NEW for Fall 2019!

Dear Academy members: We’re trying something new with our Course Description Print Out. We’re cross-referencing some courses by subject category.

Please refer to the index below if you’re shopping by subject, you might see them twice, but it’s only because we don’t want you to miss it! Then, find the course title sorted alphabetically. Otherwise, you can forget about this index, and just flip to read through all of the descriptions.

You’ll also get this layout if you log in to AcademyLL.org with your username and password. If it’s the day of the week you seek, please see our “Days Courses Meet” on the Website.

Thanks for becoming a Fall 2019 member at the Academy for Lifelong Learning.

Classes by Subject Area:

ART
The Best Eight Billy Wilder Films - New!
The Surrealist Era: Beyond The Art - New!
Getting Ready for Monet, Master of Light, Color - FULL
Shakespeare’s Twelfth Night:
   Film, Stage, Retrospect - New!
Sumi-E Painting Afternoon - New!
British Novels: Read & Watch
DAM Great Art: The Berger Treasures
   Of British Art - New!
Watercolor Studio Day

LITERATURE
British Novels: Read & Watch
Write To Save Your Life
Shakespeare’s Twelfth Night: In Film,
   On Stage, In Retrospect - New!
A Literary Feast: Food Essays & Memoirs - FULL
Masters of Short Stories Part 4 - FULL
Making And Sharing Sound End Of Life Choices

MUSIC
Jazz: Even More Fabulous Bands & Unsung Heroes
The Surrealist Era: Beyond The Art - New!
Liturgical Worship: Beyond The Hocus Pocus - New!

SCIENCE, TECH, MEDICINE
Environmental Hazards For Denver Homes & Neighborhoods
Richard Feynman’s Character of Physical Law - New!
Mental Health For this Time in Life
Energy in Society: Fossil Fuels to Renewables - New!

SOCIAL SCIENCE
Today’s Health Care: Personal & Policy Choices - New!
Affordable Housing & Homelessness:
   Issues & Solutions - New!
The State Of Hate In America:
   Anti-Defamation League - New!
Making And Sharing Sound End Of Life Choices
Mental Health for this Time in Life
Behind the Headlines in the Middle East

HISTORY
The Surrealist Era: Beyond The Art - New!
DAM Great Art: The Berger Treasures
   Of British Art - New!
A Literary Feast: Food Essays & Memoirs - FULL
Religion in America: History & Aspects
The Road to Imperialism: Power on a Global Scale - FULL
The Sixties: A Life-Changing Decade – FULL
LIVING LIFE WELL
Mental Health for This Time in Life
Tai Chi for Beginners: Meditation in Motion - FULL
Bones As Gears Of Movement:
   Hips, Shoulders & Neck, Feet - New!
CPR, First Aid, AED

PHILOSOPHY
The Surrealist Era: Beyond the Art - New!
What Is Atheism, Secularism, Humanism? - New!
What In The World Is The Soul? - New!

RELIGION
Fundamentalism: Fun? Mental? We’ll See
Behind the Headlines in The Middle East
Liturgical Worship: Beyond The Hocus Pocus - New!
Miracles: Fact or Fiction – New!
What In The World Is The Soul? - New!
What Is Atheism, Secularism, Humanism? - New!
Religion in America: History & Aspects
Islam 101: Discovering Islam

SKILLS
Watercolor Studio Day
Sumi-E Painting Afternoon - New!
Write To Save Your Life
Francais: Conversation En Groupe - FULL
Your Family 101: Beginning Genealogy
American Mah-Jongg for Those Who
   Have Never Played Before - FULL
Chatting En Español: Beginner Plus - New!
Chatting En Español,
   Beginner Intermediate
Chatting En Español: Begin’r Advanced
Tech Tips
   How to Fix Your Computer Yourself,
   Travel Planning Made Ridiculously Easy,
Come Bird with Us-Fall Birds - FULL
Bridge: Play of the Hand, Part 1

REGISTRATION OPTIONS
- Register online with credit card
  at AcademyLL.org
- Print and mail in your form with a check
  PO Box 3893, Greenwood Village, CO 80155
- Register in Person
  6500 E Girard Ave, Denver, CO 80224
  Wed. July 30 at the One Day Academy
  Thur. August 8, Noon to 2 pm
  Tues. August 27, 9-11 am
  Wed. September 10 at the Information
  Security presentation
AFFORDABLE HOUSING & HOMELESSNESS: ISSUES & SOLUTIONS - NEW!
Course Leader: Daniel Brisson
Wednesdays, 1-3 pm, 9/18-10/16 SKIP 10/9
$65 Lecture, Q&A (take $5.00 off if also taking The State of Hate in America. Use promo code Inclusion10 at checkout)

Gain an introduction to issues of poverty, the affordable housing crisis and homelessness. Students will first think through the nature of these co-occurring issues from multiple perspectives using theory and available evidence. Then students will examine local system and service solutions. The class will finish with innovations and potential solutions to this ongoing and vexing condition.

Dr. Daniel Brisson is an Associate Professor, and the Executive Director of the Burnes Center for Poverty and Homelessness at the University of Denver Graduate School of Social Work. Dr. Brisson’s scholarship focuses on poverty, low-income neighborhoods, affordable housing, and homelessness. Dr. Brisson has ongoing community partnerships with Mercy Housing, Denver Human Services, the Barton Institute and many others.

AMERICAN MAH-JONGG FOR THOSE WHO HAVE NEVER PLAYED BEFORE - NEW!
Course Leader: Elaine Levy
Wednesday, 10 am-Noon, 9/18-10/30, SKIP 10/9
$80 Lecture, play

Mah-jongg is an ancient Chinese game that has been played in the American tradition since the 1900s. Played with four players, it’s a fun, challenging and interesting game similar to gin. Mah-jongg sets will be provided and you must come to class with an official 2019 large-format game card (which includes shipping), available from the National Mah-Jongg League (Google it!), which includes membership in that League. If you have questions, contact Elaine at Elaine94@comcast.net. This course is "limited to 20 participants, but a short waiting list will be created.

