* reimagines *Romeo and Juliet* using classic comedic elements like mistaken identity, disguise and love sickness. Discover how director John Madden and screenwriters Marc Norman and Tom Stoppard update the story for modern audiences while celebrating the magic of art. Students are encouraged to (re)watch the film before the talk.

8 pm – The Evolution and Future of Artificial Intelligence: From Basics to Generative Breakthroughs

They're the building blocks of our future: artificial intelligence (AI), machine learning and neural networks. But what will that future look like? Join author and tech expert Altaf Siddiqui for a clear and concise overview of the current state of these technologies, their evolving role in society, along with insights into future trends. He also delves into generative AI technologies, spotlighting practical applications using tools like ChatGPT and Microsoft Copilot. Come away feeling inspired to navigate tomorrow!

Tue., Aug. 26

7 pm – The Story of the High Line Canal

Discover Colorado's secret treasure—the High Line Canal—in this engaging talk led by Sam Wilber, programs manager at the High Line Canal Conservancy. Learn about the canal's rich history, its vital role as a wildlife corridor and future trail improvements. Hear about efforts to protect all 71 miles of this beloved trail, including a new conservation easement, and find out how you can get involved in the Conservancy's exciting upcoming programs and initiatives.

8 pm – Native Plants for Birds: Backyard Habitat and Wildscaping 101

Discover how native plants can transform your garden into a haven for birds—including hummingbirds—by providing essential food and shelter. Robert Sanchez, Colorado Master Gardener and Denver Audubon educator, will explain why native plants matter in all landscapes—urban to rural. Learn about the challenges birds face today and get practical tips on the best native plants to support local bird populations, no matter your garden's size.

Wed., Aug. 27

7 pm - Demystifying the FBI

FBI—three letters practically every U.S. citizen knows. But still, questions remain: What's its mission? What are its key functions? How far-reaching is its authority? Join Madeline Murray, a community outreach specialist for FBI Denver, as she demystifies the FBI through education on its purpose, programs and careers. Discover the threats it confronts, the importance it places on teamwork, how it upholds the Constitution and how it protects us all. Leave with a stronger appreciation of this vital organization.

8 pm – Past Power, Future Uncertainty: America in a Changing World

Since 1945, the U.S. has helped shape a global order centered on peace, commerce and human rights. But that golden age—despite Cold War tensions and other crises—may now be giving way to a new geopolitical landscape. Join Paul Viotti, PhD, DU professor emeritus and expert in foreign policy and international relations, as he guides a Rick Steves-style tour through Europe, East Asia and beyond to examine today's major shifts in power, alliances and influence.

Thur., Aug. 28

7 pm – After Dark:

The Art of Night Photography

Forget golden hour—some of the most compelling images are captured after dark. In this presentation, award-winning photographer Jeanette Galie Burkle invites you into the world of night photography. Learn how to make the most of low-light conditions and explore the creative use of controlled lighting to craft striking images. Discover how to capture motion, evoke mood and transform ordinary nighttime scenes into extraordinary visual stories. With inspiring examples and practical tips, this session will illuminate new ways to see—and photograph—the night.

8 pm – Artistic Reflections on a Changing World

How do personal beliefs, artistic vision and global issues like climate change intersect? Join artist Eric Johnson as he explores his evolution from idealistic environmentalist to a more nuanced perspective shaped by time and experience. Through kinetic installations like *Ecotension*, Johnson uses art to elicit reflection on sustainability, fragility and transformation. This thought-provoking talk invites all—regardless of ideology—to consider how creative expression can spark dialogue and ripple toward change.

REGISTRATION

How to Register for Classes

Registration opens Monday, July 7, 2025.

Register Online

DU.edu/Continuing-Education/Catalog/Enrichment

Register By Phone

303-871-2291



Please note how classes are listed on the registration site:

- *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 website 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 link. All in-person classes take place on the University of Denver campus unless otherwise noted.

Classes that do not reach minimum enrollment will be canceled one week before their scheduled start date.

Course Discounts

Discounts are available to DU faculty, staff, alumni, students and their parents, DU Retirees Association members, OLLI at DU members and other select groups. 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 the College of Professional Studies, University of Denver.

Criteria

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

**Four-Session
Course (8 hours)**

**Four-Session
Course (8 hours)**

**Four-Session
Course (8 hours)**

**One-Session
Course (2 hours)**

**Two-Session
Course (4 hours)**

Example Course Combination

To receive your certificate, email PSCSupport@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.

CURRENT ISSUES

The U.S. and the Shifting Sands of Global Power: A New World Order?

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

Mon., Sept. 29, Oct. 6, 13, 20, 2025, 7–9 pm MT

The U.S. has been viewed as the leader of the free world, particularly in its role in the UN and other international organizations like NATO and bilateral alliances or coalitions with Japan, South Korea, Israel and other countries. But now, in this new era of global power politics with the emergence of right-wing politics around the world, key questions arise: Is the U.S. still (or will it continue to be) the leader of the free world? What countries might take its place? What new roles might the U.S. play in global politics?

In this timely course, author and retired political science professor Paul Viotti shares surprising answers to these and many other questions. Viotti also closely



examines U.S. relations with China, Japan, Russia and European states. Plus, he sheds new light on Canadian and U.S. economic and military relations along with U.S. claims to Greenland, the Panama Canal and Gaza. “The causes of war and factors relating to peace underlie all of our discussions,” Viotti says. “Global power dynamics have a direct effect on both homeland security and the American economy.” Part of this course also covers the global role of the U.S. dollar, the subject covered in Viotti’s book, *The Dollar and National Security: The Monetary Component of Hard Power*.

Paul Viotti, PhD, recently retired as an emeritus professor from the Josef Korbel School of International Studies at the University of Denver where he researched, wrote, published and taught courses on foreign policy, national security and international relations theory. He has published several books and articles and has been active in many associations’ international security sections.

WHAT OUR STUDENTS ARE SAYING

“

The instructor has extensive expertise with a talent for simplifying even the most complex ideas.

There were engaging visuals, interactive class sessions and a smooth, well-organized presentation.

The instructor shared valuable insights in an engaging manner. This could be a weekly course for a year and the instructor would not have scratched the surface of his knowledge.

”

BUSINESS & LAW

Money Talks: Understanding Today's Economic Shifts

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

Thur., Sept. 4, 11, 18, 25, 2025, 6:30–8:30 pm MT

Whether it's been decades since your last economics class—or you've never taken one at all—this course offers a timely, engaging refresh of essential economic concepts, combined with real-world insights into today's fast-changing market conditions. Gain valuable historical perspective to help make sense of current trends and future possibilities.

Led by Bob Melvin, a beloved University of Denver economics professor with nearly 50 years of teaching experience, this course is designed to spark discussion, deepen your understanding and equip you with practical tools to navigate economic change.

Explore pressing questions like: What surprises are we seeing in the money market? How are tariffs reshaping the U.S. economy? Are we facing a potential recession—or worse? While there may be no crystal ball, examine meaningful indicators and discuss what they could signal for consumers, investors and everyday life. Topics will span everything from inflation and interest rates to labor markets, globalization and the often-unexpected ripple effects of policy decisions.



Join us for four dynamic in-person sessions where you'll find lively conversations, approachable explanations, unexpected insights and a chance to connect the dots between theory and today's headlines. Bring your questions, your curiosity—and maybe even your own economic hot takes. Who knows what breaking news will be analyzed by the final session?

Bob Melvin is a consultant, award-winning instructor of Economics and Human Communication and recipient of DU's Adjunct Teaching Excellence Award. He taught for 47 years in DU's Economics and Applied Communication programs, as well as teaching essential economic concepts and frameworks in the Executive MBA program.

Beyond the Cage: Championing Animal Rights Through Law and Policy

Three In-Person Sessions / **\$165**

Tue., Sept. 2, 9, 16, 2025, 6:30–8:30 pm MT

What do we owe the animals we share this planet with? If you've ever questioned the ethics of factory farms, animal testing or using animals for fashion and entertainment, you're not alone—and you're in the right place. This course, taught by wildlife law attorney Jess Beaulieu and animal law professor Justin Marceau, dives into the heart of the animal rights movement, where compassion meets action. Explore why more people are recognizing animals as sentient beings with their own intrinsic value—and how that's changing laws, industries and public opinion. From groundbreaking lawsuits to food policy debates and wildlife protections, this class sheds light on the legal, ethical and social aspects of animal rights. Unpack major milestones in the movement, discover how activists are making waves and explore the philosophies and scientific discoveries that show animals feel pain, pleasure and emotions. Tough questions will also be tackled: What does meaningful animal advocacy look like? How can individuals and communities create lasting change? Expect rich discussions, real-world examples and ideas you'll carry with you well beyond the classroom. Whether you're new to animal advocacy or looking to deepen your knowledge, this course will challenge your thinking and inspire a more compassionate view of the world around you.



Jess Beaulieu is an attorney and manager of the University of Denver's Animal Law Program. Her specialty is wildlife law, and she is a Colorado Parks and Wildlife commissioner.

Justin Marceau is a law professor who specializes in animal law, as well as criminal and constitutional law. He has litigated a number of animal protection cases and frequently publishes and lectures on topics related to animal protection.

HISTORY & EXPLORATION

10th Mountain Division: Colorado's Mountain Soldiers

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

Wed., Nov. 12, 19, 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 uniforms and equipment. 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 United States Forest Service, and the U.S. Army Museum System on 10th Mountain and Camp Hale history.

Colorado Railroad Museum and Locomotive Walking Tour

One In-Person Session / **\$40**

Sat., Oct. 4, 2025, 1–2:30 pm MT

The history books are clear: Locomotives had a massive impact on Colorado's birth and growth. Fortunately, much of that rich railroad heritage has been captured by the Colorado Railroad Museum in Golden. It's "All Aboard" with the museum staff for an illuminating one-hour tour!

