

# Cedar Crest College's ILR Fall 2025 Course Grid

Course #	Instructor	Course	Day	Start Time	End Time	Start Date	End Date	Room	No Class
1	Ronald Epstein	Lyndon Baines Johnson	Monday	10:00 a.m.	11:00 a.m.	6-Oct	6-Oct	Hamilton Boulevard Building (HBB) Room 6	
2	Ann Savkova	The Sins of the Fathers	Monday	10:00 a.m.	12:00 Noon	13-Oct	3-Nov	Hamilton Boulevard Building (HBB) Room 6	
3	Salli Wood	Fascinating Biology - Ask an Expert	Monday	11:00 a.m.	12:30 p.m.	6-Oct	1-Dec	Oberkotter 1	
4	Barry Smith	The Gospel of John - I AM: Love defined	Monday	12:30 p.m.	1:30 p.m.	6-Oct	1-Dec	Curtis Hall 102	
5	James Skelton	Modalities of Consciousness	Monday	1:30 p.m.	3:00 p.m.	6-Oct	1-Dec	Curtis 135	
6	Margaret Borene	A World Turned Upside Down: The English Civil Wars	Tuesday	10:00 a.m.	11:30 a.m.	7-Oct	18-Nov	Alumnae Little Theater	
7	David Byrnes	A Beginners Guide to Opera	Tuesday	2:00 p.m.	3:30 p.m.	7-Oct	2-Dec	Alumnae Little Theater	28-Oct
8	Jan Pavelco	Introduction to Traditional Chinese Medicine	Wednesday	10:30 a.m.	11:30 a.m.	22-Oct	5-Nov	Alumnae Hall Chapel	
9	Mary Ann Stangil	Qigong	Wednesday	11:00 a.m.	12:00 a.m.	15-Oct	19-Nov	Steinbright Hall Dance Studio 1	
10	Anna Gilgoff	Double Exposure	Wednesday	12:30 p.m.	2:00 p.m.	8-Oct	5-Nov	Oberkotter 1	
11	Ed Yarrish	Playing with, and Learning about, AI	Wednesday	1:30 p.m.	3:00 p.m.	8-Oct	3-Dec	Alumnae Hall Little Theater	
12	Deb Romberger	Just a bit of Mindfulness and Meditation	Thursday	10:00 a.m.	11:30 a.m.	9-Oct	4-Dec	Alumnae Hall Chapel	
13	Kathleen Conn	Treading the Path to the Supreme Court of Today	Thursday	2:00 p.m.	3:30 p.m.	9-Oct	4-Dec	Hamilton Boulevard Building (HBB) Room 6	
14	Gwen Shields & Umberto Piscina	A Virtual Tour of Italy's Hidden Gems	Thursday	3:00 p.m.	4:00 p.m.	9-Oct	4-Dec	Curtis Hall 135	
15	Ed Curran	Skeletons In Your Closet	Friday	10:00 a.m.	11:30 a.m.	10-Oct	17-Oct	Alumnae Hall Little Theater	
16	Ann Savkova & Trudi Egan	Cutting Edge	Friday	11 a.m.	12:30 p.m.	10-Oct	17-Oct	Hamilton Boulevard Building (HBB) Room 7	
17	Kathleen Conn	The Law and the American Judicial System	Friday	1:00 p.m.	2:30 p.m.	10-Oct	31-Oct	Hamilton Boulevard Building (HBB) Room 8/Room 7 on 10/17	
18	Jan Pavelco	Fall into Good Health	Friday	1 p.m.	2:30 p.m.	10-Oct	17-Oct	Curtis Hall 135	
19	Zoom 1 Will Towne	Human Populations in the 21st Century	Z Monday	10:00 a.m.	11:00 a.m.	27-Oct	17-Nov	Zoom	
20	Zoom 2 Ed Curran	Skeletons In Your Closet	Z Tuesday	10:00 a.m.	11:00 a.m.	7-Oct	14-Oct	Zoom	
21	Zoom 3 August Nigro	Film Classics VI: Italian American Style	Z Thursday	10 a.m.	11:30 a.m.	9-Oct	4-Dec	Zoom	
22	Zoom 4 Jan Pavelco	Chair Yoga and Qigong	Z Tuesday	10:30 a.m.	11:00 a.m.	7-Oct	28-Oct	Zoom	