Elaine Levy is a retired small business owner. As a child, she watched her mother play Mah-Jongg and was fascinated! She has played for 50 years and informally taught many others to love this game. She hopes that the participants will learn to enjoy and be fascinated by it as she still is. WARNING: This Game Can Become Addictive!

A LITERARY FEAST: FOOD ESSAYS & MEMOIRS
Course Leader: Sally Stich
Wednesdays, 10 AM-Noon, 10/16-11/6
$60 Lecture, In-class reading, Discussion

Until recently, food writing was considered “frothy,” a second cousin to serious essays and memoirs. Now top-notch women are using exquisite prose with food memories to create vivid stories about physical, emotional, and cultural issues. In this four-week class we will discuss the history of food writing in America, and touch on the differences between male and female food writers, as well as on food writing that is gimmicky. This is an encore class, however, there will be some NEW readings. We will gain an understanding of the appeal of this genre and why it is now legitimized as literature.

Sally Stich is a freelance writer with 36 years of experience writing for national magazines. Her work has appeared in the Denver Post and the magazines that grace your coffee table. She also taught writing at CU-Denver and in the Master of Humanities program at DU’s University College.

BEHIND THE HEADLINES IN THE MIDDLE EAST
Course Leader: Herzl Melmed
Tuesdays, 1-3 pm 10/29 - 11/19
$60 Lecture, Q&A

We will review some of the story as to how
the Middle East evolved into its present form, the internal tensions that are causing conflict & what we need to know about the items in the news at the time of the lectures, including why the media often fail to tell an accurate story.

A native of South Africa, Herzl Melmed grew up in Rhodesia (Zimbabwe), where he was a student leader and activist who fought Apartheid and later lived in Israel during the Six-Day and the Yom Kippur Wars. Since immigrating to Colorado in 1976, he has chaired Action Israel, a grassroots group of Christian and Jewish supporters of Israel. Mr. Melmed chaired a Middle East study group for 27 years and a Jewish-Muslim dialogue in Denver for two years. He is also a doctor still consulting as a Gynecologist having practiced in South Africa, Zimbabwe, United Kingdom, Israel & Colorado.

**BONES AS GEARS OF MOVEMENT:**
**HIPS, SHOULDERS & NECK, FEET - New!**
Course Leader: Ann Crammond  
Tuesdays, 10 am-Noon, 10/29-11/12  
$40 Lecture, Light Movement  
We will move to explore and physically experience the anatomical composition and biomechanical design of our bodies. When we better understand how our bones are the gears, pulleys, wheels, rings, and pivot points for movement, we gain better understanding how our bodies move. Think of it as an owners’ manual for you. Feel free to bring a yoga mat, wear loose clothes. To participate you must complete a liability waiver.

Ann Crammond’s involvement in movement education spans over 50 years to include Pilates Master Training, Anatomy in 3 Dimensions and Franklin Method Education. She has coached luge athletes movement, anatomy, and skiing.

**BRIDGE: PLAY OF THE HAND, PART 1**
Course Leader: Sally Kneser  
Tuesdays, 10 am-Noon, 9/17-11/14  
SKIP 10/1  
$105 Lecture, Reading, Q&A, Exercises, Practice Hands  
Each session includes one hour of lecture, followed by one hour of playing pre-set hands, with numerous opportunities to decide which of the various techniques are the most appropriate and effective for each hand. Weekly reading is required. Advanced beginners and intermediate players are welcome. This is NOT a class for those who don’t know basic bidding and play.

Sally Kneser is a Life Master in bridge and enjoys explaining the basics to others. While volunteering with the Junior League, Sally chaired several committees, including the Facilitators and has volunteered as the “keeper of the files” for several nonprofits. When not enjoying herself at the bridge table, she attends two book clubs and stops to smell roses in her gardens.

**BRITISH NOVELS: READ & WATCH**
Course Leaders: Jim & Pam Mingle  
Thursdays, 1-3 pm, 10/17-11/14  
$70 Film, weekly reading at home, discussion  
We’ll be reading the best of British classic and modern literature and then watching the film adaptations. The major themes of the novels will be discussed and how well or poorly these have been portrayed in the film adaptations. Students will be expected to read three short novels and come to class prepared to discuss. *Sense and Sensibility* by Jane Austen (various publishers); *The End of the Affair* by Graham Greene (Penguin Classics, 2004); and *The Children Act* by Ian McEwan (Anchor Reprints, 2015).

Dr. Jim Mingle has been a long-time facilitator for the Academy in both literature and history offerings. His career was spent as director of a national association for university presidents and state officials concerned with higher education policy.


**CHATING EN ESPAÑOL: BEGINNER PLUS - New!**  
Course Leader: Sandy Stolar  
Thursdays, 1-3 pm, 9/19-11/7  
$105 Speaking basic vocab, phrases  
Tailored to fit beginners with “un poquito” of
previous Spanish language experience, this class will include the basic vocabulary, sentence structures and phrases essential for travel and casual conversation. Will you become fluent in six weeks? No, but you will have fun! The Academy’s spring term has three Spanish courses so that you can gain greater confidence in this musical and increasingly important language. Class is limited to 25.

Before retiring after 30 years of teaching experience, Sandy Stolar taught Spanish at the middle school and high school and several semesters of community college, too. She loves getting people interested in speaking another language and learning about foreign cultures. As a staff developer, Sandy has experience teaching adults. Sandy has traveled extensively in Mexico, Spain, Costa Rica and South America.