Start with a short history of the museum and its co-founders, Robert Richardson and Cornelius Hauck, along with a few humorous tales about how they built the museum. Next, examine the rails between the

depot and library to be transported to the past as you learn the role locomotives played in Colorado's earliest days. Then explore locomotives, some of which go as far back as 1880, and the stories that follow them. The museum boasts that the locomotives are more than just rolling stock in a rail yard museum, they're vaults holding memories, technology and experiences. Finally, at the roundhouse, discover the museum's three most famous locomotives: D&RGW No. 491, D&RGW No. 346 and D&RGS No. 20. If weather permits, take a turn pushing the Armstrong turntable built in 1900. This class also includes a ride on one of the trains.

Your ticket to ride is included in the price of the class and it's redeemed at the museum during your visit. Get on track for some fun!



The Colorado Railroad Museum's mission is to preserve a tangible record of Colorado's dynamic railroad era and its pioneering narrow gauge mountain railroads. The museum's docents, who are passionate about sharing their knowledge and time with the community, are well versed in the human stories that help the museum connect to these great iron horses of the past.



HISTORY & EXPLORATION

American Jewish Immigrant Experience

Three In-Person Sessions / **\$165**

Mon., Nov. 3, 10, 17, 2025, 6:30–8:30 pm MT

The origins of the American Jewish community date back to the 1650s, when a small group of refugees from Portuguese Brazil fled to the Dutch colony of New Amsterdam (later renamed New York by the British) in search of safety and opportunity. Despite anti-Semitic efforts to expel them, these first immigrants persevered and formed communities in the port cities of the British American colonies. They struggled at times to maintain their religious traditions in their new surroundings, which offered them economic opportunity and a chance at a better life for themselves and future generations. Since that time, Jewish people have immigrated to the U.S. from around the world, most recently from such countries as South Africa, Iran,

Israel and the former Soviet Union.

In this course, DU faculty member Joshua Furman examines the American Jewish immigrant experience from the mid-1600s to the mid-1800s to help students understand how newcomers navigated the processes of adaptation, acculturation and integration into American life. Through memoirs, letters and legal documents, Furman travels back in time to



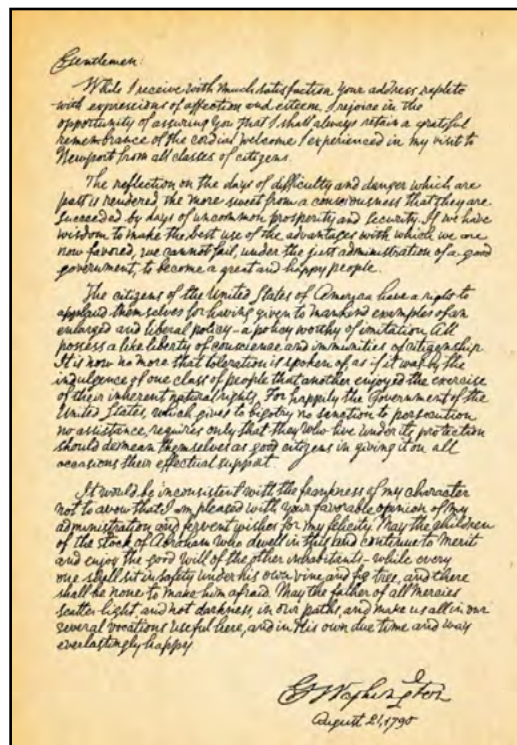
Congregation Shearith Israel, New York

explore the earliest years of Jewish life in the U.S. Why was America such an appealing destination for Jews looking to escape poverty and persecution in Europe? How did Jewish Americans participate in the Revolutionary War and the Civil War? Is there a longer history of anti-Semitism in the United States dating back to the colonial period? To what extent were Jews involved in the antebellum slave trade? Who were the first Jews to settle in Colorado, and why did they come? Furman answers these questions and others as you explore the earliest chapters of the American Jewish immigrant experience.

Joshua Furman is the Jeanne Abrams Endowed Director of the Rocky Mountain Jewish Historical Society at the University of Denver, where he also serves as affiliate faculty in the Center for Judaic Studies. His work focuses on the experiences of American Jews and Jewish communities between the East and West Coasts, principally in Colorado and Texas. He received his PhD in modern Jewish history from the University of Maryland-College Park in 2015.



Credit: John L. Loeb, Jr. Database of Early American Portraits



Credit: Ambassador John L. Loeb, Jr. Institute for Religious Freedom and Democracy



**Rocky Mountain Jewish
Historical Society**
UNIVERSITY OF DENVER



See Jeanne Abrams' class on page 38.

HISTORY & EXPLORATION

Untold United Airlines Flight 629 Bombing

One In-Person Session / **Free**

Symposium, Sat., Nov. 1, 2025, 7 pm MT

On Tuesday, November 1, 1955, United Airlines Flight 629 departed Denver's Stapleton Airfield en route to Portland, Oregon, with 39 passengers and five crew members. Eleven minutes after departing, the flight exploded eight miles east of Longmont, killing everyone aboard.

The bombing was the first confirmed case of sabotage against a commercial aircraft in the U.S. The subsequent investigation set new standards for forensic science in airline crash investigations and ultimately found that John Gilbert Graham of Lakewood, Colorado, placed dynamite in his mother's suitcase to collect insurance money from her death.

The tragedy led to a landmark decision by the Colorado Supreme Court, which allowed the trial to be televised and paved the way for greater media access to courtrooms. It also dramatically changed security arrangements for air travelers. And, of course, the tragedy shocked the American people due to its cold-blooded nature.

To mark the tragedy's 70th anniversary, the Enrichment Program is honored to co-host a symposium that explores the enduring legacy of this horrific event while serving as a tribute to those lost. The event will be held on November 1 at 7 pm at Wings Over the Rockies Air & Space Museum (7711 E. Academy Blvd., Denver, CO, 80230).



Special presentations are planned by guest speakers and former Denver District Attorney Mitch Morrissey, who shares the event's background and trial. Additionally, Marian Poeppelmeyer, daughter of Flight 629 victim Marion Hobgood and author of the book *Finding My Father*, considers the ripple of tragedy and trauma and the importance of forgiveness.

Special activities include a memorial for the victims at the old Stapleton Tower on Saturday, November 1 at 11 am, which is open to the public. History Colorado is hosting a special display through January 2026. And Denver Police Museum volunteers have located victims' surviving families who are expected to attend the events.

Mitch Morrissey was elected district attorney of Denver in 2004 and was sworn into office in 2005. He is recognized internationally for his expertise in DNA technology, applying that technology in criminal prosecutions and working to ensure that DNA science is admissible in court. A veteran prosecutor, he introduced the first DNA evidence used in a criminal trial in Denver.



HISTORY & EXPLORATION

Columbus—Behold the Man

Two In-Person Sessions / **\$95**

Mon., Oct. 6, 13, 2025, 6:30–8:30 pm MT

You might think you know Christopher Columbus from grade school lessons—as a symbol of daring exploration and as the vanguard of brutal colonialism. In this two-session course, former professor Buie Seawell invites you to make a passage of discovery with him as he shines new light on Columbus. Take a closer, more nuanced look at Columbus—not as a cultural icon or villain, but as a historical figure and human being.



Credit: Kenneth Zirkel CC by SA4.0

In 1992, when the world observed the 500th anniversary of Columbus' voyage of discovery, Seawell joined sailors from around the globe to make a similar crossing of remembrance and exploration. That journey helped shape his perspective on the man behind the myth.

"This class is about two voyages interlaced," Seawell explains, "and the discovery of the person who has been both celebrated and condemned—the Genoese entrepreneur and sailor. The aim for this class is to move beyond the cultural legend and examine Columbus as a complex individual shaped by his time."

Drawing on his own experiences sailing the Atlantic, Seawell will explore how the story of Columbus has evolved, and what we might learn by disentangling the historical reality from centuries of symbolism and cultural strife. Columbus emerges here as neither god nor devil, but rather as a flawed, ambitious, and deeply human sailor: Ecce homo.

Buie Seawell, professor emeritus, retired as professor of the practice in the Department of Business Ethics and Legal Studies at Daniels College of Business in 2017. He formerly served on the Ethics and Professionalism Committee of the American Board of Medical Specialties.



Denver's Hidden Gems: Modern Marvels, Lost Relics and Secret Treasures

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

Wed., Oct. 8, 2025, 6:30–8:30 pm MT

Walking Tour, Sat., Oct. 11, 10 am–12 pm

Discover the gems hidden throughout

TREASURE BOX TOURS

Denver, and find new awe and wonder in the modern marvels the city is creating today. "Early Denver had many architectural wonders, especially with the riches of the mining booms in the state," says Michael Vincent, owner of Treasure Box Tours, a Denver-based travel company. "Sadly, many of those treasures were lost when wrecking balls made way for new sites." In this class, Vincent shares with you the treasures of yesteryear and then explores the lesser-known spots of today. Have you heard of the alley art in Bonnie Brae? How about the ghost signs of downtown? Or the sister city parks throughout Denver? "We bring this all to the present and dive into the new construction and sites that, if they were lost, would cause a massive community uproar," he says. "We even learn about bizarre sites like the Populus Hotel and One River North." And



Credit: Michael Vincent

finally, enjoy a walking tour of downtown Denver to see up-close examples of all three types of these spectacles using the 16th Street shuttle. From Union Station to the Daniels & Fisher Tower, and from Larimer Square to the City and County Building, you have plenty to learn and discover on your hunt for treasures around the city!

Michael Vincent's passion for tourism has taken him to 25 countries and nearly all of the 50 states. He has been providing Denver area tours and presentations focused on history, sciences and cultures for over 11 years. He firmly believes there is no better way to learn than through the experiences that come with travel.

HISTORY & EXPLORATION

Contemporary Finland: The World's Happiest Country

Three In-Person Sessions / **\$180**

Wed., Sept. 3, 10, 17, 2025, 6:30–8:30 pm MT

For eight consecutive years, 2018–2025, Finland has been named the happiest country in the world according to the United Nations' Sustainable Development Solutions Network *World Happiness Report*. What's more, Finland ranks consistently high on global comparisons of equity, education, personal safety, wellness and mutual trust—and low on corruption, crime and pollution.

