

Cedar Crest College's ILR Spring 2025 Course Grid

Course #	Course Title	Instructor	Day	Start Time	End Time	Begin Date	End Date	Location	No Class
1	Thomas Paine, Man of Reason.	Ron Epstein	Monday	10:00 AM	11:00 AM	7-Apr	7-Apr	HBB 7	
2	Discussion of "A Midsummer Night's Dream"	Regina Hausman	Monday	10:00 AM	11:00 AM	10-Mar	7-Apr	HBB 6	
3	The Humanoid Robot Revolution: Labor, Life, and the Future	Robet Lawhorn	Monday	10:30 AM	12:00 PM	3-Mar	28-Apr	HBB 8	
4	An Exploration of the cultural, historical and ecological richness of Australia and New Zealand	Kelly Hall	Monday	2:30 PM	4:00 PM	21-Apr	5-May	HBB 9-HBB 8 on 5/5	
5	5 Simple Questions with a bit of Meditation too	Debra Romberger	Tuesday	10:00 AM	11:00 AM	4-Mar	8-Apr	Alumnae Chapel	1-Apr
6	Light Stories for a Dark Time	George Diamond	Tuesday	10:30 AM	12:00 PM	4-Mar	22-Apr	Curtis 135	
7	The Cinematic Eye of Italy	Anna Gilgoff	Tuesday	12:30 PM	3:00 PM	11-Mar	8-Apr	HBB 9	
8	Qigong	Mary Ann Stangil	Wednesday	11:30 AM	12:30 AM	5-Mar	8-Apr	Dance Studio 1	
9	Japan: The Land of the Chrsanthemum Throne	Ed Donahue	Wednesday	1:00 PM	2:30 PM	5-Mar	30-Apr	HBB 8	10-Mar
10	Film as a Cultural Mirror	David Byrnes	Wednesday	1:00 PM	2:00 PM	5-Mar	30-Apr	Oberkotter 1	26-Mar
11	Living In The Conscious Universe	James Skelton	Wednesday	1:00 PM	2:30 PM	5-Mar	23-Apr	Curtis 135	
12	Meditation – Explore Moving From Your Head Into Your Heart	Debra Romberger	Thursday	10:00 AM	11:30 AM	6-Mar	1-May	Alumnae Chapel	3-Apr
13	Let's Talk Churchill	Margaret Borene	Thursday	10:00 AM	11:30 AM	6-Mar	10-Apr	Pool Science Center 136	
14	Education and the Law: Then and Now	Kathleen Conn	Thursday	2:00 PM	3:30 PM	6-Mar	1-May	HBB 8	
15	WHISKEY REBELLION: An often-unfamiliar significant period in PA history. (On Campus)	Ed Curran	Friday	10:00 AM	12:00 PM	28-Mar	4-Apr	HBB 8	
16	Eating for the Seasons (Spring and Summer)	Jan Pavelco	Friday	1:00 PM	2:15 PM	21-Mar	4-Apr	HBB 9	
17	Holistic Broadway Tap Instruction	Dorris Farrar	Friday	1:00 PM	2:30 PM	28-Mar	28-Mar	Steinbright Studio 1	
18	E.F.T. Tapping Techniques	Jan Pavelco	Friday	1:00 AM	2:30 PM	11-Apr	11-Apr	HBB 9	
23	Modern World History Through Current Events	Salli Wood	Monday	1:30 PM	3:00 PM	3-Mar	28-Apr		17-Mar
Course 19 Zoom 1	On Rationality	Will Towne	Monday	10:00 AM	11:00 AM	3-Mar	28-Apr	Zoom	21-Apr
Course 20 Zoom 2	Chair Yoga and Qigong	Jan Pavelco	Tuesday	10:00 AM	10:30 AM	11-Mar	25-Mar	Zoom	
Course 21 Zoom 3	WHISKEY REBELLION: An often-unfamiliar significant period in PA history. (Zoom)	Ed Curran	Wednesday	10:00 AM	11:00 AM	26-Mar	2-Apr	Zoom	
Course 22 Zoom 4	Film Classics V	August Nigro	Thursday	10:00 AM	11:30 AM	6-Mar	24-Apr	Zoom	

See Campus Map (In Registration Package) For Building Locations

Important Dates

- 1. The Semester Begins on March 3 and ends on May 2.**
- 2. There are no ILR Classes scheduled for the week of April 14th (Easter Week)**
- 3. Registration will be open through Thursday, February 20th.**

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 Spring 2025 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:

[Spring 2025 ILR Online 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.