CHATTING EN ESPAÑOL,
BEGINNER INTERMEDIATE
Course Leader: Linda Gordon
Tuesdays, 10 am-Noon, 9/17-10/22
$80 Reading, speaking
Chatting En Español is an opportunity for participants to keep their Spanish skills ready for use. The class is based on conversation topics that everyone can participate in. There will be some reading and listening to help keep those skills sharp. Grammar is included on an “as needed” basis and we will study verb tenses.

After 35 years as an educator, Linda Gordon recently retired as a principal. She lived in Mexico City for ten years, serving as director of an English as Second Language school. She’s excited to work with eager Spanish learners!

CHATTING EN ESPAÑOL: INTERMEDIATE
Course Leader: Sandy Stolar
Wednesdays, 1-3 pm 9/18 -11/13 SKIP 10/9
$105 All Conversation en Español
Intermediate Chatting in Español is for people wanting to brush up on their conversational Spanish skills. We practice speaking, listening and reading in Spanish. We will review the past tenses as well as introduce or refresh our

knowledge of other tenses and some grammatical concepts as needed by the participants. Our main focus is “charlando en español.” Participants might want to pick up any workbook on Spanish grammar although it’s not required.

See bio above.

COME BIRD WITH US-FALL BIRDS - New!
Course Leader: George Ho
Thursdays, 10 am-Noon, 9/19-11/21
$110 In-field, In-classroom
-The Academy cannot provide transportation.
-Participants must be able to walk one to two miles on level grounds (gravel, grass, paved)
-Note two locations
Welcome, birders of all expertise levels, to this exploratory course where half the classes will take place in the classroom and the other half in the field. Classroom sessions, held on the Academy campus, include instruction on birding equipment and etiquette; bird behaviors, migration and habitats; identification of specific birds, such as raptors, ducks, shorebirds, woodpeckers, hummingbirds, sparrows, flycatchers, and song birds. Field trips will be held at the following locations: Bluff Lake Nature Center in Stapleton, Rocky Mountain Arsenal National Wildlife Refuge in Commerce City, and Belmar Park in Lakewood. During these trips, we will compile an eBird checklist of birds seen; take photos of them as much as possible; and post and share the list with everyone in the classroom.

Dr. George Ho is a retired physician and has taught “Making and Sharing Sound End-of-Life Choices” since 2011 and other courses including “Making a Photobook” and “Pursuit of Happiness.” He looks forward to sharing his passion for bird studies with you.

CPR, FIRST AID, AED
Course Leader: David Mochner
Tuesday 11/19 10 am-2:30 pm
OR Thursday 10/3, 10 am-2:30 pm
$55 Lecture, skill demo, practice, certification
Receive a two-year certification in CPR, AED (Defibrillator), and First Aid for adults and infants. Learn about the skills that can save lives and then practice your newfound CPR and defibrillator training on dummies. You’ll also get trained in First Aid, including how to stop a person from choking and treat minor conditions, such as applying pressure to stop bleeding. This course is approved by the Colorado Department of Human Services and its Division of Child Care. Please wear comfortable clothes and shoes, and bring a sack lunch to eat while learning. Please let us know if you have trouble moving from standing position to the floor, so we can accommodate you.

CPR Colorado is a life-saving training business located in Centennial, Colo., that offers classes to the public and private sector, as well as instructor certification. Find out more at CPRColorado.com.

DAM GREAT ART: THE BERGER TREASURES OF BRITISH ART - New!
Course Leader: Marty Corren
Wednesdays, 1:30-3:30 pm, 10/23-11/13
$55 At the Denver Art Museum, docent-led tour
The recent extraordinary gift of 65 treasures of British art to the Denver Art Museum from the Berger Collection Educational Trust gives our museum one of the largest collections of British art in the United States. In this four-week course, we will explore the rich political and social history of Britain through these chronologically organized paintings, focusing on the important years from the Tudors through the end of the 1800’s. Academy members will meet at the Denver Art Museum. Parking is not included in the tuition but is available in any of the public lots downtown. Note start time.

The Academy’s liaison with the Denver Art Museum, Marty Corren, joined the museum as a volunteer in 2006 and serves as an outstanding and popular docent. She has a special interest in the modern and contemporary collections at the DAM.

ENERGY IN SOCIETY:
FOSSIL FUELS TO RENEWABLES - New!
Course Leader: Kurt Reisser
Thursdays, 10 am-Noon 9/26-10/31
$80 Lecture, Q&A
This class covers energy writ large and considers the issues and impacts of our energy sources. Energy makes modern life possible. We use it for transportation; to heat and cool our homes and offices; and to run our machinery and appliances. But where does energy come from? How does it affect our environment and economy? How are our sources of energy changing and evolving? What political and economic pressures affect these changes? We will attempt to answer these questions by delving into university-driven curriculum through lecture, video and more.

Kurt Reisser is a retired geologist who worked in the oil and gas industry for 39 years. He recently edited a college-level textbook Energy Resources: From Science to Society written by Wesley and Colin Reisser, his sons!

ENVIRONMENTAL HAZARDS FOR DENVER HOMES, NEIGHBORHOODS
Course Leader: John Lanning
Tuesdays, 10 am-Noon, 9/17-10/22
$80 Lecture, Discussion
Is your neighborhood or home impacted by Denver environmental issues? This course will provide an understanding of the scientific, economic and political aspects of environmental issues with a specific focus on the Denver metropolitan area. Topics include basics of environmental science, oil/gas well fracking, winter brown cloud and summer ozone, hazardous waste at Rocky Mountain Arsenal and Rocky Flats, perfluoro compounds, and home
intrusion of radon. The course does include some general science; however, no mathematics or science background is required or assumed.

John Lanning is professor emeritus of chemistry at the University of Colorado Denver. His chemistry research interests included atmospheric chemistry and indoor air quality. As a college associate dean and assistant vice chancellor, John developed programs and won awards for promoting student success for entering freshmen and transfer and undergrad students.

