

Cedar Crest College's ILR Fall 2024 Course Grid

Course #	Course Title	Instructor	Day	Start Time	End Time	Begin Date	End Date	Location	No Class in addition to the week of November 25
1	Basic Astronomy for Lifelong Learners	Talboo/Anderson	Monday	10:00 AM	12:00 PM	Monday, October 14, 2024	Monday, December 2, 2024	Alumnae Hall Little Theater	Monday, November 11, 2024
2	Glimpses of the Afterlife	Lawhorn	Monday	10:30 AM	12:00 PM	Monday, October 7, 2024	Monday, December 2, 2024	HBB 8	
3	Cyber Security for the Everyday World	Sarte	Monday	12:00 PM	1:00 PM	Monday, October 7, 2024	Monday, October 28, 2024	Curtis 102	
4	Almost Human	Gilgoff	Monday	1:00 PM	2:30 PM	Monday, October 7, 2024	Monday, November 4, 2024	HBB 6	
5	Modern World History Through Current Events	Wood	Monday	1:00 PM	2:30 PM	Monday, October 7, 2024	Monday, December 2, 2024	Science 136	
6	An exploration of the colorful history of the Executive Mansion (White House)	Dona hue	Tuesday	10:30 AM	12:00 PM	Tuesday, October 8, 2024	Tuesday, December 3, 2024	Curtis 112	
7	Qigong	Stangl	Tuesday	11:00 AM	12:00 PM	Tuesday, October 8, 2024	Tuesday, November 12, 2024	Steinbright Dance Studio 1	
8	An exploration of the cultural, historical, and ecological richness of Australia and New Zealand.	Hall/Scepanky	Tuesday	1:00 PM	2:30 PM	Tuesday, December 3, 2024	Tuesday, December 17, 2024	Oberkotter 1	
9	"We Fought Desperate": The 153rd Pennsylvania Regiment at the Battle of Chancellorsville on May 2, 1863	Stocker	Tuesday	3:00 PM	4:00 PM	Tuesday, November 12, 2024	Tuesday, November 12, 2024	Oberkotter 1	
10	Symbolism: It's Easier Than You Think!	Savkova	Wednesday	10:00 AM	12:00 PM	Wednesday, October 9, 2024	Wednesday, November 6, 2024	CURTIS 110	
11	How do US elections affect the stock market?	Peoples	Wednesday	1:00 PM	2:15 PM	Wednesday, October 23, 2024	Wednesday, October 23, 2024	Oberkotter 1	
12	Doorways to Expanding Consciousness	Skelton	Wednesday	1:00 PM	2:30 PM	Wednesday, October 9, 2024	Wednesday, December 4, 2024	Curtis 135	
13	Eight Weeks to Deeper Meditation	Romberger	Thursday	10:00 AM	11:30 AM	Thursday, October 17, 2024	Thursday, December 12, 2024	Alumnae Hall Chapel	
14	The Hermit Kingdom	Epstein	Thursday	10:00 AM	11:00 AM	Thursday, October 10, 2024	Thursday, October 10, 2024	MILLER33	
15	Popes vs. Fascism & Nazism	Curran	Thursday	10:00 AM	11:30 AM	Thursday, October 10, 2024	Thursday, November 7, 2024	Curtis 112	Thursday, October 24, 2024
16	Fun Facts for Lifelong Learners	Talboo/Anderson	Thursday	10:00 AM	12:00 PM	Thursday, October 17, 2024	Thursday, November 7, 2024	Alumnae Hall Little Theater	
17	Rich Towards God	Peoples	Thursday	11:00 AM	12:00 PM	Thursday, October 24, 2024	Thursday, November 14, 2024	TCC 1867	
18	The Supreme Court: Politics and Pluralism Over the Years.	Conn	Thursday	2:00 PM	3:30 PM	Thursday, October 10, 2024	Thursday, December 12, 2024	Oberkotter 1	Thursday, December 5, 2024
19	Holistic Broadway Tap Workshop	Farrar	Friday	11:00 AM	12:30 PM	Friday, October 11, 2024	Friday, October 11, 2024	Steinbright Dance Studio 1	
20	New Developments in Healthcare Biotechnology	Charles	Friday	1:00 PM	2:30 PM	Friday, November 15, 2024	Friday, December 13, 2024	HBB 7/Dec. 13 HBB 8	
21	The Art of Seasonal Cooking	Pavelco	Friday	1:00 PM	2:30 PM	Friday, October 11, 2024	Friday, October 25, 2024	SCI 136	
22	Astrology, Divination, and the Astral Sciences	Grove	Friday	2:00 PM	3:30 PM	Friday, October 18, 2024	Friday, November 15, 2024	Science 138	10/25/2024 & 11/8/2024
23 (Zoom)	Alice Munro's Runaway: A Discussion	Hausman	Monday	10:00 AM	11:00 AM	Monday, October 7, 2024	Monday, November 18, 2024	ZOOM ONLY	