With about 5.6 million people, Finland has a low population density of 49 people per square mile. In this beautiful and lush land of forests and lakes, berries and fish, the people live in a symbiotic relationship with the country's complex and diverse nature that supports many types of flora and fauna. The Finns are known for their dedication



to preventing environmental pollution and boosting sustainability as they carefully manage their natural resources. In fact, the Finnish government has set a goal to make Finland carbon-neutral by 2035 and carbon-negative soon after that.

Join DU adjunct faculty Ann Mäkikalli, who lived and taught in Finland for nearly 10 years, for a fun and informative historical and cultural exploration of Finnish society. Discover how Finland thrives with equality and trust. Learn about the prevailing mindset of the Finns. Delve into the reasons why the Finnish lifestyle lends itself to satisfaction and happiness. And meet a Finnish guest speaker who discusses modern politics and explains the framework of the multi-party system which minimizes the possibility of a single party dominating power.

Finally, explore the mainstays of Finnish food and drink, which have been greatly influenced by sustainable, local food sources. Sample some tasty Finnish treats at each session. Come away with a deeper appreciation for contemporary Finnish society, politics, cuisine and much more.

Ann Mäkikalli, PhD, is adjunct faculty at the University of Denver's Office of Internationalization. She lived in Finland for 10 years and taught English and U.S. culture at the University of Turku, Finland. She has traveled extensively in all five of the Nordic countries and their neighboring countries.



Credit: All images by Ann Mäkikalli

LIFESTYLE

Staying Safe: Smart Strategies to Avoid Financial Scams

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

Wed., Sept. 24, 2025, 6:30–8:30 pm MT

According to the Federal Trade Commission, U.S. consumers reported losing \$12.5 billion to fraud in 2024, a 25% increase from 2023. This class offers a look inside the dark side of scam call centers and the tactics these criminal organizations are using to steal from people all over the world. Why are scams successful year in and year out? In this class, scam expert Lynn Lowe shares the psychological and emotional tactics criminals use—tactics that sadly work time and time again. Did you know that oftentimes citizens are victimized more than once? Do you know about the latest technology that allows scammers to fake letters, photos, videos, caller IDs and even your loved one's voices? We all know that catching bad grammar or spelling errors is an easy way to detect some scams, but we have to consider what happens when artificial intelligence perfects those errors. How do you know that you're not dealing with a legitimate organization? Lowe also covers red flag tools that help you to detect and protect yourself from an attempted scam. Plus, learn that there's more than just a financial loss that's at stake when dealing with scammers. And finally, discover the safest way to search for valid websites, vet your emails and keep your devices safe.

Lynn Lowe is a senior resource navigator for the City and County of Denver, City Attorney's Office. In her role, she works with Denver Police Department's Special Victims Unit by serving victims of abuse, self-neglect and financial exploitation who are over 60. She's currently focused on sharing scam trends and techniques with the public.



RELIGION & PHILOSOPHY

The Hero's Journey: A Timeless Tale of Transformation

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

Tue., Sept. 30, Oct. 7, 14, 21, 2025,
6:30–8:30 pm MT

So, what did Dorothy of *Wizard of Oz* fame and Luke Skywalker from *Star Wars* have in common? They're both good examples of people who've undertaken the hero's journey. In fact, most lead characters in stories take hero journeys. In this course,



Credit: Library of Congress

former religious studies professor Sharon L. Coggan takes you on a journey of your own through the concept of the hero's journey. What is it? How did it come to be? Why is it so prevalent in stories? "The hero's journey serves as a metaphor for all the ups and downs life puts us through," Coggan says. "The hero stands for the ego-self who starts out on a grand adventure to seek a treasure." The hero then becomes transformed into a higher self who wins the boon to share with all humanity. Examples explored in this course include characters such as Gilgamesh, Odysseus, Psyche, Arthur and, of course, Dorothy and Luke. Students also examine the differences between the masculine and feminine models and unpack the symbolism in some of the mythic versions of the tale. Remember that in Dorothy's journey to Oz, we learn in the end—spoiler alert—that her trip was all a dream. "So, we conduct a dream analysis of this epic as well," Coggan says.

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



MUSIC & PERFORMING ARTS

Jimmy Buffett's Music, Myth and Margaritaville

Two In-Person Sessions / **\$95**

Tue., Nov. 4, 11, 2025, 6:30–8:30 pm MT

Celebrate the life, music and legacy of Jimmy Buffett—from his early songs to the rise of a party-hardy empire. From his biggest hits to his billion-dollar beach brand, join educators Barb Kreisman and Jack Kronser as they explore how Buffett created a world of tropical escapism fans could hear—and live in. Whether you've worn out your *Songs You Know by Heart* album or just wonder how Margaritaville became a lifestyle, this series dives into pop culture's most beloved beach philosopher.

Week 1: The Soundtrack of Escapism

Trace Buffett's musical journey from Mississippi to the shores of Key West. Through rare footage, song clips and lively discussion, revisit classics like *Cheeseburger in Paradise* and *Come Monday*, and see how Buffett blended country, folk, rock and island vibes into a sound all his own. Collaborations with artists like Alan Jackson, James Taylor and Paul McCartney will be highlighted.

Week 2: Life in Margaritaville

Trade the guitar for flip-flops and follow Buffett as he builds an empire rooted in rum, relaxation and retail. From bestsellers to beach bars, explore how he turned his easygoing philosophy into a cultural and commercial empire. Unpack Parrothead fandom, his business instincts and what his breezy brand reveals about American life and leisure. Join us for a deep dive into Buffett's beach bum dream—no shoes required.



Long-time friends Barbara Kreisman, PhD, and Jack Kronser share a passion for celebrating musicians through a *Modern Elder's* lens. Kreisman, former associate dean of the Daniels College of Business Executive MBA program, brings business and retirement expertise, while Kronser, a seasoned educator and musician, adds musical depth.

Red Rocks Revealed: A Behind-the-Scenes Look at Colorado's Iconic Venue

Two In-Person Sessions / **\$95**

Tue., Sept. 16, 2025, 6:30–8:30 pm MT

Red Rocks Tour, Sun., Sept. 21, 9–11 am MT

Just west of Denver stands one of the world's most celebrated concert venues—Red Rocks Amphitheatre. Set in a 300-million-year-old natural formation and steeped in over a century of musical history, this National Historic Landmark is as beloved by artists as it is by fans. Its breathtaking views, acoustic perfection and vibrant atmosphere make every visit unforgettable, drawing music lovers and performers from across the globe.

Join DU alumni and Red Rocks insiders Tad Bowman and Brian Kitts for a unique perspective of this extraordinary venue. This course begins with an engaging classroom session that explores the venue's origins, from the Civilian Conservation Corps' construction efforts during the Great Depression to the impressive feat of carving 9,000 seats into a mountainside. Dive into stories of architecture, public art and the evolution of Red Rocks' musical legacy—from Indigenous music and early classical performances to its rise as a stage for American pop culture icons.

A separate, follow-up session features a guided tour on-site at Red Rocks. Go behind the scenes to discover what makes the venue tick—from the Trading Post and Visitor Center to backstage and lesser-known areas that shape the concert experience. **Please note:** *The tour includes stairs, walking on uneven surfaces and elevation of 6,500 feet. It is not accessible for those requiring mobility accommodations.*



Credit: City of Denver



Tad Bowman, a former DU baseball player from upstate New York, brings over 35 years of experience with Denver's city venues.

Brian Kitts, a New Mexico native, draws on a career with Disney, Fox, and Kroenke Sports.

He also teaches Sports and Entertainment Marketing at DU's Daniels College of Business.

MUSIC

From Aspiration to Artistry: Tchaikovsky's Symphonies 4-6

Four In-Person Sessions / **\$220**

Thur., Sept. 11, 18, 25, 2025, 7–9 pm MT

Symphony Performance, Sat., Oct. 4, 7:30 pm

There's an old quip that declares, "Tchaikovsky wrote three symphonies—Nos. 4, 5 and 6." Yes, the first three were often unfairly brushed aside in favor of his last three musical monuments. In this three-night class, popular Enrichment Program instructor Marc Shulgold acknowledges that adage and devotes one class to each of the final three, in preparation for a Boettcher Hall concert by the Colorado Symphony featuring No. 4. This class travels in reverse order, so that the last session covering No. 4 can lead into its concert performance, to uncover the struggles Tchaikovsky endured. For example: "There is no doubt that for some months I was insane," Tchaikovsky wrote in his diary, "and only now, when I am completely recovered, have I learned to relate objectively to everything which I did during my brief insanity." Discover how a mysterious sponsor inspired his No. 4 Symphony. Investigate the world of Russian symphonic music and meet the conniving, heavy-drinking egos who clamored for the spotlight. Out of these endless distractions (including Tchaikovsky's "marriage" and his "dark secret") emerged three of music's greatest masterpieces. From the terrifying blasts that open No. 4 to



the quiet tears that end No. 6, these powerful works describe life's triumphs and tragedies.

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.

WHAT OUR STUDENTS ARE SAYING

“

Class was a mixture of current events, culture and history which made it well rounded and very interesting.

What a wonderful instructor who makes art accessible for everyone, regardless of experience.

The instructor is very knowledgeable and brings a wide variety of materials and insights to her courses.

Please tell the professor that this was a great learning experience.

”

CURIOSITY ENRICHED:

Intergenerational Exploration

Bridging Generations Through Wisdom—and Curiosity!

Learning becomes even more meaningful when different generations come together to share their unique strengths. Older adults offer a rich tapestry of experience and stories, while younger learners fill the space with curiosity and wonder. Owls, long a symbol of fascination—from ancient Greek mythology to the magical world of *Harry Potter*—provide the perfect focus for this term's intergenerational class.

Whether your interest in owls stems from treasured National Geographic specials, a memorable museum field trip or your own backyard adventures, this course offers an unforgettable opportunity to share insights, curiosity and fun across generations.