FRANÇAIS: CONVERSATION EN GROUPE - New!
Course Leader: Lorenz Rychner
Tuesdays, 1-3 pm 10/22-11/19
$70 Speaking simple phrases

Si vous aimez parler français, avec des phrases simples, vous êtes invité à participer. If this makes sense to you (without having to resort to Google Translate), then you are well qualified to join us and have a lot of fun brushing up on basics and, most of all, expressing yourself and others talking. Beginners may not benefit from this short five-week class, if you have an acquaintance with French already, no matter how rusty, this will be stimulating and worthwhile. Class size is limited to ensure that everybody gets to participate.

Lorenz Rychner, the Academy’s Jazz connoisseur, grew up in multilingual Switzerland, in a partly French-speaking family. He has a long history of visiting France and other French-speaking countries before and since emigrating. Get the confidence to express yourself in French. Allons-y, on va s’amuser!

FUNDAMENTALISM: FUN? MENTAL? WE’LL SEE
Course Leader: Walt Meyer
Tuesdays, 1-3 pm 10/1 - 10/29
$70 Lecture, Q&A

Fundamentalism is a fairly modern concept in western vernacular, but it has existed from the earliest periods of recorded history. It is found in all of the world’s religions and more recently, in many political settings. This course will start with a general look at fundamentalism, including a brief “pop” quiz for the students (the fun and mental part). From there we will look at fundamentalism in the United States expanding to include how fundamentalism has played a role in Christianity, Judaism, Islam, Buddhism, as well as the Hindu and Sikh religious traditions. We will examine the major characteristics that constitute fundamentalism and look at examples of how those characteristics influence the various religions.. Finally, we will discuss what the future holds for fundamentalism and its continuing role in the world of tomorrow.

Dr. Walt Meyer is a retired “technocrat,” having spent 22 years in the weather field of the US Air Force and almost 20 years as a program manager for a defense contractor. His interest in the religions of the Middle East stems from several courses on Islam, on the Crusades and on the Inquisitions. He has led these classes a total of 10 times over the past nine years and has received rave reviews of the depth and quality of his presentations.

GETTING READY FOR MONET,
MASTER OF LIGHT AND COLOR - New!
Course Leader: Debbie Hruza-Mueller
Thursdays, 1-3 pm, 10/17-11/7
$75 (includes exhibit tour) Lecture, Discussion

Get a clear understanding of Claude Monet’s works of art prior to seeing the exhibit at the DAM. After we gain three weeks of classroom insights into Monet’s history and his painting techniques, use of color and light; pitfalls and successes, you will view the exhibit for a docent led tour (this will take place on MONDAY NOV. 11 AT 2:00, 2:30, or 3:00 and will take the place of the 4th class on the schedule). The class price includes the exhibit ticket and refunds will not be allowed (you may gift the exhibit ticket to a friend if necessary).
Debbie Mueller-Hruza is a contemporary artist of figurative and architectural paintings. She has been a docent at Cherokee Ranch & Castle for 20 years.

**ISLAM 101: DISCOVERING ISLAM**  
**Course Leader:** Gulsum Katmer, Mosaic Foundation Speakers  
**Thursdays, 1-3 pm  9/19 -11/21**  
**$110 Lecture, Q&A**

Islam, the religion of about 1.6 billion Muslims, is perhaps the most misunderstood religion in the West. This course will attempt to provide an overview of Islam—history, major teachings, rituals, attitudes, sects within the religion, and its relations with other cultures and beliefs. Get a well-rounded introduction to one of the most influential ways of life on Earth.

Gulsum Katmer was born and raised in Cappadocia, Turkey. She moved to the US in 2007 where she received her Bachelor’s Degree in Biology from UCLA and her Master’s in Economy from Penn State. Gulsum is a passionate teacher of Turkish language and art classes. Gulsum Katmer has been Director of Multicultural Mosaic Foundation since 2016.

**JAZZ: EVEN MORE FABULOUS BANDS & UNSUNG HEROES**  
**Course Leader:** Lorenz Rychner  
**Thursdays, 1-3 pm, 10/17-11/21**  
**$80 Music, video, discussion**

Jazz history is full of influential but little-known arrangers, those talented people who worked behind the scenes to create the fabulous music you hear from fabulous bands. This will be a continuation of the last two semesters, but this is not a repeat and there are no prerequisites. Come learn about the truly American music that has long ago taken the world by storm and enjoy this exquisite six-week presentation of audio and video recordings. Lorenz Rychner digs deep into his Jazz knowledge to acquaint you with names, faces, and sounds you’ll be glad to discover.

Lorenz Rychner took up piano and clarinet lessons as a child in his native Switzerland. He combined a career in publishing with a busy performing schedule. After emigrating to Australia he spent 15 years as a full-time musician. In 1985, while in Los Angeles studying orchestration and conducting, he accepted an invitation to head up the music synthesis and electronic orchestration programs at the Grove School of Music. Many published books and articles later, he moved to Colorado in 1996 and was the Editor at *Recording* magazine.

**LITURGICAL WORSHIP: BEYOND THE HOCUS POCUS - New!**  
**Course Leader:** Nancy Beyer  
**Wednesdays, 10 Am-Noon, 10/23-11/13**  
**$60 Lecture, Discussion**

Did you know that all mainline Christian denominations use a form of liturgical worship? Learn what is actually happening in each segment of the worship service, and then gain a much deeper worship experience—no matter your denominational preference. This course will give you an understanding of the most common form of the liturgy by examining the prayers, responses, and music by which the congregation participates.

Dr. Nancy Beyer has had a 35 year career as a church musician in multiple mainline denominations. Her doctorate is from the Robert Webber Institute for Worship Studies. Retired from congregational work, she now consults with congregations on worship reform and worship education.