Spring 2025 Course Descriptions

In Person Courses

Course: 1

Title: Thomas Paine, Man of Reason

Instructors: Ron Epstein

Course Description: The story of the life of one of America's most fascinating founding fathers. An Englishman who fought for American Independence.

Instructor Bio: Ron Epstein is a graduate of William Allen High School and completed two years of study at what was then Lehigh County Community College, now Lehigh Carbon Community College. He has been employed by the Morning Call newspapers for nearly 35 years.

Course: 2

Title: A Discussion of “A Midsummer Night’s Dream”

Instructors: Regina Hausman

Course Description: We will view and discuss a film version of “A Midsummer Night’s Dream “, one act each week for five weeks.

Instructor Bio: Regina Hausman is a retired teacher and postal clerk. She has been teaching at ILR for three years.

Course: 3

Title: The Humanoid Robot Revolution: Labor, Life, and the Future

Instructors: Robert Lawhorn

Course Description: During this semester we will study how the development of Humanoid robots is accelerating, driven by advancements in AI and robotics. This coincides with growing labor shortages due to an aging workforce and changing work attitudes, particularly among Gen Z. The "let it rot" movement in China reflects this shift, emphasizing well-being over traditional work. It is predicted that the mass-production of these bots will potentially reach 500,000 units within next few years. While robots offer potential solutions to labor shortages, ethical considerations and the impact on employment must be carefully addressed. We will also examine the future of work.

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

During the past 10 years Bob 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: 4

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

Instructors: Kelly Hall

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 Bio: 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.

Course: 5

Title: 5 Simple Questions with a bit of Meditation too

Instructors: Debra Romberger

Course Description: Are there times that you feel stuck almost to the point of being immobilized? It can be in a simple situation “I know I “should” go to the gym but I don’t seem to be able to get myself there.” Or “My pet has passed and I am overwhelmed and having trouble getting myself out of bed each day.” Or maybe, “I am having a party and I can’t seem to be able to decide who I “should” invite.”

By using this five question schema you will be able to recognize, and allow space for what is going on, investigate where these feelings are residing in the body, and give this part what it needs in a compassionate and nurturing way.

This is simple but not necessarily easy, it takes practice just like anything else. But as one of my professors said years ago “Practice makes better”. Join me for this five week class as we walk through the questions and practice a bit of meditation along the way too.

The five questions are based on cognitive behavioral theory, Mindfulness, and Compassion theory. If you are curious that is great, join me and we will make this journey together.

Instructor Bio: Dr Debra Romberger had a private practice as a psychologist in the area for 20+ years and taught Psychology and Mindfulness based Stress Reduction in local colleges, universities and community centers. In her spare time, she loves playing with her pitbull rescue Winston, painting and reading.

Course: 6

Title: Light Stories for a Dark Time

Instructors: George Diamond

Course Description: This is a dark time in our nation's history. It might even be called an era of "bad feeling." No matter what side one seems to be on, the national philosophical or political viewpoint might be, anger, distrust, and suspicion. If there is a national mood, it is a grim one. Art and especially literature is supposed to illuminate and interpret the dark corners of individual and collective experience. But perhaps stories specifically written to bring a smile or even a laugh to the reader serve an equally important purpose. These stories, from writers Ben Franklin to Steve Martin, may have the effect of lightening the mood of the reader as Spring makes its appearance, shedding its own special magic.

