

**PARKER
ARTS**

2018-2019 ADULT LECTURE SERIES



www.ParkerArts.org/AdultLectures



The Parker Cultural and Scientific Commission is pleased to present talks on topics that impact Colorado citizens and residents of Douglas County. The intent of these talks is to increase the understanding of how arts, science, and technology affect current and future issues facing our community, and provide the opportunity to learn and discuss a variety of trending topics. Lectures take place at PACE Center, are **FREE** and open to the public. Please **RSVP** at PACEdu@parkeronline.org, or by calling **303.805.6800**.

LECTURE SCHEDULE

September 5, 2018 | 6:30 p.m.

HABITAT HEROES: NATIVE PLANTS FOR BIRDS AND WILDSKAPING 101

Speaker: Kate Hogan - Audubon Nature Center and Native Plant Gardens at Chatfield State Park

Interested in becoming a habitat hero? Join the Audubon Society for an in-depth look at new trends in landscaping and receive suggestions on native plant choices to attract local and migrating birds, as well as tricks for supporting a miniature ecosystem around your home.



October 3, 2018 | 6:30 p.m.

CLIMATE SCIENCE

Speaker: Dr. Christian Shorey - Asst. Department Head of Geology and Geological Engineering at Colorado School of Mines

Climate science has been a politically controversial topic recently, but its origins are divorced from such politics, and go back a few centuries. By exploring the story of the scientists and science involved in climate, a clearer picture of what we know and how we know it will be revealed.



November 7, 2018 | 6:30 p.m.

COLORADO 14'ERS: BALANCING RECREATIONAL USE AND ENVIRONMENTAL PROTECTION

Speaker: Lloyd Athern - Executive Director Colorado Foutneers Initiative

Colorado's 14,000-foot peaks are "approachable Everests" that draw hikers and climbers from across the globe. However, growing recreational use places rare and fragile alpine vegetation and wildlife at risk. Learn how recreational use and natural protection coexist on the 14'ers, and discuss research being done to manage high-altitude hiking.



Adult Lecture Series is sponsored by Parker Adventist Hospital

Parker Adventist Hospital

 Centura Health.

January 9, 2019 | 6:30 p.m.

AFRICAN WILDLIFE PHOTOGRAPHY

Speaker: Russ Burden - Owner of Russ Burden Nature Photography Tours

Photographer Russ Burden will give a two-part presentation entitled "Under Tanzanian Skies." Part one illustrates the making of award-winning safari and wildlife images, along with his most common tour mottos: *It's All About The Light, Edit Before Pressing The Shutter, Watch For Those Blinkies*, and more. Part two is an escape into the land of the Serengeti.



February 6, 2019 | 6:30 p.m.

HOW TO MANAGE CHRONIC PAIN WITHOUT OPIOIDS

Speaker: Dr. Carter Jones - Board Certified in Anesthesiology and Pain Medicine with a Ph.D. in Pharmacology.

Opioids have been a mainstay of treatment for patients with pain, however their inappropriate use has revealed serious consequences. In contrast, there are many distinct non-opioid therapies that have been shown to produce sustained improvements. Non-opioid treatments are available for chronic pain, from psychotherapy to more invasive techniques like spinal cord stimulation.



March 6, 2019 | 6:30 p.m.

FRONT RANGE LANDSCAPING

Speaker: Tony Hahn - Swingle - SavATree

Attend this informative discussion on the challenges of maintaining a landscape along the Front Range of Colorado. Learn about site selection and species selection, while myths about lawn and tree care will be dispelled. Hear from the experts what we do right and what we do wrong to our landscapes in the weather extremes of Colorado.



April 3, 2019 | 6:30 p.m.

CLIMATE AND AGRICULTURE IN COLORADO

Speaker: Thaddeus Cummins - Chapter Co-lead Colorado Citizens' Climate Lobby

The growing threat of climate change to our agricultural communities continues to threaten the industry. Climate impacts will vary but likely increase with temperature and extreme weather. Scientists and engineers have some new technologies to mitigate risks as we move into the future of Colorado agriculture.



May 1, 2019 | 6:30 p.m.

SLEEP DISORDERS: WHERE DO WE FIND QUALITY SLEEP IN A BUSY WORLD

Speaker: Dr. Stephen Duntley - Medical Director of the Centura Sleep Disorders Center at Parker Adventist Hospital

Lack of quality sleep can lead to an increased risk of stroke, heart disease, and lung disorders. Dr. Stephen Duntley will discuss the key elements of sleep along with sleep therapies and techniques for improving sleep quality.