**MIRACLES: FACT OR FICTION?**  
**Course leader:** Darren Slade  
**Thursdays, 10 Am-Noon, 10/24-11/21**  
**$70 Lecture, Q&A**

We’ve all heard the stories. In this course, we get a scientific and academic perspective about miracles. Consider social-scientific data and even criminal investigations to explore whether a miracle claimant is a credible, suitable and accurate eyewitness to the event. We will then apply these techniques to different case studies, both ancient and modern, to assess
whether the miracle reports are reliable enough to be believed.

Darren Slade (PhD in theology and church history) is a theological historian, systematician, and critical rationalist philosopher from Denver, Colorado. Specializing in historic-speculative theology, theoretical metaphysics, and the socio-political development of religious belief systems, Darren’s academic publications include the academic study of the philosophy, sociology, and psychology of religion.

MASTERS OF SHORT STORIES PART 4 - New!
Course Leader: Paulette Wasserstein
Wednesdays, 1-3 pm, 9/25-11/6 SKIP 10/9
$80 Weekly Reading, discussion

Part Four of this famous course presents a collection of pieces from some of the best loved writers in the American tradition: Edgar Allen Poe, Ambrose Bierce, Willa Cather, Stephen Crane, Kate Chopin, F. Scott Fitzgerald, and many more. In This Month's Short Stories (2002) you will be surprised by the often humorous and always insightful tales within. Be part of a lively discourse, examining the short story as a genre and deriving an interpretation of each story. Ultimately, the class experience will enlighten your understanding of short fiction and inspire new ideas for your monthly book clubs. Participants need not have taken prior short story classes. Class is capped at 35 seats.

Dr. Paulette Wasserstein spent her career teaching English at Cherry Creek High School and adult education at the University of Phoenix. She has taught more than 20 iterations of Masters of Short Stories at the Academy.

MAKING AND SHARING
SOUND END OF LIFE CHOICES
Course Leader: George Ho
Tuesdays, 10 am-Noon, 9/17-11/5
$105 Lecture, Discussion

We will all die one day, but we need not make a graceless exit. Instead, we can prepare for death in a personalized and unique way. By developing our own sense of what end-of-life can and should look like, we can share decisions with our family and friends. We’ll consider the options we have, the choices we face and the wishes we want to pass on. This is not a “how-to” course or a substitute for medical or legal advice. It’s an opportunity to appreciate the nuances of the dying process, to consider the difficulties surrounding end-of-life issues, and to develop new perspectives by sharing our concerns in a safe setting. Repeat of a popular class. Class maximum of 24 participants.

Retired from an active career in teaching and medical practice, George Ho, Jr. focuses his special expertise on the areas of internal medicine, arthritis treatment and palliative end-of-life care.

MINI-MEDICAL SCHOOL
AT THE ACADEMY - New!
Course Leaders: Woody Emlen, Anschutz doctors, Academy retired physicians
Thursday 1-3 pm, 9/26- 11/14, SKIP 10/17, 10/24
$80 Streamed lecture fr. CU, moderated, live Q&A

CU’s popular campus program “Mini-Medical School: The Clinical Years” is now available to Academy members. The Anschutz will provide the CU faculty with a complimentary video that we can watch a video during the first hour of class and in the second hour Dr. Emlen and/or other retired Academy physicians will share their professional expertise and lead discussion and answer your questions on the week’s subject.

The CU faculty presents “Mini-Medical School: The Clinical Years” for 10 weeks during the evenings in the fall. The University of Colorado Mini Med School, founded at the University of Colorado Denver in 1989, has received local and national attention in publications ranging from the New York Times to Family Circle. John Cohen, a professor of immunology known for his love of teaching, began this outreach program that would help surrounding community get to know what was happening on the Anschutz campus.
MENTAL HEALTH FOR THIS TIME IN LIFE  
Course Leader: Kip Doran  
Tuesdays, 1-3 pm, 9/17-11/19, SKIP 10/22, 10/29  
$105 Lecture, Q&A  
Mature adults experience significant life changes: retirement, health issues and loss to name a few. Many of these changes have emotional and mental health components that can disrupt emotional equilibrium. Get the facts from an expert on the common mental and emotional issues facing individuals in the latter stages of their lives, and their remedies. Topics will include: depression and suicide; anxiety, fears and panic attacks; Alzheimer’s disease; the mental response to life trauma; grief and grieving; solving loneliness and boredom; substance abuse; and finding happiness. Learn about the common myths and truths about mental conditions, finding competent help and support, the best uses of therapy and/or medication, and how to assist others with emotional issues.

Dr. Christopher “Kip” Doran, a graduate of Boston College and Yale Medical School, is a Clinical Professor at the University of Colorado Health Sciences Center and a Distinguished Fellow of the American Psychiatric Association. Having authored two mental health textbooks, he has taught throughout the US and in six foreign countries.

‘NICKY AND SUNNY’ NOVELIZED VS AUTHENTIC RUSSIAN HISTORY - New!  
Course Leader: Mary Conroy  
Thursdays, 10-Noon, 9/19-10/17  
$70 Lecture, Q&A  
A spate of books and films continues to pour forth about “Nicholas and Alexandra,” Romanov, their five children and the end of the Russian Empire. Many books about the Romanovs and their sad demise concentrate on the individuals involved and do not present an accurate picture of political, economic and social developments that occurred during the reign of Nicholas II. This course will compare “novelized” versions of this crucial, transitional period with studies that go into depth about the political, economic and social changes in Russia through the revolutions of 1917.

World expert on late imperial Russia, Dr. Mary Schaeffer Conroy has given numerous lectures in the USSR. She has published several books and is an emeritus Professor at the University of Colorado, Denver.