Instructor Bio: Dr. George S. Diamond is a professor emeritus of Moravian University, retiring in 2013 after 47 years as a full-time faculty member. He has a B.A. from Allegheny College, an M.A. from NYU, and an M.A. and Ph.D. from Lehigh University. His main field of specialization is realism and naturalism in American Literature, but necessity and opportunity enabled him to teach a variety of other courses over the years, from the British Renaissance to science fiction. In 1987 he received a Mellon Grant to study the Dead Sea Scrolls in translation and was able to teach a course based on that experience. In 1998 he attended a National Endowment for the Humanities Institute in Post-Colonial Literature (literature produced in former colonies of Great Britain in Asia, Africa, and the Caribbean) at the University of London and established a course in this relatively new field of literature. He has written numerous papers and given presentations based on his academic interests.

Course: 7

Title: The Cinematic Eye of Italy

Instructors: Anna Gilgoff

Course Description: With the Academy Awards in the rear-view mirror, this course will focus on the fictional narrative used in five Italian films representing Italian society and culture (including gender, family relations, and national identity vs. local culture) from the mid 1940's to the 1990's. Films such as Bicycle Thieves, Cinema Paradiso and Il Postino will be viewed in class with a discussion to follow.

Instructor Bio: Anna Gilgoff earned an undergraduate degree at Brooklyn College and an MFA at Wilkes University. After retiring from a 34-year career teaching high school English, she began facilitating courses through ILR and has presented over ten classes to date.

Course 8:

Title: Qigong

Instructors: Mary Ann Stangil

Course Description: Of ancient Chinese origin, Qigong is an ideal exercise for older adults. Movements are slow, intentional, coordinated with the breath, and easy to follow; it can be done either standing or seated. The precursor to tai chi chuan, but not a martial art, Qigong has been practiced for centuries to promote health, wellness and longevity. It offers the practitioner many holistic benefits, including improving balance and stress alleviation.

Instructor Bios: Mary Ann Stangil has been a student and instructor of qigong and tai chi for 26 years. She is a National Qigong Association certified instructor. Her interests include Chinese culture and history and women's history.

Course: 9

Title: Japan: The Land of the Chrysanthemum Throne

Instructors: Dr. Edward Donahue

Course Description: Japan: The Land of the Chrysanthemum Throne is a consideration of the history, culture and customs of Japan.

Instructor Bio: Dr. Donahue devoted 40 years to public and private education at serving all levels, from elementary to post-secondary. In addition to a bachelor's degree in philosophy, he holds a Master's Degree in Classical Studies, Education, a PA Principal's Certificate, a Superintendent's Letter of Eligibility, as well as a Doctoral degree in Post Secondary Educational Administration.

Course: 10

Title: Film as a Cultural Mirror

Instructors: David Byrnes

Course Description: A survey of critically acclaimed movies from multiple perspectives, including: Film Noir; Great Directors; Foreign Films; Visual Masterpieces; Unforgettable Soundtracks/Scores; Class member favorites, etc. Focus will be on Film Clips and stimulating class discussion.

Instructor Bio: Mr. Byrnes is a lifelong movie buff on a lifelong quest for the 'perfect film'. He was stricken with "Movie Fever" at age 7 upon seeing the World Premiere of Lawrence of Arabia in center city Philadelphia. He has been a member of several movie clubs - including the Virtual Film Club through Bethlehem Area Public Library.

Course: 11

Title: Living in the Conscious Universe

Instructors: James Skelton

Course Description: This course will help to do the following: Acquaint one with the world of body, mind, and spirit; Understand one's place and purpose in the lifelong quest for information; Unlock the power of creation that is lying latent within; Show the relationship humans have to each other and all creation; Provide ways to retrieve answers by going within.

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 classroom discussions. His answers come from a reflective, intuitive area he terms the Universe. He enjoyed tennis and gardening and traveling.

Course: 12

Title: Meditation – Explore Moving from Your Head Into Your Heart

Instructors: Debra Romberger

Course Description: Are you tired of listening to that voice inside your head that is full of judgement, blame, criticism, rumination, worry and regret? Are you ready to break the cycles of negative thinking that makes your body tense and your outlook narrow and cautionary?