See Campus Map (In Registration Package) For Building Locations

## **Important Dates**

- 1. The Semester Begins on October 6 and ends on December 5.**
- 2. There are no ILR Classes scheduled for the week of November 24th (Thanksgiving Week)**
- 3. Registration will be open through Friday, September 19<sup>th</sup>.**

## **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](mailto: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 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:

[Fall 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](mailto: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 2025 Course Descriptions**

### **In Person Courses**

#### **Course: 1**

**Title:** Lyndon Baines Johnson, a life of public service and a forceful way of getting things done.

**Instructor:** Ron Epstein

**Course Description:** The story of the life of our 36th President and how his policies changed our nation forever.

**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:** The Sins of the Fathers

**Instructor:** Ann Savkova

**Course Description:** Over 4 sessions, we will: week 1 - explore the House of Cadmus; week 2 - Read Oedipus Rex in class; week 3 - explore the house of Atreus; and week 4 - read the Orestia. Weeks 1 and 3 will be primarily lecture and/or death by PowerPoint, and weeks 2 and 4 will be class participation as the class assumes roles to read in the plays presented.

**Instructor Bio:** Ann Savkova loved teaching high school English for 32 years. She now enjoys the adult classes at the ILR - both as a student and as an instructor.



## Course: 3

**Title:** Fascinating Biology - Ask an Expert

**Instructor:** Salli Wood

**Course Description:** Ever looked out the window and wondered how does that bird (or butterfly or tree or ...) do that?

Ever read a news article about a biological breakthrough and wanted to learn more about it? Tap into your inner child and ask me your questions about biology. I'll do the research and provide the answers!

**Instructor Bio:** Salli Wood has been a biologist her whole life, earning a BA in Biology from Carleton College and a PhD in Cellular and Molecular Biology from Cornell. She went on to a post-doc at HHMI at Rice University before switching gears to become a homeschool educator for her own children and a couple hundred other children. She's taught a history class through ILR since 2018 and decided to change things up this fall.



## Course: 4

**Title:** The Gospel of John - I AM: Love defined

**Instructor:** Barry Smith

### **Course Description:**

It is easily understood that Jesus Christ has, for over 2000 years, impacted people and nations in profound ways. In this class, we will look at this person through a study of the Gospel of John using a literal, historical, grammatical approach. Each week, a major passage containing one of the principal themes of the Gospel will be examined. Our goal will be to understand what the author of the Gospel was communicating about Jesus and his teachings and their implications on the Christian church in the past and today. Class discussion will be encouraged as we delve into the biblical text.

**Instructor Bio:** Dr. Barry C Smith has taught at various levels for over 50 including the last 40 years as a professor in a faith-based university. He has chemistry degrees from Kalamazoo College and the University of Chicago, as well as a Ph.D. in educational administration. Additionally, he has graduate-level education from Penn State, Loyola University (Chicago), and Baptist Bible Seminary. He has taught a wide range of courses at the college and graduate levels, including chemistry, calculus, statistics, research methods, astronomy, and teaching methods for the Bible, math, and science. He has taught informal Bible studies his entire adult life.



## Course: 5

**Title:** Modalities of Consciousness

**Instructor:** James Skelton

**Course Description:** Presents the primary reality as Love and Consciousness, in everyday terms, through everyday experiences.

Seminar approach empowers students to see themselves as creators of their reality and thus responsible for their health, wellness, and balance. Instruction is given.