RELIGION IN AMERICA: HISTORY & ASPECTS  
Course Leader: Ted Stainman  
Thursday, 10 am-Noon, 9/19-10/17  
$70 Lecture, Q & A  
America is a religious country without an official religion. See how these two thoughts go hand in hand. We will look at all aspects of religion from the discovery of America by Europeans to the Civil War. You will learn how the Baptists, Methodist, Presbyterians, Catholics, and Jews all got started in America. A bonus: You will also learn about objects that you never associated with religion which had religious origins. Hint: Oneida tableware.

Ted Stainman graduated from the Hebrew Union College, NYC with a master’s in Hebrew Letters. He also has a BA in history from Rutgers University (1964) and attended the Hebrew University in Jerusalem, Israel 1964-65 as a special overseas student. He taught American Religion, a survey course, at Wesley College, Dover, DE, after retirement from the Air Force 1993.

SHAKESPEARE’S TWELFTH NIGHT: IN FILM, ON STAGE, IN RETROSPECT - New!  
Course Leader: Jim Caputo  
Thursdays, 10 am-Noon, 11/7-11/21  
(Performance date TBA)  
$40 plus performance ticket  
Film, Performance, Discussion  
Twelfth Night is an allusion to the night of festivity preceding the Christian celebration of the Epiphany. It combines love, confusion, mistaken
identities and joyful discovery. Two sessions will cover Shakespeare’s life and the play by viewing clips of academic analyses. We will also view clips of performances by the Royal Shakespeare Company, and a film starring Helena Bonham Carter. For the third session, we will go to the Denver Center and view a live production of the play. We will convene for a fourth session (place to be determined) to discuss the performances. Please note the performance ticket will be in addition to the course price and will range from $40 - $70 each.

After completing a Masters in English, Dr. James Caputo decided to leave the brick-and-mortar educational world and enter cyber space for his PhD in E-Learning delivery systems. Now he teaches at Regis University and serves on the higher education council at the Denver Center for the Performing Arts and is member of its Encore Society.

SUMI-E PAINTING AFTERNOON - New!
Course Leader: Joan Mund
Wednesday, 12:30-3 pm, 10/16 (note time)
$45 Demo, painting

Those who are new to this art form, and returning members, are welcome to sample this Japanese art form, sumi-e, a centuries old style of ink-wash painting. Come for this one afternoon to have fun painting—you’ll be thrilled with your new-found skills. Paper and India ink will be provided, and you may borrow a brush from our course leader. However, if you can bring your own, please do so.

Joan Mund is a retired K-12 art teacher and a working artist (ceramic figurative sculpture, watercolor, wire sculpture). She has been a docent at the Denver Art Museum for six years and looks forward to leading tours at the upcoming Monet exhibit.

TAI CHI FOR BEGINNERS:
MEDITATION IN MOTION - New!
Course Leader: Sandy Stolar
Tuesday, Noon-12:45 pm, 9/17-11/5
Thursday, Noon-12:45 pm, 9/19-11/7
$50 Lecture, Light movement

Tai Chi is a soft, slow exercise program that improves balance, reduces stress, increases flexibility, and has been called motion meditation. Although it has its roots in martial arts, there is nothing “martial” about it. No equipment is required, you are comfortable wearing clothing that allows for ease of movement. People in reasonably good health are able to successfully participate in Tai Chi. Note the classtime. To participate you must complete a liability waiver.

A model student for lifelong learning, Sandy Stolar decided to branch out from her normal spanish teacher routine, and take up Tai Chi about a decade ago. She then spent the hours to become a certified practitioner and now teaches classes in Castle Rock.

THE BEST EIGHT BILLY WILDER FILMS - New!
Course leader: Don Baer
Tuesdays, 9:30 am-12:30 pm, 9/17-11/5
$105 Film Viewing, Lecture, Discussion

Billy Wilder was a successful filmmaker, creating stories that brought entertainment and delight to countless individuals in capturing the themes, vibes, and essence of the times. In class, we will take the time to consider the scope and expansive talent of this director by viewing eight of his most successful films: Double Indemnity, The Lost Weekend, Sunset Boulevard, Stalag 17, The Seven Year Itch, Witness For The Prosecution, Some Like It Hot and The Apartment. To get a sense of the man, view Billy Wilder’s biography on the internet.

Don Baer has been a member of the Directors Guild of America for some 40 years and has produced television series,
movies for television, and directed series episodes. See http://www.imdb.com and type in his name.

RICHARD FEYNMAN’S CHARACTER OF PHYSICAL LAW - New!
Course Leader: John Anderson
Tuesdays, 1-3 pm 9/24-11/12
$105 Lecture, Q&A

In 1964, Nobel laureate Richard Feynman gave a series of seven public lectures that describe how physicists approach problems and develop laws of nature. He used topics ranging from gravity to quantum mechanics. We will watch his lectures on video for an hour and then discuss what has happened in the intervening years during the second hour. The final week, we will watch gadfly theoretical physicist Sabine Hossenfelder’s criticism of Feynman’s approach in our age of dark matter and dark energy searches at the Large Hadron Collider.

John Anderson has a degree in physics from Yale. He worked in the computer industry for 30 years in New York and New Jersey. Retirement has allowed him to pursue his love of physics and the history of science. John’s previous classes covered topics such as black holes, neutrinos, and math history.

THE STATE OF HATE IN AMERICA: ANTI DEFAMATION LEAGUE - New!
Course Leader: Jeremy Shaver
Wednesdays, 1-3 pm, 10/23-11/13
$65 Lecture, Q&A (take $5.00 off if also taking Affordable Housing/Homelessness. Use promo code Inclusion10 at checkout)

The recent extremist-related murders at a Pittsburgh synagogue, a New Zealand mosque and a Florida high school demonstrate a growing threat of white supremacy and other extremist movements in the United States and abroad. Last year alone, Colorado ranked third in the nation, behind California and Texas, for the highest number of white supremacist propaganda distributions and rallies. This course will look at the state of American white supremacy and other extremist movements. Participants will learn about the increase in anti-Semitism in Colorado and the country, the connections between white supremacy and misogyny, the growing anti-immigrant movement and an increase in hate incidents and crimes.