Don't miss this chance to build lasting memories together!

Owls: Nighttime Ninjas

One In-Person Session / \$55
Sun., Oct. 5, 2025, 2-4 pm MT

How do owls fly so quietly? Can they turn their heads 360 degrees? How do they find their prey in complete darkness? Join us at the Denver Audubon Kingery Nature Center in Littleton, Colorado, to explore the extraordinary life of owls with Kristen Peterka, school programs manager for Denver Audubon. "We examine the Great Horned Owls by investigating their wings, feet, skulls and beaks from taxidermied specimens," Peterka says. "Plus, we uncover the secrets behind their stealthy hunting skills."



To uncover those hunting skills, young students and their favorite adult work together to dissect owl pellets, identifying the skull, bones and fur of the owl's prey, while piecing together the rodent skeleton from the pellets. By examining what owls eat, you uncover their hunting prowess and how their specialized features work together to make them ninja-like predators.

Next, enjoy a short hike using a scavenger hunt and binoculars to search for signs of wildlife as you immerse yourself in an urban oasis of bald eagles, beavers, deer and so many birds! And use your new knowledge of bird adaptations to explore habitats and search for food sources for our feathered friends. The hike is approximately one mile on dirt trails with minimal slope.

Registration covers one adult and one child (grades K-5).

With over 20 years of experience in environmental education, Kristen Peterka has taught science both in the classroom and in the great outdoors. She has taught thousands of students, teachers and adults to foster environmental awareness and connect people with nature and science.



See Denver Audubon
Feed Your Curiosity
lecture on page 5.



See fall bird migration
class on page 31.

ART & ART HISTORY

The World of Aaron Sorkin

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

Sat., Oct. 4, 11, 18, 25, 2025, 10 am–12 pm MT

In the late 1950s, a group of French critics changed our understanding of films by proposing that the director was the guiding artistic force behind each movie. Although screenwriters have always stood up for the importance of their contribution—reportedly Robert Riskin once threw 120 blank pages on Frank Capra’s desk, shouting “Put the famous Capra touch on that!”—few movie-goers pay any attention to the people who write the scripts.

Aaron Sorkin is the exception: a contemporary screenwriter who has won recognition for his writing as opposed to his directing. Whether in theatre, television or film, “the Sorkin touch” is distinctive and recognizable. His characters are super-articulate (but flawed by their blind spots and egos). His stories take place in the (overlapping) arenas of sports, law, television, technology or politics. Moral and ethical questions rise to the fore in bravura monologues.

This course looks at the world according to Sorkin, noting its strengths and weaknesses, through examination of *The West Wing* episode 1 (1999), *The Newsroom* episode 1 (2012), *The Social Network* (Fincher, 2010), *Steve Jobs* (Boyle, 2015) and *Molly’s Game* (Sorkin, 2017). Before class, students watch the works on their own, so that class time can be devoted to in-depth discussion.

Concentrate on Sorkin’s handling of his source material, the ways he structures his plots, and his distinctive dialogue. Come away with not only an in-depth knowledge of one master screenwriter, but a more nuanced understanding of the “authorship” of films.

Sarah Kozloff held the William R. Kenan Jr. Endowed Chair as a professor of film at Vassar College, where she taught film history for 33 years. She earned a PhD from Stanford University and BA from Dartmouth College. Her scholarly work includes Overhearing Film Dialogue (2000) and The Life of the Author (2014), as well as numerous other publications on American film.



Aaron Sorkin, Jesse Eisenberg, Andrew Garfield, Justin Timberlake and David Fincher at the 2010 New York Film Festival

Credit: Rafi Asfourian CC by 2.0

ART & ART HISTORY

Camille Pissarro: The Unsung Hero of Impressionism

Two In-Person Sessions / \$95

Wed., Oct. 15, 22, 2025, 6:30–8:30 pm MT

You instantly know the names Van Gogh, Cézanne and Monet. But who's the man behind those names? Who served as their mentor and who started illustrating with bold, impressionistic strokes? Who, in fact, is the founder of Impressionism? That would be Camille Pissarro.

In this two-session class, historian and art aficionado Paul Turelli paints a full and colorful portrait that includes both the life and works of Pissarro. Turelli says this class



A View of L'Hermitage, near Pontoise, 1874

gives a broad review of Pissarro's work, as well as a survey of the birth of the Impressionist movement. Pissarro was a dedicated landscapist, known for his ability to capture the fleeting effects of light and atmosphere, a hallmark of Impressionism. "Pissarro's origins with French Jewish parents in the Danish West Indies led to an avant-garde journey back to Paris where he led a group of now famous artists in changing our perception of landscapes, cityscapes, still lifes and figure paintings," Turelli says. "His breadth and impact remain with us today."

Also remaining with us today are his paintings. As it turns out, this course's timing couldn't be better: the Denver Art Museum's upcoming exhibit, *The Honest Eye*, opens on October 26 and features 80 Pissarro paintings. Due to the anticipated interest in this exhibition, students wishing to see the show on their own are encouraged to secure tickets as soon as possible.

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

WHAT OUR INSTRUCTORS ARE SAYING

“

During the decade I've offered art history courses in the Enrichment Program, I've gotten to know so many engaged adult learners who have helped me see art in new ways. The spirit of the program has offered the ability to come up with creative topics and fun approaches. Every class offers new opportunities for fun, engagement, and deep looking and learning with one another.

~ Molly Medakovich

”

ART & ART HISTORY

Topics in Traditional Wood Carving: The Spoon

Three In-Person Sessions / **\$195**

Sat., Nov. 1, 8, 15, 2025, 1–4 pm MT

The humble, simple spoon. You likely use it every day. But have you ever made a spoon? Here's your chance! In this extremely hands-on and practical workshop, DU adjunct art professor Eric Johnson introduces you to the origins of wood carving where you not only make several spoons, but also learn the fundamentals of structure, function and the formal language of 3D forms. "Those forms range from ancient, rudimentary eating utensils to dynamic, hand-carved wooden artworks," Johnson says. "Through several traditional hand-carving techniques, we explore both subtractive and additive methods, functional/dynamic design, and we examine several hand tools and techniques that can be traced back to the dawn of civilization yet still found in contemporary workshops and galleries today."

You make your spoons from green and butternut wood blanks using traditional wood carving knives and techniques while paying close attention to shape, size, pitch and decorative aspects. Johnson then asks you if you designed a comfortable handle and if the form actually serves the spoon's purpose.

"Given that a spoon is a 3D object, you have to address all six sides of the wood blank," he says. Your first spoon is considered a practice session—like carving a simple camp spoon. But your final spoon serves a more purposeful function and its design, including decorative aspects, should reflect that purpose. Final products are sanded and coated in mineral oil. If your spoon is only ornamental, you can use stain, paint and finish. If the spoon is functional only, mineral oil is allowed because it's non-toxic.

Johnson adds that safety is paramount in this course. "As long as you follow the safety protocols and wear the provided safety equipment, hand carving is very safe."

Eric Johnson holds an MFA in visual art and is currently an adjunct professor in studio art at the University of Denver. He's also a full-time DU staff employee who oversees both sculpture and photography in the Shwayder School of Art and Art History.



ART & ART HISTORY

Phone-tastic Photos: How to up Your Smartphone Photography Game

One In-Person Session / **\$95**

Sat., Sept. 20, 2025, 9 am–1 pm MT

Whether you're an aspiring photographer seeking to improve your craft or an enthusiast looking to sharpen your social media shots, this course offers an immersive and inspiring learning experience that transforms how you see and capture the world through the lens of your smartphone. Taught



by award-winning professional photographer Jeanette Galie Burkle, this class—for both iPhone and Android users—gives you hands-on insights into the elements and principles of design and smartphone cameras to boost your photo skills and refine your visual storytelling. While there are several visual components that contribute to the success of a photograph, Burkle focuses on three key elements: space, line and color. She then explores the fundamentals of composition, including the rule of thirds. And finally, she shares options for printing your images and delves into practical strategies for storage and backup to safeguard your digital memories. “Creating photographs with our smartphone cameras is what we all do these days, and of course we want to create the very best shots,” Burkle says. “My goal is to teach you how to use your powerful little camera to the best of its ability and to share insights into developing the skills to make the most out of your smartphone images—from shooting to sharing and all things in between.”

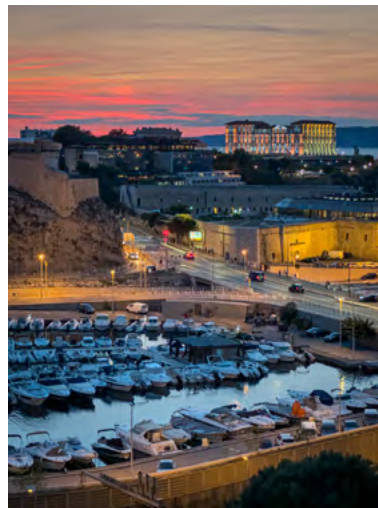
Mastering Smartphone Photo Editing With Snapseed

One In-Person Session / **\$80**

Sat., Sept. 27, 2025, 9 am–12 pm MT

Would you like to take your smartphone photos to a new level? Go beyond the basic editing tools on your iPhone or Android and explore one of the most powerful, free photo-editing apps available: Snapseed. Learning to use the tools within the Snapseed app lets you fine tune your photography and editing skills, giving all of your photos a stronger visual impact. The class, taught by award-winning professional photographer Jeanette Galie Burkle, explores the app's tools and how to properly use them to make the most of your smartphone photography and unlock more creativity with your images.

Start with basic editing adjustments (tone, color, detail and cropping) and then move to selective editing tools using masks and brushes. “The art of photography doesn't stop with the click of the shutter—that's the beginning of the process,” Burkle says. “Every artist has a toolbox they use to create their art. It's helpful to view photo editing in the same way.”



Credit: All images Jeanette Galie Burkle

Please note that this class is for anyone, regardless of skill level, who has a smartphone, either iPhone or Android. Please download the Snapseed app prior to class. “The possibilities with this app are endless, so let's have some fun and turn your average photos into amazing photos,” Burkle says.