OVERVIEW:

CREATION: Thought-Word-Action

LIFE: Light-Love-Power

REALITY: Energy-Vibration-Frequency

EVOLUTUON: Learning-Understanding-Knowing

**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: 6

**Title:** A World Turned Upside Down: The English Civil Wars, 1600-1650

**Instructor:** Margaret Borene

**Course Description:** Shoemakers reading, women preaching, mere landowners voting, eighty members of Parliament execute a king and ghosts riding throughout the country. Seventeenth century England is called a "blazing world" by those who lived it as well as historians who study it. We will explore the first half of the century using book and pamphlet art as well as stories from the men and women who lived through it all.

**Instructor Bio:** Margaret Borene taught Ancient and Medieval History as well as Early Modern History for thirty years as an adjunct professor. Her specialties are the Tudor/ Stuart England as well as intellectual and cultural history.

## Course: 7

**Title:** A Beginners Guide to Opera

**Instructor:** David Byrnes

**Course Description:** The course is for people who are new(er) to opera. We'll look at the highlights of six of the most accessible operas and process what we experienced. Included in our discovery will be Carmen, La Boheme, The Magic Flute, Tales of Hoffman, et al.

**Instructor Bio:** Mr. Byrnes is an opera buff mentored by 2 musician friends over the past few decades. He is a frequent audience member at the Metropolitan Opera in NYC and Opera Philadelphia. He is a PATRON of the arts - not a PRACTITIONER (he cannot sing or play any instrument),



## Course 8:

**Title:** Introduction to Traditional Chinese Medicine Meridian System and the Power of Qigong

**Instructor:** Jan Pavelco

**Course Description:** In this course you will learn all about the meridian system and how to work with them through Qigong movements. There is emphasis on the seasons and how it influences Qigong movements. Learn how your body responds to certain pressure points in your body, what to eat to enhance your health and how to create an easy flow that you can practice at home. This class will teach you the "why" behind the movements!!

**Instructor Bio:** Jan Pavelco is the owner of Essence House LLC, author of "The Inspired Apron. A Recipe for Life", and "Everyday Wisdom" affirmation cards. She is a lifestyle guide and 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 Marisa 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](http://www.essence-house.com)



## Course: 9

**Title:** Qigong

**Instructor:** Mary Ann Stangil

**Course Description:** Qigong (chee-gong) is a holistic exercise system of ancient Chinese origin, designed to promote vibrant health, well-being and longevity. A forerunner of tai chi, it features sets of repeated movements coordinated with breathwork. Its benefits include stress relief and balance improvement. The slow-paced and adaptable movements are ideal for older adults.

**Instructor Bio:** Mary Ann Stangil has been studying and teaching qigong and taijichuan (tai chi) since 1998. She is certified by the National Qigong Association as a Level II Instructor. She has studied Chinese culture and visited China.

## Course: 10

**Title:** Double Exposure

**Instructor:** Anna Gilgoff

**Course Description:** Many fictional tales of doppelgangers, from short stories to film, center around the theme of an evil twin or a look alike that wreaks havoc by committing evil acts. In this class, we'll read, view and discuss how masters like Edgar Allan Poe, Robert Louis Stevenson, Alfred Hitchcock and others create unforgettable works worthy of discussion in this most gothic time of the year.

**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: 11

**Title:** Playing with, and Learning about, AI

**Instructor:** Ed Yarrish

**Course Description:** Artificial intelligence programs, or AI, are the most rapidly adopted technology in human experience.

This facilitated discussion is an opportunity to learn with, and from, others as we experiment and report our results from using AI programs.

Practical Hands-On usage will be emphasized along with opportunities to discuss personal and societal implications.

No requirements for joining this session, only as much participation as your world allows.

**Instructor Bio:** Ed enjoys exploring leading edge technologies and sharing information about them.

He led the project that brought 911 to the City of Allentown. ETA, his business, taught Hands-On computer across the USA, and was one of the first 100 in PA to be on the Internet.