24 (Zoom)	Basics of Qigong	Pavelco	Tuesday	10:00 AM	11:00 AM	Tuesday, October 8, 2024	Tuesday, October 29, 2024	ZOOM ONLY	
25 (Zoom)	How We Make Decisions	Towne	Tuesday	11:00 AM	12:00 PM	Tuesday, October 8, 2024	Tuesday, November 19, 2024	ZOOM ONLY	Monday, October 28, 2024
26 (Zoom)	Popes vs. Fascism & Nazism	Curran	Tuesday	1:00 PM	2:15 PM	Tuesday, October 8, 2024	Tuesday, November 5, 2024	ZOOM ONLY	Tuesday, October 22, 2024
27 (Zoom)	The Power of a Plan: Taking Control and Living your Retirement Dreams	Kearney	Wednesday	3:00 PM	4:30 PM	Wednesday, October 16, 2024	Wednesday, November 6, 2024	ZOOM ONLY	
28 (Zoom)	Three Bildungsroman Novels	Nigro	Thursday	10:00 AM	11:30 AM	Thursday, October 10, 2024	Thursday, December 12, 2024	ZOOM ONLY	

See Campus Map (In Registration Package) For Building Locations

Important Dates

- 1. The Semester Begins on October 7 and ends on December 13.**
- 2. There are no ILR Classes scheduled for the week of November 25th (Thanksgiving Week)**
- 3. Registration begins on Wednesday, September 18 and runs through Monday, September 30th.**

General Information

Cedar Crest College's Institute for Learning in Retirement (ILR) is a program run by the College that offers courses to those 55 and over. Classes are held both on Cedar Crest College's campus and on Zoom. Membership is open to all retired people and those 55 and older.

Cedar Crest College's ILR is located in the Finance and Administration office in Blaney 104. The phone number is 610-606-4666 ext. 3313 and the email is ilr@cedarcrest.edu.

Class Cancellation and College Closing

All registered students will be notified by email of class cancellations, College closings, etc. If the College is closed due to inclement weather, all on-campus ILR classes are cancelled. In addition to email notification, College closings will be announced on the Cedar Crest Weather Hotline (610-606-4629) and on WFMZ TV. ILR instructors may cancel their class due to the weather even though the College is open. In those cases, we will attempt to notify registrants of the class via phone or email.

REGISTRATION

Registration materials for the Fall 2024 Semester have been emailed to all ILR members for whom we have email addresses. All registration (on campus and ZOOM) will be done by means of an electronic form accessible via a link included with the registration materials. Please see the instructions on the form. The Registration form can also be accessed here:

[Click Here for Fall 2024 Course Registration](#)

Payment may be made online by personal credit card. We also accept payment by check. Please see the registration materials for details.

Classes are subject to cancellation without notice. You will be notified via email if any classes for which you have registered are cancelled.

TUITION RATES

Tuition varies as follows with the number of courses for which you register:

1-3 Courses..... \$80

4-6 Courses..... \$100

7-9 Courses..... \$120

10+ Courses.....\$140

PARKING

Please refer to the campus map (included in the registration packet) and park in the shaded areas only. Please place the parking permit (included in packet) on your dashboard whenever you are on campus for a class. If you are attending classes in the Hamilton Boulevard Building, please **do not park at the Atrium** or in spaces reserved for faculty. If spaces by this building are full, park in Lot F or in the Steinbright Hall grassy overflow parking area. When possible, please carpool as parking spaces are limited.

EMERGENCIES

In the event of an emergency on campus – health or accident – contact campus police, who are skilled in CPR and will call 911 if deemed necessary. From a campus phone, dial 0; from a cell phone, dial (610) 437-4471. The College’s emergency notification system is called E2Campus and all ILR participants are encouraged to sign up for E2Campus notifications. The system notifies those enrolled of campus emergencies as well as weather related delays and closures. To learn more about E2Campus and enroll, please visit Click Here: [e2Campus - Emergency Notification | Cedar Crest College](#)

ZOOM COURSES

ZOOM courses will follow the same procedures as they did previously. All registered students will be sent invitations prior to the first session of each course. Each invitation will be valid for all sessions of the course so please store them in a safe place on your computer as they will not be sent out again. On-campus cancellations and closings will not affect ZOOM classes; however, specific instructors may cancel classes for a variety of reasons (e.g., illness). Preplanned cancellations known before the semester begins are noted on the Course Grid in the registration package. Class members will be notified by email in the event of unplanned cancellations.

ON-CAMPUS RULES

- Please be quiet in the halls while waiting for a classroom to be cleared and do not enter until it is empty.
- Vacate the room promptly at the end of the scheduled period. PLEASE SILENCE CELL PHONES.
- ILR does not permit solicitation of ILR students by other ILR students or ILR instructors during class for any reason.
- The Cedar Crest College campus is smoke-free. Smoking is not permitted anywhere on campus.
- Cedar Crest Campus Police occasionally conduct an active-shooter drills. When that occurs, everyone must shelter in place, classroom doors should be locked, and the lights turned off.

OTHER

1. ILR requests that members who have suggestions for classes, teachers, or speakers, or who wish to teach a class, call 610-606-4666, ext. 3313 or email ilr@cedarcrest.edu.
2. ILR students are welcome to purchase food and beverages in the Falcon's Nest or Canova Commons dining hall located in the Tompkins College Center.

Fall 2024 Course Descriptions

Course: 1

Title: Basic Astronomy For Lifelong Learners

Instructors: Charles Talboo & Dwight Anderson

Course Description: Basic astronomy is a delightful and educational journey through the universe, presented in a manner that is both entertaining and informative.