Jeanette Galie Burkle is an award-winning commercial and editorial photographer who teaches, lectures and consults. Since 2003, she has owned Galie Photography, and since 2005, she's been teaching photography. Students respond well to her fun, upbeat classes and say they appreciate Burkle helping them boost their confidence in their photography skills.



See free **Feed Your Curiosity** lecture on night photography on page 5.

PERFORMING ARTS

Dance and Diplomacy: Finding Meaning and Connection Through Contemporary Dance With Hung Dance of Taiwan

Three In-Person Sessions / **\$130**

Wed., Nov. 5, 12, 2025, 6:30–8:30 pm MT

Newman Center Presents Performance, Wed., Nov. 19, 7:30 pm

What does dance have to do with international relations? How do audiences make sense of what they see on stage with contemporary dance? And how can an abstract, wordless performance leave us feeling more connected—not just to others, but to ourselves?

Examine these questions and more through the lens of the work of the Taiwanese company Hung Dance. In this course that includes a live performance, Luke Wachter, associate director for educational initiatives at the Newman Center for the Performing Arts, explores the surprising ways that dance can create meaningful connections across borders, languages and cultures. Prepare to arrive curious and leave moved.

Boundary-pushing dance company Hung Dance was founded in 2017 by Artistic Director Lai Hung-Chung, whose work honors “the subtle relationship between people and nature, and blends elements of Tai Chi with contemporary thinking to cultivate a new dance vocabulary.” The company tours the world extensively, adding a unique and exciting voice to the contemporary dance world.

Explore how this work connects to the lineage of 20th-century modern dance masters like Martha Graham and Paul Taylor—artists who also used the body to tell stories and challenge convention. Along the way, break down how meaning is conveyed through movement and how audience members can develop a deeper, more intuitive connection to what they see on stage.



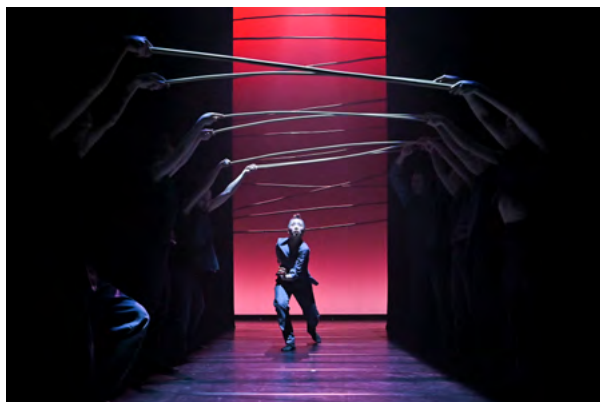
In the second section, Wachter discusses the cultural diplomacy work of the Newman Center and the impact of bringing in international artists such as Hung Dance. Unlike traditional diplomacy, the role of the arts within the lived experience of both performer and audience creates a uniquely powerful exchange. The class culminates with a trip to see Hung Dance perform as part of the Newman Center Presents Series on November 19, 2025.

Luke Wachter is the associate director for educational initiatives at the Newman Center for the Performing Arts at DU, where he implements programs for thousands of students focused on culturally responsive education and aesthetic thinking. He is a former public school teacher and an active musician in Denver.



**Robert & Judi Newman Center
for the Performing Arts**

UNIVERSITY OF DENVER



See global politics class
on page 8.

FOOD & BEVERAGE

Whiskey Wisdom: Distilling History From Grain to Glass

One In-Person Session / \$50

Thur., Oct. 9, 2025, 7–9 pm MT

Author Mark Twain reportedly said, “Too much of anything is bad, but too much good whiskey is barely enough.” This class invites you

to pull up a seat and enjoy a tasting while exploring the history of whiskey, its role in Colorado’s economy and the process behind how it’s made.

“This class goes well beyond the typical distillery tour,” says bourbon steward Ryan Stoltzfus. “The Bear Creek Distillery (BCD) experience delves into whiskey’s past, it offers an in-depth tour of our production facility, and ends with a guided whiskey tasting. I like to call it an elevated, in-depth educational whiskey experience.”

Stoltzfus covers the following production topics: grain selection, mashing, fermentation, distillation and the science behind barrel maturation. During the tasting, you’re given a flight that includes all of BCD’s expressions as well as a limited release expression that’s no longer available to the public. The limited release could be one of the company’s beer or wine barrel finishes or perhaps one of its inline whiskies with more age. Plus, enjoy a light charcuterie as you learn about the sensory techniques used when tasting. **Please note:** The class and tour meet at BCD, 1879 S Acoma St., Denver. You must have a valid 21-plus government-issued ID. Eating before hand and a designated driver or public transportation are recommended.

Ryan Stoltzfus is a distilled spirits professional with a passion for agriculture and using whiskey as a catalyst for community. He has worked across all aspects of the whiskey business, most recently developing tour programs focused on delivering memorable and educational experiences.



Whittier Cafe: Where Coffee and Community Convene

One In-Person Session / \$35

Sat., Sept. 13, 2025, 1–3 pm MT

Steam rises and stories bloom.

There’s a quiet magic in the everyday act of gathering over a shared cup of coffee. At Whittier Cafe, a social justice bar in northeast Denver’s Whittier neighborhood, an East African coffee ritual has become a symbol of community for a diverse neighborhood.



As Denver’s only African espresso bar, Whittier Cafe serves as a community center where people can come to find connection and mark life’s great moments. The class, held at Whittier Cafe, begins with the cafe’s owner, Millete Birhanemaskel, describing how the coffee ritual serves as a daily communal experience that emphasizes connection and conversation.



Following that, partake in a 90-minute ceremony using coffee grown in Africa. In a slow, thoughtful process, green coffee beans are roasted over an open flame, then ground and brewed in a traditional *jebena* clay pot. You’ll be served three rounds of coffee—each cup milder than the last—alongside traditional snacks. Each step invites participation and dialogue around tradition, culture, current issues and more. Neighbors and class members alike are welcome to join. Reserve your spot now to discover how a simple cup of coffee can bring together a whole community.

Millete Birhanemaskel hails from Tigray in the northern region in Ethiopia and has owned Whittier Cafe since 2014. The board president of Tigray Community Colorado, she holds a BA in technical communications and an MBA from Colorado State University.

WRITING

Creating Characters in Stories

Two In-Person Sessions / \$95

Mon., Sept. 8, 15, 2025, 6:30–8:30 pm MT

Writers, love your characters! That means understanding their deepest thoughts and motivations. As you write, feel an elevated interest as you design their fate. What goals might they have? What might be keeping them from reaching those goals? What makes for complexities? What's their backstory? What are their sharp edges and faults? In this fascinating quagmire of personality, what makes them believable to your reader?

In this two-session course, creative writing instructor and published author Rudy Melena unfolds methods to generate enthralling characters. "Famous characters from literature visit this workshop," Melena says. "We interview our characters and listen to their answers in their own voices." Students examine compelling images and design

unique characters on the spot. Learn from the book *Getting into Character: Seven Secrets a Novelist Can Learn from Actors* by Brandilyn Collins. Practice showing emotions through characters' actions and words. Humanize those characters by showing their interactions with others. Whether you've dabbled with writing over the years or are just getting started, now is a great time to begin exploring characters on a

deeper, more meaningful level. And please note, there's opportunity to write and share. The writing exercises are positive and generative—no red ink as you likely remember from school. Melena says he's excited to meet your characters!

Rudy Michael Melena is an award-winning educator and retired principal who holds degrees from Colorado College and Lesley University. He has been a lifelong writer, and his short stories have been published in several literary journals. He is currently revising a novel.



WHAT OUR STUDENTS ARE SAYING

“

This lecture was our first Enrichment Program class and it was fabulous!

The small class size allowed for a more intimate classroom setting with easier access to the instructor.

I thoroughly enjoyed the mix of research, storytelling and lived experience.

I would absolutely love to attend more Enrichment Program classes.

”



R1 LECTURE SERIES

Research With Impact Lectures

This is a time when science is under considerable strain, and, at the same time, advancements are happening extremely rapidly. In such a time of tension in research, it's truly an honor to lead a redesignated R1 institution. This redesignation reasserts that the University of Denver's research has a substantive impact on our local and state communities, as well as the nation at large.

Researchers at DU know this deep down and 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 engagement in research place students in contact with knowledge makers to advance their educational outcomes in extraordinary ways. Fueled by their passion and dreams, they do this for the benefit of students.

DU boasts more than 350 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!

Corinne Lengsfeld, PhD, 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, 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.



**See current issues class
on page 35.**

In Search of Asylum: How Student Research Powers Legal Victories

One In-Person Session / FREE

Thur., Sept. 4, 2025, 6:30–8 pm MT

The world has more refugees today than any time since World War II. At this very time of enormous need and rising backlash against immigrants, the U.S. asylum system itself is at risk like never before. This can bring feelings of despair—but not for Associate Professor Oliver Kaplan of the Josef Korbel School of International Studies, the founder of the Korbel Asylum Project.



For over a decade, Kaplan has provided opportunities for DU students to conduct human rights research in support of over 100 asylum cases. Asylum seekers frequently flee their home countries with few resources and must rely on *pro bono* legal services and expert analysis.

In this presentation, Kaplan will explain how asylum works and review the current state of immigration and asylum politics. He'll share how his partnerships with attorneys and legal nonprofits represent a "win-win-win": students learn to investigate human rights issues through hands-on experience, while their research provides critical evidence for attorneys in support of asylum-seekers' claims—research they wouldn't be able to afford otherwise.

Kaplan will also share the results of his assessment of the 10-year-old project, highlighting its direct impact on people's lives. This uplifting talk reminds us that even in challenging times, projects like Kaplan's can make a real difference.