Would you like to see yourself, your relationships and your life in more expansive, creative and loving ways? If so, you are ready to travel from your head into your heart, a journey that will help you feel more present, grounded, dynamic, aligned and purposeful.

It's time to move beyond our social conditioning that told us to control (or even suppress) our emotions and to prioritize rational thinking over deep knowing. It's time to set aside the fear of being judged for acting from our innate intelligence and to move unapologetically toward nature to guide us home to our own sense of inner harmony and balance.

Over 7 classes you will learn to come down from your body, cautionary and often self-critical mind, into the intelligence of your heart. You will experience first-hand how good it feels to befriend your emotions, accept your contradictions, harness your heart to make aligned decisions and feel more confident about how to make a positive contribution to the world (based on Fleur Chamber's Moving from your Head to your Heart).

Instructor Bio: Dr. Debra Romberger trained at the Center for Mindfulness at UMASS Medical School and is a Qualified Mindfulness-based Stress reduction (MBSR) instructor. She taught Psychology as an adjunct instructor in colleges, universities in the area and Mindfulness based stress reduction in colleges and community centers in her community while she maintained a private practice as a psychologist for 20+ years. When she is not teaching at the ILR at CCC she runs a Summer Mindfulness in the Park series in the Allentown Rose Garden.

Course: 13

Title: Let's Talk Churchill

Instructors: Margaret Borene

Course Description: November 30, 2024 was Winston Spencer Churchill's 150th birthday. Historians have long considered him one of the giants of history. Yet, for most of us, this day passed us by like any ordinary day. Likewise, so does WSC. Today, he is buried in a quaint, quiet churchyard in Bladon, Woodstock, Oxfordshire, peacefully isolated 1.5 miles from the crowds of tourists visiting Blenheim Palace, his birthplace. How do historians, today, evaluate Churchill? Just as importantly, how do we? Together we will explore WSC's life, times and contributions. Our sourcebook will be *The Splendid and the Vile* by Erik Larson.

Grab your copy of Larson as we gather to talk Churchill: Giant of history, shadow of history or both?

Instructor Bio: Margaret Borene is a retired adjunct professor of History. She has taught at UW Milwaukee, Northampton Community College and Lehigh University. Her general field of study is Early Modern History with special interests in the English Tudor-Stuart period. In addition, she has taught Modern European History with her special interests in World War I and Winston Spencer Churchill. She frequently uses culture and art to better understand each historical time period.

Course: 14

Title: Education and the Law: Then and Now

Instructors: Kathleen Conn

Course Description: This course shall consider how public education in the United States has begun and evolved hand-in-hand with the customs, growth in diversity of students and teachers, and laws of our country. The courts have also played an exceptionally important part in shaping how public education is currently delivered, at both the K-12 and higher education levels. Discussion based on personal experiences in education will be welcomed.

Instructor Bio: Kathleen Conn, Ph.D., J.D., LL.M. has been in K-12, higher education, and postdoctoral education as student, teacher, administrator, professor, and researcher, since she began in Kindergarten at the age of three years old. She is the author of three books and countless book chapters and legal commentaries. Teaching is her passion.

Course: 15

Title: WHISKEY REBELLION: An often-unfamiliar significant period in PA history (On Campus)

Instructors: Ed Curran

Course Description: WHISKEY REBELLION: an often-unfamiliar significant period in Pa history. Will attempt to help attendees to better understand this major development in our backyard. Format: history, major players, analysis & discussion. [FAMILY STILL DESTROYED SO NEW FREE SAMPLES WILL BE DISTRIBUTED]

Instructor Bio: Ed Curran is a retired social worker; when not rooting for his alma maters LaSalle & West Virginia, he can be found traveling & reading biographies and History books

Course: 16

Title: Eating for the Seasons (Spring and Summer)

Instructors: Jan Pavelco

Course Description:

This class is a continuation of Eating for the Seasons that was taught in the fall semester. It is NOT necessary to have taken part 1 to participate in part 2! In this class you will learn what foods to focus on eating during the spring and summer months, what organs of the body are important to focus on during this time, and how to create meals that will support your body through the warmer months ahead.