In this class we will celebrate the cosmos and explore its mysteries with awe and wonder to be enjoyed by lifelong learners of all backgrounds.

We are a way for the cosmos to know itself. - Carl Sagan

Instructor Bio: Charles Talboo holds a B.S. in Earth and Space Science from Mansfield University and a M.Ed. from Wilkes University. He has 34 years of teaching experience in the Quakertown Community School District and numerous ILR sessions.

Dwight Anderson holds a B.S. in Earth and Space from Penn State University and a Master of Arts in Physical Science-Earth Science from West Chester University. He also has experience with Stellar Astronomy and Nautical Astronomy at the National Radio Astronomy Observatory at Greenbelt MD. He taught 33 years in the Quakertown Community School district and has taught Astronomy at Bucks County Community College and numerous ILR sessions.

Course: 2

Title: Glimpses of the Afterlife

Instructors: Robert Lawhorn

Course Description: This Presentation/Discussion class will include a study of Near Death Experiences (NDE's), Out of Body Experiences (OBE's), Death-bed Experiences and other similar experiences.

As part of this study, we will engage in discussions of associated topics such as the Soul, Consciousness and Divine Love.

Instructor Bio: Bob Lawhorn spent 50 years working in the Information Services industry supporting a wide variety of businesses.

During the past 10 years he has delved into many diverse subject areas such as Exponential Change, Future Technologies, AI, Crisper, Augmented Reality, Near-Death-Experiences and Life Extension. Through these studies he has developed and presented numerous ILR classes.

Course: 3

Title: Cyber Security for the Everyday World

Instructors: Bruce Sarte

Course Description: Cyber Security for the everyday world will help everyone make common sense decisions on what is safe, what is not safe, and how to protect yourself and others.

Instructor Bio: Bruce is the Director of Information Technology at Cedar Crest College with 30 years of technology experience. He holds advanced degrees in both technology and management, along with the Certified Information Security Professional certification.

Course: 4

Title: ALMOST HUMAN

Instructors: Anna Gilgoff

Course Description: Artificial intelligence, whether in the humanoid form or as intelligent systems, has long been an object of both fascination and trepidation. In this class, we will examine how robots and AI function in literature (Asimov and Bradbury, for instance) and film. Should we expect humans and robots to live in a perpetual state of conflict, or should we look forward to robots and humans working toward a future of collaboration and harmony?

Instructor Bio: Anna Gilgoff spent 32 years teaching high school students how literature illuminates life. She learned this while earning an undergraduate degree at Brooklyn College and an MFA at Wilkes University.

Course: 5

Title: Modern World History through Current Events

Instructors: Salli Wood

Course Description: Each week I'll present a historical survey of a country or region that has recently been in the news. We'll explore the influence of geography, colonization, natural resources, religion, conflict and more. I especially try to include Central and South America, Africa, Asia, and Oceania, as our formal educations all too often neglected these regions.

Instructor Bio: Dr. Salli Wood earned a Bachelor's Degree in Biology from Carleton College and a Doctorate in Cellular Biology from Cornell University. She has been teaching students in non-traditional settings for the past 30 years, including six years at ILR.

Course: 6

Title: An exploration of the colorful history of the Executive Mansion (White House)

Instructors: Ned Donahue, PhD

Course Description: An exploration of the colorful history of the Executive Mansion (White House), including the site selection, architecture, destruction, reconstruction, and finally the restoration by Jackie Kennedy in 1961. The emphasis will be on the history, mysteries and curiosities of this famous address!

Instructor Bio: Ned Donahue was for 19 years a HS teacher of Mathematics and Social Studies... This was followed by 18 years as Public-School Administrator. In addition he was 12 years as a College faculty member serving in both regular and adjunct positions. He holds a B.A. in Philosophy an M.Ed and Ph.D. in Education.

Course: 7

Title: Qigong

Instructors: Mary Ann Stangil

Course Description: Qigong (chee-gong) is a slow, gentle health-promoting exercise system of ancient Chinese origin. Movements are intentional and breath-coordinated producing a relaxing as well as energizing experience. Highly recommended for older adults, it is less demanding than tai chi.

Instructor Bio: Mary Ann Stangil has studied qigong and tai chii with numerous teachers since 1998 and taught classes in both. She is a professional member of the National Qigong Association and a Level II Qigong Instructor.

Course 8:

Title: An exploration of the cultural, historical, and ecological richness of Australia and New Zealand.

Instructors: Kelly Hall and James Scepansky

Course Description: In this course, participants will gain a deeper understanding of the cultural, historical, and ecological richness of Australia and New Zealand. They will learn about the Aboriginal and Māori cultures, including their history, traditions, and contemporary issues. The course contains an overview of the colonial and post-colonial history of Australia and New Zealand, highlighting key events, figures, and their impacts on present-day societies. We will also explore the rich biodiversity and landscapes of each country. Koalas, kangaroos, and kiwis!

This is a 3-week course. Week 1 will focus on Australia, week 2 on New Zealand, and week 3 on travel to both countries. Cedar Crest College is offering a trip to Australia and New Zealand in May 2026, and this course may appeal to those who are interested in participating, or those who plan to travel independently to either country.