*Oliver Kaplan is an associate professor at DU's Josef Korbel School of International Studies and author of the book, *Resisting War: How Communities Protect Themselves* and editor of the book, *Speaking Science to Power*. He is an expert on human rights, peacebuilding, the social effects of armed conflict and civilian displacement. He received his PhD in political science from Stanford University.*



R1 LECTURE SERIES

Every 90 Seconds: Why Violence Against Women Matters to Everyone

One In-Person Session / **FREE**

Thur., Oct. 16, 2025, 6:30–8 pm MT

Over the past five decades, public awareness of intimate violence—such as sexual assault and domestic violence—has grown significantly. Yet, the statistics remain sobering: every 90 seconds, a woman is victimized by a current or former intimate partner, and another is sexually assaulted. Despite decades of advocacy and reform, communities across the country still struggle to meet the complex health, legal and social service needs of survivors. Too often, intimate violence continues to be framed narrowly as a “women’s issue,” rather than as a broader societal concern that demands collective responsibility.

In this thought-provoking lecture, Anne DePrince, PhD, draws on her team’s extensive research to reframe intimate violence as a critical issue that intersects with today’s most urgent challenges—from healthcare and education to economic inequality, gun policy and criminal justice reform. Through compelling evidence, she reveals how violence against women is deeply connected to the social and policy systems that shape our lives. DePrince also examines lessons from other successful social movements, exploring how research and advocacy can inspire cross-sector collaboration and activate a wider network of allies. Leave with insights into how research and advocacy can drive change—and how each of us can play a role in building a safer, more equitable society.

Anne DePrince, PhD, a distinguished university professor of psychology, serves as the associate vice provost of public good strategy and research at DU. A leading scholar on trauma and intimate violence, she partners with community organizations to inform policy and practice while mentoring students through hands-on, community-engaged research.



The High Price of Home: Unpacking Colorado’s Housing Affordability Crisis

One In-Person Session / **FREE**

Wed., Nov. 5, 2025, 6:30–8 pm MT

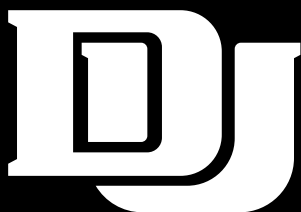
Why are new homes in Colorado increasingly out of reach for middle-class buyers? This session unpacks the key forces behind the state’s affordability crisis—and why it’s so difficult to solve. Eric Holt, who brings over 30 years of experience in the construction industry, shares his research into affordability, workforce development and homebuilding technology, and offers practical insight into one of Colorado’s most pressing challenges.

Cost pressures start before construction begins, with surging land prices along the Front Range, extensive infrastructure requirements and premiums on Colorado’s unique water rights system. Municipal impact fees often add tens of thousands of dollars more per home, and volatile material prices, supply chain disruptions and a chronic skilled labor shortage all contribute to increased construction fees. Colorado’s extreme climate necessitates specialized building methods that further elevate expenses.

Finally, developers’ financial risks are passed along to consumers. Insurance premiums have risen due to climate-related risks, marketing costs remain high, and profit margins must account for long timelines and potential market downturns. Whether you’re a homeowner, aspiring buyer or a curious community member, this session delivers eye-opening context into the factors pushing housing prices beyond affordability for many Coloradans.

Eric Holt, PhD, is a professor of the practice at DU’s Burns School of Real Estate and Construction Management. He has 30 years of experience in the construction industry, including as an architectural designer and a custom/production home project manager.





Retirement Reimagined

UNIVERSITY OF DENVER



Program Overview

Consider this: As Americans, we often spend more time planning a vacation than planning for retirement, although the latter may last thirty years or more. This year, about 4.2 million people will reach retirement age, but many enter this next chapter with little preparation beyond finances. Now we invite new retirees to do the opposite: to pause, reflect and chart a course with intention. Retirement is a profound transition that requires thoughtful emotional and psychological planning to ensure you remain engaged, fulfilled and connected once you leave full-time work.

Retirement Reimagined offers a fresh, engaging way to explore what comes next. This interactive series is designed to help participants approach retirement with purpose and clarity. Conducted in partnership with the Knoebel Institute for Healthy Aging, this unique program specializes in providing structure, community and tools to make retirement a rewarding transition. Unlike traditional retirement planning programs that focus primarily on finances, this series supports the internal shift—identity, purpose, community and well-being.

Picture a phase of life where you can identify and 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. *Retirement Reimagined* participants are invited to step back from daily routines and reimagine what's possible. The goal is not to prescribe a one-size-fits-all retirement, but to create space for you to discover what matters most to you and how you want to live moving forward.

Ensure that your daily life in retirement reflects all the aspirations you've hoped for. Whether you're retiring shortly, cutting back, or simply rethinking your next chapter, *Retirement Reimagined* will help you reframe what this phase of life can look like and how to make it deeply meaningful.

RETIREMENT REIMAGINED



Retirement Reimagined: Managing the Transition

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

Wed., Sept. 10, 17, 24, Oct. 15, 22, 2025, 6:30–8:30 pm MT



**Knoebel Institute
for Healthy Aging**
UNIVERSITY OF DENVER

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. Let us equip you to create a fulfilling future in a class filled with conversation, reflection and group support.

In this term's five-week *Retirement Reimagined* 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.

While retirement is a time filled with potential, navigating the transition can be thorny. Many people face uncertainty about their future role, concerns over health or simply wonder how to fill their days with meaningful activities. Yet, within this transition lies unparalleled opportunity.

In *Retirement Reimagined: Managing the Transition*, you'll explore your values, passions and skills—and how these elements can shape a fulfilling life beyond paid employment. Through guided exercises, peer discussions and hands-on activities, you'll define your “why,” design a personal wellness plan, and develop strategies for building and maintaining strong social connections. You'll discover strategies to ensure a smooth transition, address potential pitfalls and react to sudden changes—both good and bad. The program also supports the concrete steps needed to move forward with confidence.

Whether you're on the brink of retirement or already retired, you will walk away with valuable insights and practical tools to unlock the full potential of your retirement years. If you're ready to embrace this transition not as a winding-down, but as a new beginning rich with possibility, *Retirement Reimagined* offers the roadmap to get there. It's not about what you're retiring from—but what you're stepping into.

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. Barb was recently named to the Governor's Commission on Aging, responsible for workforce-related issues. Similarly, Scott serves on the Governor's Commission on Community Service. Their experience makes them valuable guides for those navigating retirement.



Scott McLagan



Barbara Kreisman

NATURE & SCIENCE

The Aging Brain: Understanding and Preserving Cognitive Health

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

Thur., Oct. 9, 16, 23, 30, 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 Daniel Paredes, PhD, 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 one-hour lab session, hold and observe real human brain tissues, compare healthy and affected neurons under the microscope to 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!

Daniel Paredes, PhD, 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

The Other Migration: Birds on the Move in Autumn

Four In-Person Sessions / \$210

Thur., Sept. 18, 25, 2025, 7–9 pm MT

Bird-Watching Field Trips, Sat., Sept. 20, 27, 9 am–1 pm

Complex, dynamic and fascinating: three words professional birders have used to describe the fall migration of birds. The spring dispersal is better known, but the southbound passage of birds, particularly in Colorado, is a spectacular mix of all three of those words and more. Take, for example, the sheer span of the fall migration. Amazingly, some “fall” migrants appear in Colorado around the time of the summer solstice, and others are still wrapping up their travels as late as the winter solstice! Join Colorado birding expert Ted Floyd for two lectures and two field sessions covering the broad horizon of fall migration. Begin with an overview of which birds migrate and when. Get to know the different species and how migration strategies differ between young and adult birds. Explore the general phenomenon of migration and get answers to the questions you’ve asked since childhood: Why do birds migrate in the first place? How do they know where to



go? And what adaptations allow them to fly hundreds or even thousands of miles in a relatively short time? As Floyd answers those and other questions, he shares a primer on evolutionary biology to help you better understand the relationships among the birds seen on field trips.

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

Ted Floyd is the long-time editor of Birding, the flagship publication of the American Birding Association, and the author of many articles and books, including How to Know the Birds (2019), Field Guide to Birds of Colorado (4th printing, 2025) and National Geographic Field Guide to Birds of the Western U.S. & Canada (2025). He has taught college courses in ecology, evolution, entomology, conservation biology and other topics.



See intergenerational owl class on page 18.



Credit: All images Ted Floyd

NATURE

Getting to Know the High Line Canal: An Explorative Walking Tour

One In-Person Session / **\$40**

Sat., Oct. 18, 2025, 1–3 pm MT

At 71 miles, the High Line Canal is one of the longest urban



HIGH LINE CANAL
CONSERVANCY

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



cares for the new saplings. Then enjoy beautiful public art of a cottonwood carving by local artist Chainsaw Mama. Learn about the art initiatives on the canal and what new exciting art pieces are coming soon. And finally, focus on the nature of the canal and its critical role as an urban wildlife corridor. Keep

your ears and eyes open for migrating birds and other wildlife and explore the conservancy's work in community science initiatives that study wildlife.

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

PSYCHOLOGY

Understanding Pet Loss and Grief Before It Happens

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

Sat., Nov. 8, 2025, 10 am–12 pm MT

It's been said that the grief of losing a pet is a reflection of the love they gave us. Without question, the loss of a pet—a loyal and true friend—is heart-wrenching. Why is it so difficult? How can we cope? How can we heal? In this seminar, Erin Allen, a specialist in human-animal bonds, examines the emotional and psychological process of grief we experience when a beloved pet passes away. Learn how to approach grief from an informed perspective so that you can feel empowered when you face a loss. Allen

then evaluates the importance of acknowledging emotions, and shares practical tools for adapting to the absence of a pet. Next,



she offers strategies for navigating the emotions of individuals and families, and the importance of allowing time for grief. "Unlike adults, children may express their emotions differently or struggle to comprehend the finality of death," Allen says. "So we discuss how to support children through their grief, including age-appropriate ways to explain death." By the end of the seminar, you have a deeper understanding and awareness of what grief work is, you know how to navigate your emotional journey toward healing, you can identify your own grief needs and you can support others who are grieving.