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: 17

Title: Holistic Broadway Tap Instruction

Instructors: Dorris Farrar

Course Description: HOLISTIC BROADWY TAP INSTRUCTION with techniques to promote bone density, fall risk issues, & health tips for quality of life. Introductory to new and Review for seasoned students. This workshop is a fun way to experience & develop a plan of action for you.

Instructor Bio: Dorris Farrar is a retired psychiatric RN with 20 plus years of dance instruction and teaching experience. She specializes in teaching adults and seniors with the goal to keep them fit and agile for quality of life in mind, body, spirit. The goal is to reach both sole/soul for prosperity in health & wealth. Everyone is welcome to join in to shuffle off to Buffalo of Health.

Course: 18

Title: E.F.T. Tapping Techniques

Instructors: Jan Pavelco

Course Description: Have you ever heard of EFT tapping? EFT stands for Emotional Freedom Technique. In this class you will learn what EFT tapping is, how and why to use it, and what effects it will have on your emotional and physical well being. In this crazy world, EFT tapping is one of the ways to keep yourself grounded, calm, and in control of how your body handles everyday stress as well as past trauma.

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: 23 (Late Addition)

Title: Modern World History Through Current Events

Instructors: Salli Wood

Course Description: We'll explore the history of countries that are currently in the news - covering geography, colonization/decolonization, conflicts, natural resources and more. We'll focus on non-Western regions of the world whose histories were often

neglected during our formal education.

Instructor Bio: Although her doctorate is in Cell Biology, Salli Wood discovered a love for teaching history while homeschooling her children (one is now teaching AP Modern World History!). She has taught versions of this course to other homeschooled students for many years and to ILR students since the Fall of 2018.

ZOOM COURSES

Course: 19 Zoom 1

Title: On Rationality

Instructors: Will Towne

Course Description: To be rational is to be guided by sound reasoning based on supportable evidence. While people are clearly capable of highly rational thought and behavior, our beliefs, actions, and decisions often—perhaps even usually—fall far short of this. Here we will look at why we have this ability to be rational, why we so often fail to use it, whether it matters, and what we can do about it. The course will be based mostly on Stephen Pinker’s (2021) book RATIONALITY but will also review and extend some of our main themes from last semester’s discussion of Daniel Kahneman’s (2011) THINKING, FAST AND SLOW, which pioneered the empirical study of these questions. This semester’s class will stand alone, however, and will not depend on students having attended last semester.

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 Hospice, and continues to try to get better at speaking French and playing golf. This is his ninth course for the ILR.

Course: 20 Zoom 2

Title: Chair Yoga and Qigong

Instructors: Jan Pavelco

Course Description: Enjoy chair yoga and qigong basics all from the comfort of your home via Zoom!! No experience is necessary.

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: 21 Zoom 3

Title: WHISKEY REBELLION: An often-unfamiliar significant period in PA history (Zoom)

Instructors: Ed Curran

Course Description: WHISKEY REBELLION: an often-unfamiliar significant period in Pa history. Will attempt to help attendees to better understand this major development in our backyard. Format: history, major players, analysis & discussion. [FAMILY STILL DESTROYED SO NEW FREE SAMPLES WILL BE DISTRIBUTED]

Instructor Bio: Ed Curran is a retired social worker; when not rooting for his alma maters LaSalle & West Virginia, he can be found traveling & reading biographies and History books