Instructor Bios: Dr. Kelly Hall is a big fan of study abroad. She spent a year studying in Paris in college, earned her MA in England, and wrote her dissertation on medieval travelers. She has 14 years of college-level teaching experience in literature, language, and the humanities, and has taught courses in London, Florida, West Virginia, and aboard deployed U.S. Navy vessels. She is currently the Director of Global Initiatives at Cedar Crest College and leads their cornerstone program, the Sophomore Expedition. She has lived, worked, or traveled to all seven continents—including working in Antarctica. She has previously taught ISL courses on Senior Travel Tips and Antarctica.

Dr. James Scepanzky is the Chair of the Psychology Department at Cedar Crest College, where he has been teaching for 21 years. He never had an opportunity to study abroad as a student and is now making up for it by taking advantage of every opportunity to travel that comes his way. Dr. Scepanzky has taught courses that have included travel with students to Brazil, Greece, England, Costa Rica, Morocco, Spain, Andorra, France, Italy, and Ireland. Although the themes of these trip-related courses are tied to the specific characteristics of the destinations visited, there is always a focus on the unique impact of that country's culture on the people's behaviors, traditions, customs, and ways of thinking about the world we share.

Course: 9

Title: "We Fought Desperate:"-The 153rd Pennsylvania Regiment at the Battle of Chancellorsville on May 2, 1863.

Instructors: Jeffrey Stocker

Course Description: Recruited from Northampton and Lehigh Counties in the fall of 1862, the men and boys of the 153rd Pennsylvania Regiment suffered the full fury of General Stonewall Jackson's attack on the afternoon of May 2, 1863. Overwhelmed and forced to retire in confusion after a brief but fierce conflict, the regiment's survivors were blamed for the defeat at the battle, by both their fellow soldiers in the Army of the Potomac, the contemporary press, and even now in the pages of history. But is that what really happened? This course will look at the uneven fight through the words of the members of the regiment and try to give a more balanced account of what really happened on that bloody field 161 years ago.

Instructor Bio: Jeffrey D. Stocker graduated with a B. A. in History from Muhlenberg College in 1980, and a J. D. in Law from Temple University School of Law in 1983. After 32 years of law practice, he retired in February 2017. He has written 3 books on the Civil War, with his latest being "We Fought Desperate," a history of the 153rd Pennsylvania Infantry Regiment. He lives in Center Valley, Pa., with his wife, one dog and four cats.

Course: 10

Title: Symbolism: It's Easier Than You Think!

Instructors: Ann Savkova

Course Description: After a quick introduction to symbols (and where to find them), we will explore a short story and a short novel to analyze the symbols within!

Instructor Bio: Ann Savkova spent 32 years teaching high school English: Reading, Writing, Research, Speaking and Listening, as well as directing several stage productions. This is her second course at the ILR.

Course: 11

Title: How do US elections affect the stock market?

Instructors: Craig and Patricia Peoples

Course Description: The US presidential election cycle is ramping up. So is media coverage and a barrage of political advertising. The contest between Democrat Kamala Harris and Republican Donald Trump- and its implications- loom large in the minds of investors both in the US and abroad.

Let's explore the historical relationship between the US presidential elections and the performance of the broader US equity market in this session with Craig Peoples, Private Wealth Advisor & Patricia Peoples, CERTIFIED FINANCIAL PLANNER TM and Managing Partner at Peoples & Co. , Private Wealth Stewardship. Please bring a list of the three issues that most concern you for respectful discussion.

Instructor Bio: Craig Peoples is a native of the Lehigh Valley and a proud graduate of Allentown Central Catholic High School. Craig received his Bachelor of Science in Finance from Grove City College.

Craig proudly works at Peoples & Co Private Wealth Stewardship, a firm deeply rooted in family values, alongside his father, Duane, mother, Patricia, and sister, Grace. His journey in financial services began at a prominent wirehouse, where he distinguished himself in their rigorous training program and earned esteemed club ranking recognition. Motivated by a desire to offer clients personalized care and specialized expertise, Craig made the intentional move to Peoples & Co.

Patricia Peoples, has been advising families, professionals, and business owners prudently and economically toward their goals since 1989. Pat's motto is "integrity first, always" and her greatest joy professionally is seeing your goals and plans come to fruition. Pat delights in serving generations of families – the child that was playing on the floor during early planning meetings with parents is now a successful, productive adult who has chosen her as their financial advisor.

With extensive credentials to her name, Pat is a CERTIFIED FINANCIAL PLANNER® professional, a Certified Kingdom Advisor® (CKA), a Chartered Life Underwriter® (CLU), and a Chartered Financial Consultant® (ChFC). Her expertise and commitment to excellence have shaped her role as a trusted advisor in financial planning.

Course: 12

Title: Doorways to Expanding Consciousness

Instructors: Jim Skelton

Course Description:

1. Living Optimally In The Present.

Body: full functioning, holistic, perceptive, expressive.

Mind: Balanced emotions, inquisitive, receptive. creative,

Spirit: Inclusive, joyful, grateful. compassionate.

2. Creating with Conscious & Subconscious Mind (vibration, frequency, resonance)

Conscious, subconscious, superconscious mind.

Creative power of thought.

Free will, conditioning, belief.

3. The Persistent Nature of Life

Children's past lives.

Near death experiences.

Trans-personal experience.