Jeremy Shaver is a Senior Associate Regional Director for the Anti-Defamation League’s Mountain States Region. He facilitates ADL’s local work on civil rights, public policy advocacy, community security and law enforcement training. He works extensively on issues related to hate crimes and leads the state’s hate crime coalition that is comprised of 17 civil rights and advocacy organizations.

THE SURREALIST ERA: BEYOND THE ART - New!
Course Leaders: Sheila Porter, Georgi Contiguglia, Rex Brown, Shellie Hochstadt, & Lorenz Rychner
Wednesdays, 1-3 pm 9/18-11/13 SKIP 10/9
$105 Lecture, Video, Music, Q&A

Surrealism is a 20th-century avant-garde movement in the arts, stemming from World War I, that flowed over into other subject areas. Learn more from a collaboration of Academy course leaders—Georgi Contiguglia, Art; Lorenz Rychner, Music; Shellie Hochstadt, History; Rex Brown, Literature; Sheila Porter, Freud; and other experts on dance and film—to explore the many aspects of the surrealist era and its lingering impact on today’s world.

These Academy course leaders are specialists in their fields. See bios at AcademyLL.org.

THE ROAD TO IMPERIALISM: POWER ON A GLOBAL SCALE - NEW
Course Leaders: Shellie Hochstadt
Wednesdays, 10 AM-Noon, 9/18-11/6 SKIP 10/9
$105 Lecture, Q&A

European empires followed their quest for
raw materials into a new world. The advent of the Industrial Revolution transformed that quest into a new appetite for resources and power. The road to Imperialism stretches through revolutions, philosophers and war on a global scale. Join me on this road, from 1750-1890, that leads us to the modern world. There are 40 total spots in this course; it will sell out quickly. Login to put yourself on the waitlist at AcademyLL.org

Shellie Hochstadt graduated from the University of Rhode Island with a degree in history, and a minor in political science. She was a divisional merchandise manager for a department store until 1994, when she returned to her core interest and passion for world history. She taught AP World History, AP Government, and economics.

THE SIXTIES: A LIFE-CHANGING DECADE - New!
Course Leader: Jerry Henderson
Tuesdays, 10 am-Noon, 9/17-11/5 (FULL)
OR Tuesday, 1-3 pm, 9/17-11/5
$105 Lecture, Discussion

The dual personalities of the Sixties are described on one hand as nostalgic—the revolution in social norms about clothing, music, drugs, dress, social activities, and schooling; and pejoratively denounced as the decade of irresponsible excess, flamboyance, and decay of social order. The class uses no textbook, just the CNN TV series along with memories, discussion and handouts.

Gerald (Jerry) Henderson, a petroleum reservoir engineer and global energy executive, enjoys facilitating classes in American Literature, including Mark Twain and the history of the New Yorker.

FREE - Register in advance to help us find the right sized room.
This FREE class helps everyone whether you use a computer at home or your business, and teaches you how to troubleshoot simple problems and solve them easily yourself. We will cover desktops, laptops, Internet, printers, even cell phones. Knowing a few of these easy tricks could save you hours of frustration in the future. Invite your friends since this is a free class! Please check in at the Academy’s Welcome desk if you are walking in, or make an advanced reservation (preferred) at AcademyLL.org.

TECH TIPS
Course leader: Scott Henke
Travel Planning Made Ridiculously Easy,
Tuesday, 1-3 pm, 10/15
No Academy membership fee required,
$12 - Register in advance to help us find the right sized room.

Hotels, flights and maps needed for your next trip? Scott will show you some easy apps and Websites to get you headed in the right direction on your next trip! All of these will be available on your home computer, tablet or phone. Please check in at the Academy’s Welcome desk if you are walking in, or make an advanced reservation (preferred) at AcademyLL.org.

Onsite Consulting owner, Scott Henke, has been featured on 9 News, Fox 31, and the radio for his expertise. He has taught classes for over 10 years through the Academy. His company, Onsite Consulting, offers PC consulting, PC and network troubleshooting, repair, virus and spyware solutions, free offsite backup, remote emergency help and many other computer services. His classes are designed with the beginner in mind. He is always available for free advice via email scott@henke.com
TODAY’S HEALTH CARE: PERSONAL & POLICY CHOICES - New!
Course Leaders:

Stefan Mokrohisky, John Slocumb
Tuesdays, 1-3 pm, 10/1-10/29
$75 Lecture, Small Group Discussion

As the science of medicine becomes more advanced, the medical profession and the public are having to make increasingly different choices. Changing the genetic code, using medical aid in dying, accepting or rejecting vaccines, experimenting with drugs like marijuana for various illnesses, making wise reproductive choices, and sorting out these complex choices are just some of the dilemmas facing patients today. This interactive course will give participants a framework for examining the many conflicting values that modern medicine presents. Real life situations will be part of every class. Come struggle with us for answers.

Stefan Mokrohisky recently retired from a 35-year career as a Kaiser Permanente pediatrician. He completed a fellowship in bioethics at the Kennedy Institute in Washington, D.C., and then helped establish ethics committees at Kaiser and Children’s Hospital Colorado. He continues to teach medical students and residents and attends ethics consultations.

John Slocumb is Professor Emeritus in the Department of Obstetrics and Gynecology at the University of Colorado. He has served for almost 50 years as a consultant to the Indian Health Service and the Alaska Women’s Health Services and was the medical director of Planned Parenthood in New Mexico. His interests include developing health services for the underserved, and women’s little-known health conditions.