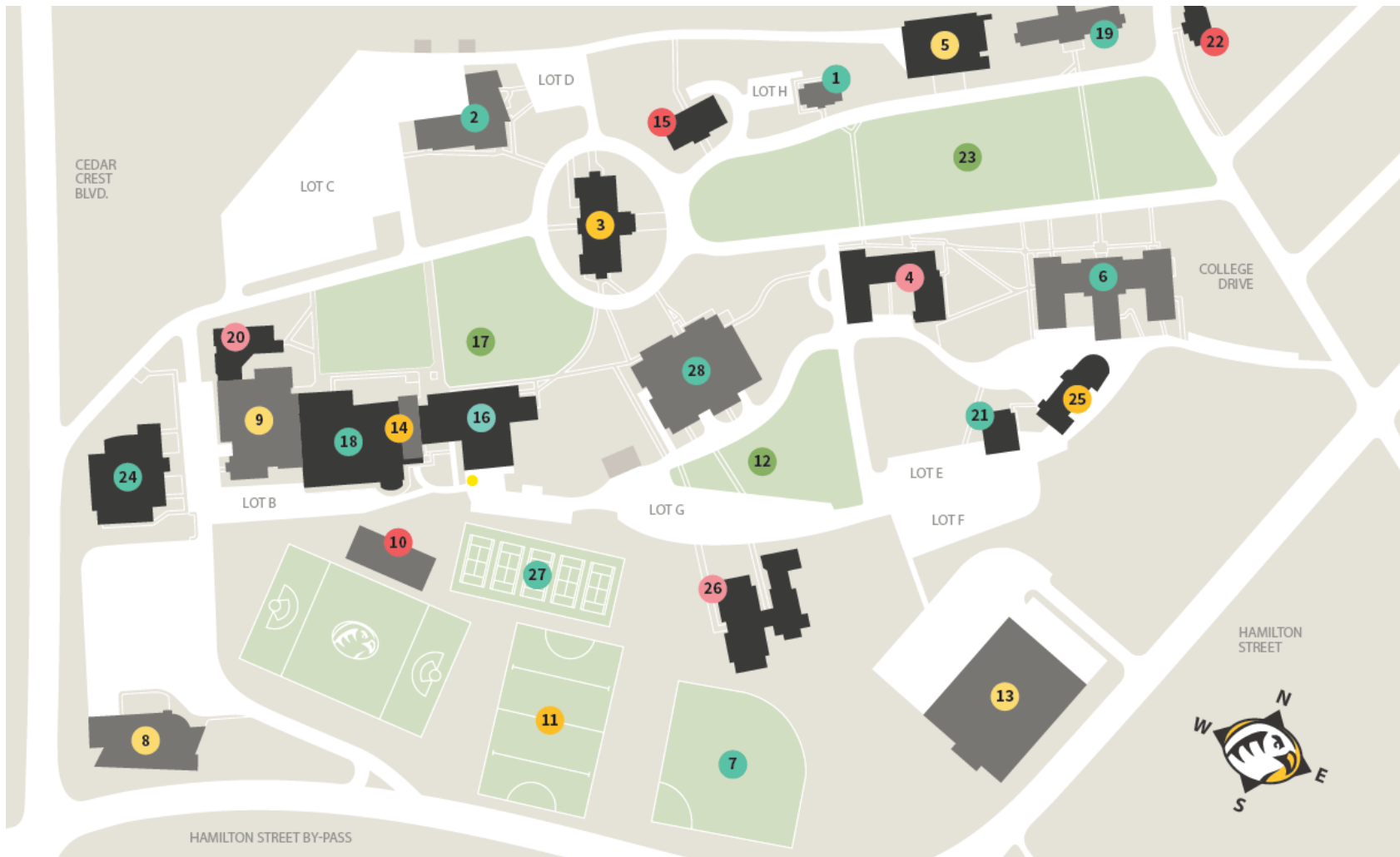
Course: 22 Zoom 4

Title: Film Classics V

Instructors: August Nigro

Course Description: Film Classics V will view at home on television or on the internet classic films, which will then be discussed at a Zoom meeting. The emphasis will be on American film classics, but we will also include foreign films.

Instructor Bio: August Nigro has taught at the University of Maryland overseas program, Niagara University, and Kutztown University. He is the author of three books and has been teaching for ILR for over twenty years.



**CEDAR CREST
COLLEGE**

cedarcrest.edu

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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 | |

**Cedar Crest
College's ILR
Parking Permit
3/3/25 to 5/2/25**