Instructor Bio: James Allen Skelton, M.Div., M.Ed. Psychologist.

Jim has taught in ILR many years in the area of consciousness, psychology, and philosophy. His question/answer methods have brought many outside the class room discussions. His answers come from a reflective, intuitive area he terms the Universe. He enjoyed tennis and gardening and traveling.

Course: 13

Title: Eight Weeks to Deeper Meditation

Instructors: Debra Romberger

Course Description: Together we will begin with a New definition of Meditation that can help you to correct course if you have even gotten slightly off path in your practice or you are new to Meditation. Learn to overcome obstacles from both a spiritual and scientific perspective. We will learn how to skillfully deal with any kind of distraction and learn two specific strategies that really work. We will practice Letting go and getting unstuck; if we want to be happy, we need to learn to let some things go and

I will show you ways to make this happen. Mindfulness and formal Meditation will be practiced and discuss the disconnection between how we feel during our sitting practice and our struggle to access those states of mind off the mat. Learn to leverage current neuroscience and basic functionality of our brains to increase our meditative awareness. When we learn how our brain functions, we can stop fighting ourselves and begin to use this knowledge to deepen our practice. We will gain understanding in the four processes of mental function and how our meditation fits in with natural functionality of your mind. Learn how dealing with some of our most difficult emotions and feelings is the key to a deepening practice. And lastly, learn how to expand your field of practice to include the most difficult people in your life so you can truly feel move love, more joy, and more peace.

Instructor Bio: Dr. Debra Romberger trained at the Center for Mindfulness at the UMASS Medical School and is a Qualified Mindfulness-based Stress Reduction Instructor. She has taught MBSR and Mindfulness at colleges, support groups, and professional organizations in her community and has run countless MBSR trainings. She has a PhD in Educational Psychology and taught Psychology at colleges and university in the area while she worked as a psychologist in her private practice in Allentown. Now retired from her practice she continues to teach Mindfulness if the Park and various Meditation classes in the area.

Course: 14

Title: The Hermit Kingdom

Instructors: Ronald Epstein

Course Description: The story of North Korea and how it became the brutal totalitarian state it is today.

Instructor Bio: William Allen High School graduate plus two years of college at LCCC. Employed by the Morning Call newspapers for nearly 35 years.

Course: 15

Title: Popes Vs. Fascism & Naziism (On-Campus)

Instructors: Ed Curran

Course Description: As recent Vatican archives have opened to the public, will present the power conflicts of Popes Pius XI & Pius XII vs Mussolini & Hitler.

Instructor Bio: A retired social worker, mainly in the mental health arena, interested in history and biography. During other times, found rooting for my Alma Maters LaSalle University and West Virginia University. Go Explorers and Mountaineers!

Course: 16

Title: Fun Facts For Lifelong Learners

Instructors: Charles Talboo & Dwight Anderson

Course Description: This class is titled “Fun Facts” for a reason. The term "fun" is used to describe something as enjoyable or someone as enjoyable to be around (George is in this class). Facts are little nuggets of knowledge that both inform and encourage learning more about the world around us. Join your fellow lifelong learners, embrace your curiosity and keep your mind alert, active and healthy as we have fun learning new information together.

“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young.”

— Henry Ford

Instructor Bio: Charles Talboo holds a B.S. in Earth and Space Science from Mansfield University and a M.Ed. from Wilkes University. He has 34 years of teaching experience in the Quakertown Community School District and numerous ILR sessions.

Dwight Anderson holds a B.S. in Earth and Space from Penn State University and a Master of Arts in Physical Science-Earth Science from West Chester University. He also has experience with Stellar Astronomy and Nautical Astronomy at the National Radio Astronomy Observatory at Greenbelt MD. He taught 33 years in the Quakertown Community School district and has taught Astronomy at Bucks County Community College and numerous ILR sessions.

Course: 17

Title: Rich Towards God

Instructors: Craig and Patricia Peoples

Course Description: Take a Journey with Craig and Patricia Peoples through this four-week study on the Parable of the Rich Fool to explore themes of greed, treasure, pride, and abundance. Discover what it means to be "rich toward God"

Instructor Bio: Craig Peoples is a native of the Lehigh Valley and a proud graduate of Allentown Central Catholic High School. Craig received his Bachelor of Science in Finance from Grove City College.

Craig proudly works at Peoples & Co Private Wealth Stewardship, a firm deeply rooted in family values, alongside his father, Duane, mother, Patricia, and sister, Grace. His journey in financial services began at a prominent wirehouse, where he distinguished himself in their rigorous training program and earned esteemed club ranking recognition. Motivated by a desire to offer clients personalized care and specialized expertise, Craig made the intentional move to Peoples & Co.

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With extensive credentials to her name, Pat is a CERTIFIED FINANCIAL PLANNER® professional, a Certified Kingdom Advisor® (CKA), a Chartered Life Underwriter® (CLU), and a Chartered Financial Consultant® (ChFC). Her expertise and commitment to excellence have shaped her role as a trusted advisor in financial planning.

Course: 18

Title: The Supreme Court: Politics and Pluralism Over the Years

Instructors: Kathleen Conn

Course Description: The course title suggests the course content: "The Supreme Court: Politics and Pluralism Over the Years." This course will examine and analyze how the Justices of the U.S. Supreme Court have reached unanimity in decisions which originally tested opposite views of politics, and other occasions where the political divide prevailed. Primary sources will be available online, and participants may recommend decisions for class discussion and/or present decisions which satisfy either description.