WATERCOLOR STUDIO DAY
Course Leader: Sharon Rouse
Tuesday, 11/12 (9:30 am -2:30 pm)
$45 Demo, tips while painting

Bring your brushes, paints and other supplies to participate in this “studio day,” as we paint and explore more watercolor potentials with a short morning demonstration of creating depth with negative painting and Watercolor SOS hints. Pamper yourself with a day of individual creativity as you experiment, start a new painting, or continue working on one. This day is open to individuals with all levels of experience. A suggested supply list will be sent to participants about a month before the class date. Class limited to 18. Bring a lunch!

Sharon Rouse is a retired art teacher and supervisor for art student teachers at Metropolitan State College. She has taught adult watercolor and sketchbook classes and presented short watercolor workshops. Her work has been accepted into various shows and is in private collections. She is also a docent at the Denver Art Museum.

WHAT IN THE WORLD IS THE SOUL? - New!
Course Leader: Bob Neuwoehner
Wednesdays, 1-3 pm, 10/23-11/20
$70 Lecture, Discussion

Soul is one of those religious terms we use without entirely knowing what it means. In part, that’s because the soul is ephemeral and exceeds our ability to know. In this five-session course, we’ll explore the soul in some depth: examine a model of the soul as a structure; and look at how the soul functions—all while considering how this knowledge can enrich life, spirituality, and our understanding of the world.

Robert (Bob) Neuwoehner holds a PhD in biblical interpretation from the University of Denver & Iliff School of Theology’s Joint PhD Program. In his dissertation, which was nominated for DU’s distinguished dissertation award, Bob used a Jungian method to explore the symbolism in the Gospel of John. Bob has taught at DU and a number of churches in the Denver area.

WHAT IS ATHEISM, SECULARISM, HUMANISM? - New!
Course Leader: David Eller
Thursdays, 1-3 pm, 9/19-10/10
$60 Lecture, Q&A

More Americans than ever claim no religious affiliation, and Europe is already considered
“post-Christian.” It is important to understand, then, what atheism is, who atheists are and where their place is in modern society. This non-argumentative and cross-cultural course discusses the meaning of terms like atheism, agnosticism, secularism, and humanism; the case for and against gods; the history of skepticism and free thought; the diversity of secularism around the world; the problem of non-religion and morality; the separation of church and state; current scientific theories of religion; and present and future atheist organization and community.

Jack David Eller earned a PhD in anthropology from Boston University after spending two years in Australia studying Aboriginal societies. He has taught anthropology, sociology, and history, most recently as an associate professor at the Community College of Denver. His interests also include religion, violence, and American culture and diversity. His most recently published book was about psychological anthropology and American traditions.

WRITE TO SAVE YOUR LIFE
Course Leader: Patricia Cox
Tuesdays, 1-3 pm, 9/24-10/29
$85 Writing, Conversation

“Anyone who physically and emotionally outlasts childhood has something to write about forever,” proclaims author Lou Willett Stanek. You’ll agree once you discover the rich vein of stories in your past and experience the joy of preserving these treasured tales. We’ll encourage each other in class and tackle writing at home. Reading your work aloud will prove a powerful affirmation, as will listening to others. This exchange is an effective way to improve your writing. Join this group, capped at 12, to learn how to transform your memories into memoirs. Each semester, this class takes on new life with returning and new class members.

Cherry Creek Schools while raising three daughters. She has taught memoir writing for many groups and has recently published a memoir about her late husband, a victim of Alzheimer’s disease—We Keep Our Potato Chips in the Refrigerator.

YOUR FAMILY 101: BEGINNING GENEALOGY
Course Leader: Leah Klocek
Wednesdays, 10 am-Noon, 9/18-10/23, SKIP 10/9
$70 Lecture, Q&A

We live in a golden age for family history research. Technology has made this fulfilling hobby more accessible than ever, but figuring out how to get started can be a little overwhelming. This class will take you through the ins and outs of the first steps towards tracing your own family history, including how to analyze records, how to use DNA tests, and what common mistakes to avoid as you dive into the world of military pensions, death records, and ship’s passenger lists. New this semester, this class will include a discussion of what to do with your compiled family history in order to create a treasured heirloom.

Leah Klocek is a historical and genealogical researcher here in Denver. She has an undergraduate degree from Brandeis University, and a Masters from the University of Pennsylvania. The founder and owner of a small business, Crossroads Historical Research, Leah is also a certified history teacher.

ABOUT ACADEMY COURSE LEADERS: Our course leaders are enthusiastic volunteers who research and present courses on topics of great interest to them. The materials and opinions they and their guest speakers present are their own and not necessarily those of the Academy for Lifelong Learning.
FOR YOUR CALENDAR

ONE-DAY ACADEMY (ODA)
Wed, July 31, 12:30-4:30, no RSVP
FREE, BRING FRIENDS! Various Speakers

ONSITE REGISTRATION
(All other registrations are easy at AcademyLL.org)
Tues. Aug. 27, 9-11 am
Tues. Sept. 10, 10 am-Noon

INFORMATION SECURITY:
DON’T BE THE LOW HANGING FRUIT
Course Leader: Mary Soldwisch
Tues. Sept. 10, 10-reception,
10:30-Noon presentation
FREE, RSVP, BRING FRIENDS
Learn about the ways companies gather and use personal information through purchases / shopping habits, social media, and Google searches. Former Information Security Officer for First National Bank of Camdenton, Missouri Mary will give you some simple ways to help keep your information more secure. She will also give you actions you can take should you find your information has been compromised.

UPDATE ON DENVER METRO GROWTH & REGIONAL ISSUES
Course Leader: Brad Calvert, DRCOG
Thurs, Oct. 31, 10 am-Noon
FREE
Get the latest on Denver’s population growth and demographic changes; regional planning and development; and transportation. The Denver Regional Council of Governments (DRCOG) Director Brad Calvert, will update our group.

CLASSES BEGIN Sept. 17-19