Erin Allen is the associate director of the Argus Institute, a support service within the Colorado State University Veterinary Teaching Hospital. Allen offers direct support following a loss as well as connections to local resources for grieving families. When not working, she spends time with her family and their Bernedoodle and horse.



**See animal rights class
on page 9.**



Credit: Xnatedawg CC by SA 4.0



ZOOM COURSES



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.

BUSINESS & LAW

Free Speech Under Fire: The First Amendment in the Age of Trump

Two Zoom Sessions / \$75

Wed., Oct. 8, 15, 2025, 6:30–8:30 pm MT

The First Amendment of the U.S. Constitution is a bedrock principle of the nation—there is perhaps no set of values more core to America than the free exercise of speech and the press, the right to assemble, and the ability to petition the government for redress of grievances. The U.S. is one of about 25 countries said to have “near-absolute” First Amendment protections, and legally at least, the amendment remains strong, with courts generally ruling in favor of it. But the key question in 2025 is this: Will the amendment remain strong? In the era of President Donald Trump, there has been a significant rise in legal, social and extra-judicial challenges to the absolute reach of the First Amendment, with many pending legal cases and lawsuits filed since the beginning of Trump’s second term in January 2025. Join Tripp Baltz, journalist, teacher and researcher, in this consideration of the nation’s primary constitutional protection. This timely, two-meeting class covers the history of free speech rights both here and abroad, and then examines the current legal battles which may decide the future of open expression, and perhaps the future direction of our country. Come away with a fresh perspective on the challenges that face democracy in the U.S. today.



Tripp Baltz is an award-winning journalist and writer. He served for nearly 30 years as a correspondent for Bloomberg, covering legal and business news. He’s now the head of research for Boomtown Innovation, a business strategy and services firm in Boulder. His interests include international affairs, history, creative nonfiction and politics.



Voting in America: Rights, Challenges and the Path Forward

Two Zoom Sessions / \$75

Mon., Sept. 8, 15, 2025, 6:30–8:30 pm MT

Is there anything more important in democracy than voting rights? And are those rights at risk? This course offers answers and much more by examining the latest challenges to voting rights in the U.S. since the Voting Rights Act—analyzing how electoral access has evolved through court decisions, laws and administrative practices. Led by political science professor Michael Greenberger, students explore key developments, including the Supreme Court’s decision in *Shelby County v. Holder*, voter identification requirements, redistricting controversies, felony disenfranchisement policies and issues in election administration. “We look at research, case law and policy to consider how racial dynamics continue to shape ballot access and electoral participation, with specific attention on voting rights issues and election procedures in Colorado,” Greenberger says. He also explores perspectives from legal studies, political science and research to evaluate the value of voting rights protections and their impact on democratic participation. In addition, students examine frameworks for assessing vote dilution, racial polarization in voting patterns, the burden standard in voting rights law and disparate impacts of facially neutral election procedures. “By analyzing both national trends and Colorado-specific examples, my goal is to help students develop a nuanced understanding of the tension between expanding and restricting the franchise in contemporary American democracy, and how reforms affect communities’ electoral influence.”



Michael Greenberger, assistant professor of political science at the University of Denver, researches how federal and state policies interact with local politics to shape elections. His book project on mapping American authoritarianism examines the role electoral institutions played in ending reconstruction and the rise of Jim Crow.



CURRENT ISSUES

Unpacking the Headlines With Gary Grappo

Two Zoom Sessions / **\$95**

Wed., Oct. 22, 29, 2025, 6:30–8:30 pm MT

If there's one fact about the world today, it is this:

uncertainty reigns supreme. The globe is awash with worrisome change and unprecedented challenges. And many of these changes and challenges directly impact the interests, economy and security of the U.S. In this



timely and insightful course, former U.S. Ambassador to the Middle East and popular instructor, Gary Grappo, offers a series of two-hour lectures on current issues he sees as the most pressing at the moment, while sharing the facts and proffering insight from his many years of firsthand experience in international affairs, diplomacy and U.S. foreign policy. Ambassador Grappo dives deep behind the headlines to demystify the sometimes-hidden implications of news and to assess options available to U.S. leaders and diplomats. Some of the topics he may address include: What's next in U.S. trade, Ukraine-Russia, China, the Middle East, European security and other transnational issues such as oil, the global economy, food security and immigration. Please note that Ambassador Grappo makes time for questions and answers so you get the chance to engage with him, share ideas and even challenge him if you so desire. Come away with a broader understanding and view of our world.

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.

COMMUNICATIONS

How to Use AI in Your Everyday Life

Two Zoom Sessions / **\$75**

Tue., Oct. 28, Nov. 4, 2025, 6:30–8:30 pm MT

Just about everywhere you look today you can see artificial intelligence (AI) in products and services, from cars to cameras, TVs to shopping and crafts to education. But once you're done with the demos, the question remains: How can AI actually improve your daily life? In this course, tech expert and DU professor Dave Taylor shares how you can use AI to improve almost everything in your life. The class is broken down into four areas: texting with AI, talking to AI, creating images with AI and using AI for creative writing.

If you're worried about AI and privacy, Taylor covers that too, along with ethical implications of using AI for creative work. "Our primary focus is on how to continue with your regular daily activities, but have them be AI infused, smarter and more streamlined," Taylor says. "One key skill you learn is how to use AI to fact check your own communications, whether text messages, email or articles. Join us to go beyond demos and master AI in no time."

Please note: Students are asked to sign up for a ChatGPT,



Microsoft Copilot or Google Gemini account prior to class. "There are hundreds of AI systems, but those are the tools we focus on in this course," Taylor says.

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



See free Feed Your Curiosity AI lecture on page 5.

MUSIC & PERFORMING ARTS

Banjo, Fiddle and Tradition: Exploring the Roots of Bluegrass

Four Zoom Sessions / **\$150**

Mon., Oct. 27, Nov. 3, 10, 17, 2025,
6:30–8:30 pm MT

If you close your eyes and let your mind travel over the rolling hills of Appalachia, you can sometimes hear the distinct and soul-soothing sounds of bluegrass music—the fiddle's whine, the banjo's ping, the mandolin's chime. They're sounds clearly built on the driving rhythms, close vocal harmonies and instrumental virtuosity. But where did the sound come from, really? Why has it had such staying power? And how has it evolved over time?

In this course, professional bluegrass musician and educator Martin Gilmore answers those questions and much more as he explores the origins and development of the genre. Beginning with its roots in Scots-Irish ballads, fiddle tunes, shape-note gospel and the blues, the course examines how these influences informed the music we know today. The course also covers the key figures

in bluegrass history, from Bill Monroe, Flatt and Scruggs, The Stanley Brothers and Doc Watson to more recent artists like David Grisman, Hot Rize, Béla Fleck, Chris Thile, Molly Tuttle and Billy Strings.

Gilmore also considers the impact of bluegrass on other genres and the ways in which it continues to evolve. Whether you're a musician, a fan, or simply curious about its history, this course serves up a deeper understanding of bluegrass music and its place in American culture.

Martin Gilmore, a professional musician, has toured the world playing bluegrass, American folk music and more. In 2024 he won the Telluride Bluegrass Festival Troubadour songwriting competition and the Rocky Mountain Folks Festival Songwriting competition and recently released his solo acoustic record Thea is a Light Blue. Gilmore teaches music at the University of Northern Colorado and at Swallow Hill Music Association.

Classical Destinations: Great Music for Five Great Cities

Three Zoom Sessions / **\$115**

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

In the classical music world, Vienna often captures the headlines. That's what happens when a city has been home to Mozart, Beethoven, Brahms and many other master composers. But what about the world's other great musical cities? Music historian Betsy Schwarm—formerly announcer/producer for the vintage KVOD 99.5 FM, “The Classical Voice of Denver”—presents this online course on three Thursday evenings. The spotlight shines on music inspired by London, Paris, Vienna,



Boston and New York City, reflecting the composers' impressions, as well as the cities' musical personalities. What makes music for London or Paris sound different from music for Vienna, especially when one could place Mozart on all three lists? Part of the answer is available resources and audience expectations. What about Boston and New York City? Bernstein composed music for both cities, sometimes for special occasions, such as the Boston Symphony's centennial. Nonetheless, his music remained his own voice. Selections include Haydn's London symphonies, Berlioz' arrangement of *La Marseilles*, Gershwin's *An American in Paris*, music composed specifically for the Boston Symphony and works premiered at Carnegie Hall. Distinct places, disparate generations and diverse musical voices. For each locale, students stroll through multiple generations of composers. Join Schwarm for a globe-hopping view of the impact of place on classical music!

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.

Credit: Garrett A. Molman CC by 2.0

ART & ART HISTORY

Architecture Gone Wild: One Night of Wonderfully Wacky Buildings

One Zoom Session / **\$40**

Tue., Nov. 18, 2025, 6:30–8:30 pm MT

Ever seen an upside-down house with its roof on the ground and the ground floor in the air? Two hundred miles north of Warsaw, Poland, there's a topsy-turvy cabin that draws curious crowds through its attic windows. But you don't need a passport to explore the world of off-the-wall design—just join us for one night of upside-down delight.

In this visually rich and lively session, David Thomas, an expert on the science of fun, leads a whirlwind tour of the planet's most playful architecture. From the gravity-defying houses of Niagara Falls to the quirky charms of Pigeon Forge, venture into spaces that defy convention and celebrate whimsy. You'll discover how imaginative buildings—from a Copenhagen recycling plant with a ski slope to Colorado's own Bishop Castle—spark joy, invite curiosity and sometimes stir controversy.

Also explore how theme parks, museums, zoos and even the famously eccentric Casa Bonita use theatrical design to create immersive environments. Along the way, uncover how a few clever tricks of the trade can turn ordinary spaces into unforgettable experiences.

Expect big visuals, engaging stories and plenty of laughs. You'll leave inspired to see the built world a little differently—and maybe even add a twist of fun to your own home or workspace.

David Thomas, PhD, is an expert on fun in the workplace, the architecture of fun and fun in general. He's authored books on the aesthetics of games, fun at work and playful techniques for higher education classrooms. He is a professor of architecture at University of Colorado Denver and senior director of marketing at DU's College of Professional Studies.