Instructor Bio: Dr. Kathleen Conn is an attorney who serves as "Of Counsel" for the KingSpry law firm in Bethlehem. She specializes in education law and Title VII and Title IX. However, she also has an abiding interest in science, with a Ph.D. in Physics and Biology and a Postdoctoral degree in the mechanisms of cancer metastasis. She has published several books, numerous legal commentaries, and various webinars. She has presented at Oxford (England) Roundtables, U.S. Education Law Conferences, Australia/New Zealand Education Law Conferences, and conferences from many different U.S. states and other countries, in both law and science. Most currently she taught Public Health and the Law at Muhlenberg College.

Course: 19

Title: Holistic Broadway Tap Workshop

Instructors: Doris Farrar

Course Description: A fun introduction to promote balance, relieve stress, explode endorphins and challenge the cerebral cortex. Tap Shoes are a plus but not required.

Instructor Bio: Doris Farrar is a retired psychiatric nurse with over 40 years of experience teaching dance to a variety of age groups. Dorris currently teaches mini sessions to adults and continues to give back to the community by performing at nursing homes.

Course: 20

Title: New Developments in Healthcare Biotechnology

Instructors: Marvin Charles

Course Description: Biotechnology has the potential of creating new products and processes that can improve our well-being. Our focus this semester will be on healthcare, but we'll take brief excursions into other areas (e.g., environmental) which are related to health care. We'll discuss the following. Others (e.g., stem cells) will be added if time permits. As always, there will be "relevant tangents" when developments "hot off the presses warrant.

Protein Engineering Via AI: To better understand how proteins work and how they can be manipulated to improve human health and improve industrial processes and address climate problems.

Vaccines: Advances in vaccine development and relation to increasing incidence of viral outbreaks (e.g., MPOX, EEE, West Nile) and environmental changes.

Gene Editing and Cell Therapy: Precise modifications of DNA can cure genetic disorders in humans and other species (e.g., plants to revolutionize agriculture).

Microbiome Manipulation: microbes residing in/on our bodies impact our health profoundly. Manipulation can make possible targeting a range of conditions, from obesity to mental health

Epigenetics: Epigenome control (controls which parts of DNA are used) offers potential for personalized medicine, tailoring treatments to individual genetic profiles, etc.

Bioacoustics: AI algorithms can use coughing and other body sounds to diagnose and suggest early treatments of various diseases (eg, whooping cough).

Plastic-Eating Bacteria: Modified bacteria can degrade plastics much faster than natural processes and could revolutionize waste management.

Instructor Bio: Dr. Marvin Charles was a professor of chemical engineering/ biotechnology at Lehigh University for about 35 years. He also was an adjunct professor at Temple's College of Pharmacy. In addition, he was vice president for technology at

ABEC, Inc., a local company engaged in the process/plant design and equipment manufacture for the pharmaceutical and biotech industries. Marvin does some consulting but spends most of his time being a serious dilettante.

Course: 21

Title: The Art of Seasonal Cooking

Instructors: Jan Pavelco

Course Description: Learn how what you eat and how you cook is connected to the Traditional Chinese Medicine's concepts affect the health of our organs and the efficiency of your energy system (Qi). We will cover all 4 seasons, what to focus on when cooking and why it's so important. You will leave with recipes to try at home!

Instructor Bio: Jan Pavelco is the owner of Essence House LLC, author of "The Inspired Apron. A Recipe for Life" and is a certified health coach through the Institute of Integrative Nutrition and a 200 hr. certified yoga instructor. She is currently studying Qigong and Chinese Medicine and Meridian work with Jennifer Raye of British Columbia, Robert Peng, and Maris Cranfill. Jan teaches yoga and qigong thru her own business, Essence House and is also an instructor at the Jewish Community Center in Allentown. When not teaching yoga and qigong, Jan's focus is on healthy living through healthy home cooking, and connection to community. She has created a line of hand-crafted products that inspire a healthy lifestyle called the Inspired Apron. Find out more about Essence House offerings at www.essence-house.com

Course: 22

Title: Astrology, Divination, and the Astral Sciences

Instructors: Jeffrey Grove

Course Description: Astrology, Divination, and the Astral Sciences

Divination systems have been an important part of most civilizations and cultures throughout human history. Each system is based on a comprehensive body of knowledge, and their practitioners undergo extensive training.

Astrology is unique among these systems in that it is the only one based on the reiterative and foreseeable natural cycles of our Earth and our solar system.

We will continue with many of the topics that we started in the spring class.

The classes will include the theory and practice of astrology, including chart examples, its history and evolution, the philosophy behind it, and its astronomical foundation.

We will also take a brief look at some other divination systems.

No previous knowledge of these topics is required to take the classes.

Instructor Bio: Dr. Jeffrey Grove is a lifetime learner in the natural sciences, especially in astronomy, cosmology and astrology. He earned a bachelor of science degree in physics from Juniata College in '72, and a doctorate in the ocular sciences from Salus University in '76. He has been an instructor and mentor for students learning the maths and the sciences.

He is an ILR instructor on various subjects since 2019, focusing mainly on topics in the broad field of the astral sciences.

Course: 23 (Zoom Only)

Title: Alice Munro's Runaway: A Discussion

Instructors: Regina Hausman

Course Description: We will read and discuss 7 stories from Alice Munro’s story collection Runaway. The entire collection can be found online. Please read the first story, “Runaway”, before the first class.

Instructor Bio: Regina Hausman, a graduate of Penn State and Kutztown and a retired middle-school teacher, has been attending ILR classes since 2011 and has been teaching at ILR since 2022.

Course: 24 (Zoom Only)

Title: Basics of Qigong

Instructors: Jan Pavelco

Course Description: In this introductory class, we will use a chair and standing positions to learn how to positively affect our bodies health by learning about meridians, energy and then how to do simple movements to enhance the energy of our own bodies.

Instructor Bio: Jan Pavelco is the owner of Essence House LLC, author of "The Inspired Apron. A Recipe for Life" and is a certified health coach through the Institute of Integrative Nutrition and a 200 hr. certified yoga instructor. She is currently studying Qigong and Chinese Medicine and Meridian work with Jennifer Raye of British Columbia, Robert Peng, and Maris Cranfill. Jan teaches yoga and qigong thru her own business, Essence House and is also an instructor at the Jewish Community Center in Allentown. When not teaching yoga and qigong, Jan's focus is on healthy living through healthy home cooking, and connection to community. She has created a line of hand-crafted products that inspire a healthy lifestyle called the Inspired Apron. Find out more about Essence House offerings at www.essence-house.com

Course: 25 (Zoom Only)

Title: How We Make Decisions

Instructors: Will Towne

Course Description: This course will focus on the research of Daniel Kahneman (1924-2024), the psychologist and Nobel laureate who studied how our minds make decisions. Fortunately, Kahneman summarized his life's work in his award-winning, 500-page best-seller "Thinking, Fast and Slow" (2011), on which the course is based. In this book, Kahneman argues that our decision-making apparatus comprises two main components, which he calls Systems 1 and 2. System 1 is instinctive, emotional, quick, and easy to use, while System 2 is deliberate and logical but slow and effortful to use. Kahneman shows that our minds are lazy and readily accept System 1's easy, quick answers, even though this yields many predictable errors because of System 1's biases and inaccurate shortcuts. Much of the book is about these biases and shortcuts. It can be amusing to learn how experimental subjects can be induced to make seemingly silly errors or misjudgments—until we realize that we too routinely make such errors completely unaware of our own biases and shortcuts.

Instructor Bio: Will Towne studied biology at Moravian College (B.S. 1978) and Princeton University (Ph.D. 1985) and then taught biology at Kutztown University for 33.5 years until he retired in 2019. His research focused on the navigation of honeybees, but his favorite subject to teach about is evolutionary biology. He is an avid cyclist, a volunteer with St. Luke's Hopsice, and continues to try to get better at speaking French and playing golf. This is his eighth course for the ILR.

Course: 26 (Zoom Only)

Title: Popes Vs. Fascism & Naziism (Zoom Only)

Instructors: Ed Curran

Course Description: As recent Vatican archives have opened to the public, will present the power conflicts of Popes Pius XI & Pius XII vs Mussolini & Hitler.

Instructor Bio: A retired social worker, mainly in the mental health arena, interested in history and biography. During other times, found rooting for my Alma Maters LaSalle University and West Virginia University. Go Explorers and Mountaineers!

Course: 27 (Zoom Only)

Title: The Power of a Plan: Taking Control and Living your Retirement Dreams

Instructors: Jill Kearney

Course Description: The Power of a Plan: Taking Control and Living your Retirement Dreams

Recent attendees of this series have called it "life changing." Nowhere else can you find the wealth of information you will receive in this series. If you have not started dreaming about what your retirement years can look like - or if you know where you'd like to be but are stuck and unable to move forward, you are going to love this class. Sign up, bring a friend and be ready to be inspired and empowered to live your best next life!

Week 1: Downsizing and Decluttering

Week 2: Exploring Lifestyle Options and Costs

Week 3: Avoiding the Chaos of Unmanaged Moves

Week 4: The Power of a Plan

Instructor Bio: A frequent speaker on the topic of "living your best life" especially in retirement, Jill has entertained and empowered individuals locally, regionally and nationally. Senior communities have witnessed the changes as folks who sat on waiting lists for years finally found the courage to step out and move up to their new best life!

Jill Kearney founded Specialty Moves by Design right here in the Lehigh Valley 15 years ago and has grown the company to thirty-three employees. They enjoy partnering with clients to get them where they want to be, smoothly and efficiently. The company motto is "we believe what we do is as much a ministry as a business."