Credit: Peter Castleton CC by 2.0

Simple Sketch: Capturing Cozy Images

One Zoom Session / **\$95**

Sat., Dec. 6, 2025, 9 am–12 pm MT

The winter months can seem dreary and devoid of much color. To counter the doldrums, you might consider joining artist and popular Enrichment Program instructor Judith Cassel-Mamet to fill some pages with colorful sketches that capture cozy moments. Her “simple sketch” approach is all about finding ways to make satisfying marks and embracing joy in the process rather than aiming for any kind of artistic perfection. Cassel-Mamet leads you in exercises using basic lines and simple splashes of watercolor to represent items that bring warmth and color to the quiet season. What comes to mind when you muse on the notion of cozy? Do you imagine a comfy chair, good book and a mug of hot chocolate? All these images can be captured using the simple sketch techniques Cassel-Mamet demonstrates in this Zoom class. From contour lines to watercolor washes, this workshop encourages you to find your unique voice as you give yourself some time to focus on the quiet delight of the winter months. Complete beginners as well as experienced sketchers are welcome! Supplies for the class are kept simple: you're encouraged to have your paper, pens and watercolors ready to go as you sketch along with Cassel-Mamet. Come away with fresh new art and a much better winter!



Judith Cassel-Mamet is a mixed-media artist and instructor who teaches online at Craftsy and The Great Courses. She also leads art journal groups to magical spots in the U.S. and Europe. She's the author of two books: Joyful Pages: Adventures in Art Journaling and Joyful Pages Playground.



HISTORY

Revolutionary Medicine: The Founding Fathers and Mothers in Sickness and in Health

Two Zoom Sessions / \$75

Tue., Oct. 21, 28, 2025, 6:30–8:30 pm MT

Before modern antibiotics, Americans regularly faced infections, communicable diseases and early death. As victims of illness, who also held positions of political power, the founders played a unique role in developing public health in America. Historian Jeanne Abrams examines the lives of George and Martha Washington, Benjamin Franklin, Thomas Jefferson, and John and Abigail Adams and their



forward-looking perspectives about sickness, health and medicine in their era. Abrams delves into how 18th-century medicine was practiced, emphasizing smallpox's impact on the American Revolution, and the infamous Yellow Fever Epidemic of 1793. She also examines the founders' health

challenges and the innovative ideas they considered. Explore 18th-century primary sources penned by the founders related to health and the importance of chocolate (yes, you read that right!) for the American Revolution.

“Studying how these founders encountered illness and their viewpoints about health, not only gives us a richer insight into their lives, but also sheds light on the practice of 18th-century medicine,” Abrams says. Perhaps most importantly, today’s American public health initiatives had their roots in the work of America’s founders because “they recognized early on that government had compelling reasons to ensure the health of its citizenry.”

Jeanne Abrams holds a PhD in American history with a specialization in archival management and is a retired professor in the Center for Judaic Studies and University Libraries at the University of Denver. She also served as the longtime curator of the Beck Archives of Rocky Mountain Jewish History. She has published extensively in the fields of American, Jewish and medical history. Her latest book is A View from Abroad: The Story of John and Abigail Adams in Europe.

FOOD

Meals Made Easy for a Busy Week

Two Zoom Sessions / \$75

Sun., Oct. 26, Nov. 2, 2025, 1–3 pm MT

Lose the “What’s for dinner?” stress with this fun and practical hands-on course that helps you take control of your weekly menu. Whether you’re feeding a family or just tired of takeout, learn how to prep delicious, nourishing meals that are ready to go in 20 minutes or less. Interactive sessions cover meal prep planning, techniques and shortcuts—and you leave each one with meals ready for the week.

Session 1 focuses on component meal prep: a strategy to multiply your meals without multiplying ingredients. Mix and match grains, veggies, protein, sauces and dressings to create a variety of options.

Session 2 centers on preparing versatile plant-based proteins like lentils, tofu, chickpeas and tempeh, with tips for integrating them into your current favorites or trying something new.

Each week, you use a variety of cooking methods, so be prepared to use your stovetop, oven and microwave.

You’ll get a supply list and action plan ahead of time, then prep in real-time from the comfort of your own kitchen. Feel free to cook with a friend, neighbor or family member!

Discover how meal prep not only saves time, but also helps you eat better, spend less and reduces decision fatigue. See how a little prep goes a long way!

Ruth Brown is a certified nutrition coach through the National Academy of Sports Medicine and Precision Nutrition. She currently runs the Nutrition & Holistic Wellbeing Coaching Program at the University of Denver.



SCIENCE

Tomorrow's Energy: The Promise and Challenges of Nuclear Fission and Hydrogen

Two Zoom Sessions / **\$75**

Tue., Oct. 7, 14, 2025, 6:30–8:30 pm MT

Practically all energy experts agree: The world will need significantly more energy in the future, especially cleanly generated energy. Scientists also say that increasing demands on U.S. and global energy have created a crisis that emphasizes fossil fuels that continue to degrade the environment. Yes, we've made progress with solar and wind, but it's clearly not enough.

In this course, former chemistry professor John Lanning, PhD, shares how hydrogen and nuclear fission might hold the answer

to our predicament. He admits, at first glance both bring their own baggage. Nuclear fission is linked to Chernobyl, and hydrogen was behind the Hindenburg fiasco. Yet, both keep greenhouse gases out of the atmosphere. Plus, they've been proven effective: France uses nuclear fission for over 70% of its electrical energy needs, while China currently leads in both hydrogen production and consumption and is a pioneer in developing fuel cell trucks and buses. The course reviews U.S. and global energy consumption, identifies solar and wind limitations, and examines the pros and cons of nuclear and hydrogen energy.

"You don't need a science background. There's a brush with science, but the science is introduced within the context of everyday examples," Lanning says. "And our discussions include economic and political issues around international agreements."

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



Credit: Mattes CC by SA3.0

SOCIOLOGY

Caste-ing Race: An Exploration of Isabel Wilkerson's *Caste*: *The Origins of Our Discontents*

Four Zoom Sessions / **\$150**

Wed., Sept. 3, 10, 17, 24, 2025, 6:30–8:30 pm MT

Does the U.S. have a racial caste system, and if so, what are its historical roots? How does a caste system function? How might we understand systems of discrimination through caste? And perhaps most importantly, how can the average citizen help dismantle race and caste-based systems and build more inclusive societies? Just a few vital questions Pulitzer Prize-winning author Isabel Wilkerson addresses in her *New York Times* bestselling book, *Caste: The Origins of Our Discontents*. In this four-session course, Dheepa Sundaram, assistant professor at the University of Denver, explores the book to answer those questions and to shed new light on the terms *caste* and *race* as Wilkerson uses them and in regard to their individual cultural histories. Each week students read a few sections from the book and then explore how those sections relate to U.S. current events. The course is organized around the book's seven parts and selected episodes from

the two-time Peabody-nominated podcast *Scene on Radio*. In the final class, students discuss how the book functions

as a call to action and reform. "This book was a bestseller for a reason, and I think students will come away with an understanding of caste and race in the U.S. plus what they can do to improve their community," Sundaram says.

Dheepa Sundaram, PhD, assistant professor of Hindu Studies at the University of Denver, is scholar of performance, ritual and digital culture. Her research focuses on religious nationalisms, Hindu religious publics and hate politics. Her current monograph project examines how commercial Hindu ritual websites fashion a new canon for Hindu traditions.



Credit: Library of Congress

LITERATURE

True Tales of Taboo: The Dark Side of Fairy Tales

Four Zoom Sessions / **\$150**

Mon., Sept. 29, Oct., 6, 13, 20, 2025,
6:30–8:30 pm MT

Did you know that *The Little Mermaid* was written without a happy ending to emphasize torture and self-sacrifice? Or, that *Bluebeard* was intended to warn married women to be obedient to their husbands? Fairy tales are magical, but also store ingrained social paradigms. They have a hold on us—we return to their narratives despite their unsettling nature. Join April Chapman-Ludwig, associate professor in the University of Denver's Writing Program, as she strips away the Disney whitewash and dives into *Sleeping Beauty*, *Hansel and Gretel*, *Bluebeard*, and *The Little Mermaid*, addressing each story's historical and cultural meanings. Many seemingly benign tales descended from darker stories with themes of adultery, incest, cannibalism, rape, murder and mutilation. These darker tropes reflect cultural messages about survival, morality, growing up and how humans ought to make meaning in an uncertain world. In each class, Chapman-Ludwig begins by sharing the origin story of a popular fairy tale. For example, *Hansel and Gretel* has its roots in the 1314 European Great Famine. What was the intended moral of that story? Then, she examines the adaptations to each story across time. What does each change reveal about society and also the author's own life? Join class discussions about why these stories still resonate today, which adaptations seem antiquated and which hit too close to home.



April Chapman-Ludwig has taught in the Writing Program at DU for over 18 years. Her writing and research focus on visual rhetoric, 18th-century women's literature, the history of fairy tales, documentary film, transfer student persistence and the social sciences.

WHAT OUR STUDENTS ARE SAYING

“

The instructor was simply superb! I thoroughly enjoyed the pace, the open and engaging approach to questions, and the breadth of material covered.

The Zoom format never stopped the instructor from fostering engaging discussions.

The professor is brilliant, informative, inspiring and generous, and his real-world experience brought so much depth to the classroom experience.

I have already shared information learned in this class with interested others.

”



MEET OUR STUDENTS

At the Enrichment Program, students of all ages and backgrounds unite to enrich their lives through inclusive education and sharing of ideas. They appreciate the wide selection of classes that spark personal growth, exploration and meaningful connections with fellow learners. Drawing from a wealth of life experiences, students actively engage with expert instructors and peers, fostering a culture of lifelong learning and intellectual curiosity. Many return each term for fresh and varied learning opportunities.



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Osher Lifelong Learning Institute at the University of Denver

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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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THANK YOU!

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- All of our terrific volunteer Zoom co-hosts



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