Course: 28 (Zoom Only)

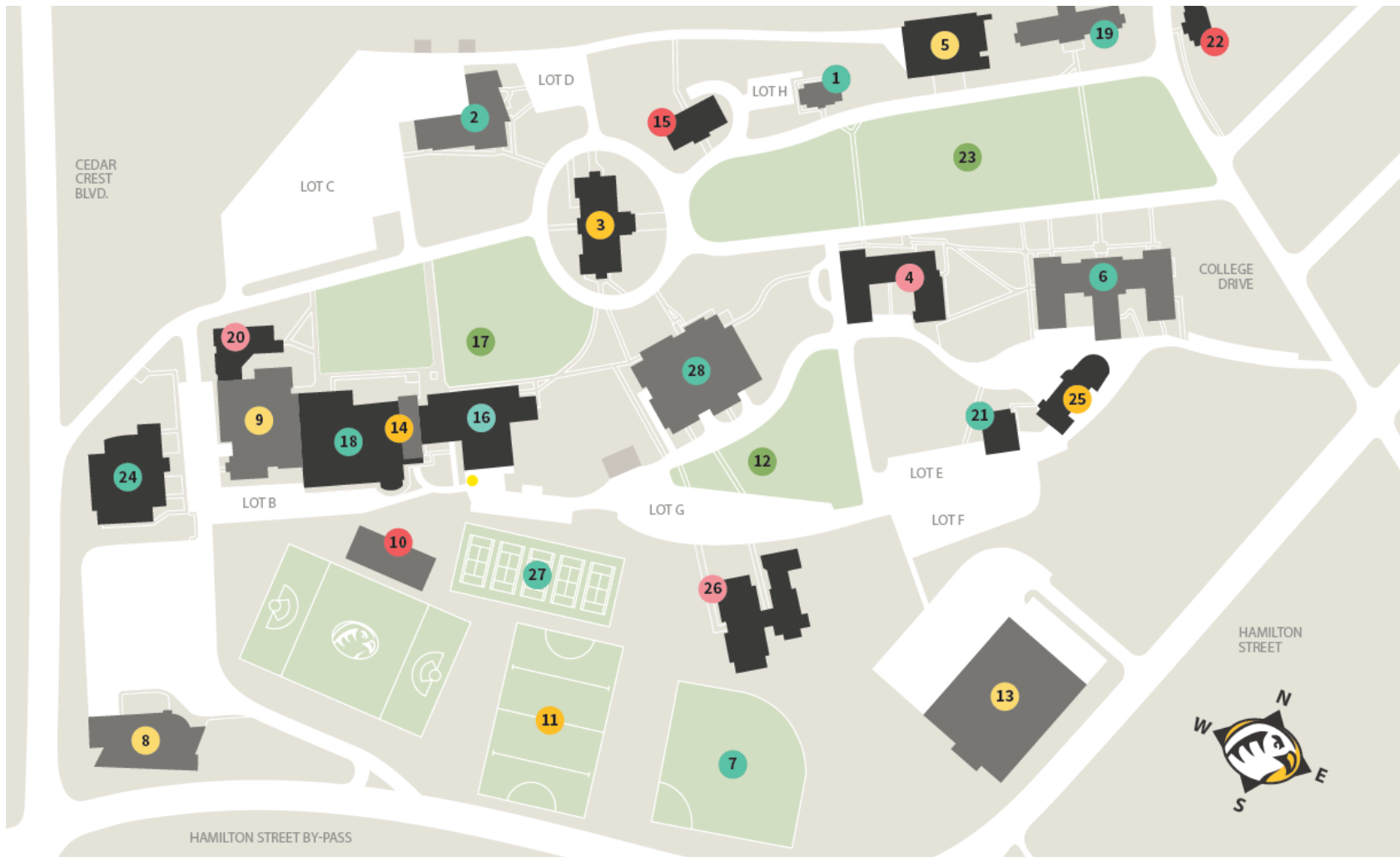
Title: Three Bildungsroman Novels

Instructors: August Nigro

Course Description: This course will examine the following coming of age novels: D. H. Lawrence's *Sons and Lovers*, James Joyce's *A Portrait of the Artist as a Young Man*, and Willa Cather's *My Antonia*. All are available online. Students should come to the first zoom meeting having read Part I of *Sons and Lovers*.

Instructor Bio: August Nigro has taught for the University of Maryland, Niagara University, and Kutztown University, where he was recognized thrice for excellence in teaching. In retirement he has taught for the ILR for twenty years.

He is the author of three books, *The Diagonal Line*, *The Net of Nemesis*, and *Wolfsangel: A German City on Trial*, the last of which led to the only memorial in Germany to American fliers killed by German citizens during WW II.



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|---|--|-------------------------------------|--|--|
| 1 Allen House: Center for Diversity and Global Engagement | 6 Curtis Hall and Sigal Center for Business and Technology | 9 Dorothy Rider Pool Science Center | 16 Lees Hall | 23 The Quad |
| 2 Alumnae Hall | 7 Cynthia L. Blaschak Softball Field | 10 FalconPlex | 17 Lees Lawn | 24 The Rodale Aquatic Center for Civic Health |
| 3 Blaney Hall | 8 Da Vinci Discovery Center of Science and Technology | 11 Grass Practice Field | 18 Miller Family Building | 25 Security, Facilities & General Services (Post Office, Print Services) |
| 4 Butz Hall | | 12 Greek Theater | 19 Moore Hall | 26 Steinbright Hall |
| 5 Cressman Library and Student Success Center | | 13 Hamilton Boulevard Building | 20 Oberkotter Center for Health and Wellness | 27 Tennis Courts |
| | | 14 Harmon Hall of Peace | 21 Plant Services | 28 Tompkins College Center |
| | | 15 Hartzel Hall | 22 President's Residence | |

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