He was a founding member of the Electronic Networking Association, a non-profit for early pioneers of online communications. He had a business interest in a software program that was used to teach the first MBA online by the University of Phoenix. During the covid lockdown, he created an international non-profit with a group of friends that experimented with blockchain technology and cryptocurrencies.

He was a peer group facilitator and executive coach for CEOs and business owners for 12 years. Some of the CEOs he worked with lead regionally recognized companies like Martin Guitar, Transbridge Lines, Mrs. T's Pierogies and Quandel Construction.



## Course: 12

**Title:** Just a bit of Mindfulness and Meditation

**Instructor:** Debra Romberger

**Course Description:** Just a bit of Mindfulness and Meditation to calm the heart, spirit, and mind. Learn to bring Mindfulness to everyday life and build or strengthen your daily practice of meditation. This class is designed for beginners and seasoned practitioners alike. Please join me in this journey of self-exploration.

**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:** Treading the Path to the Supreme Court of Today

**Instructor:** Kathleen Conn

**Course Description:** This course shall explore the beginnings of the Judicial Branch of the new nation of the United States- its purpose and its fulfillment of that purpose. The class will discuss and analyze significant and formative Supreme Court decisions over the years, and examine what is called the "Shadow Docket" and its place in the American judicial system.

**Instructor Bio:** Kathleen Conn, Ph.D., J.D, LL.M. is a scientist and attorney with publications in biophysics and cancer metastasis, as well as in Education Law and civil rights. She has written and had published several books and numerous scientific research papers as well as legal commentaries in law reviews. She has also been invited to present at law and education conferences in the U.S., and also in Europe, at the U.S., China and Japan Conference, and regular invites to speak at New Zealand and Australia conferences. She currently serves as Of Counsel at the King, Spry, Herman, Freund & Faul Law Firm in Bethlehem and now also in Allentown.

## Course: 14

**Title:** A Virtual Tour of Italy's Hidden Gems

**Instructors:** Gwen Shields and Umberto Piscina

**Course Description:** Engage your senses and travel with us to discover Italy's hidden gems. We'll start our photographic tour (including a few tastings) in the Dolomite Mountains, a UNESCO Site for natural beauty. Each week will bring a new adventure. Visit the scenic Lake Region and Piedmont, famous for its truffles and rich red wines like Barolo. Then south to Emilia-Romagna, the food capital of Italy, known for parmesan cheese, prosciutto, spaghetti bolognese, lasagna and balsamic vinegar. The historic town centers of Bologna, Parma and Ravenna are rich with art and architecture and breathtaking Roman mosaics. Next, the Italian Riviera with beach towns, ancient fishing villages and a food culture that brought us pesto and focaccia. On our way to Rome is Umbria, with its medieval hilltop fortified villages (Assisi and Orvieto) built on Etruscan ruins



(pre-dating the Romans). Then to Puglia in Italy's “heel of the boot”, known for its stunning coastline, olive oil production, and unique Greek-like architecture. We’ll pass through the 9000 year old city of Matera, famous for its cave dwellings still in use today. Our final stop is the Island of Sardinia, boasting 1000 miles of the world's most beautiful coastline and the bronze age Nuraghe structures.

### **Instructor Bios:**

Gwen Shields is a retired business owner of an INC 5000 Fastest Growing Companies. Her interest in Italy began when she traced her family roots to a village outside Genova. Her first family trip was in 2004. Since then, she has returned over a dozen times. She holds dual US/Italian Citizenship and continues to study the Italian language. She loves Italian art, architecture, cooking and culture, especially ancient cultures (Romans, Etruscan).

Umberto Piscina, born in London of Italian parents, lived in Italy for 25 years prior to moving to the USA. He spent every summer on the family farm as a child and speaks Italian with native fluency. Umberto worked as a tour guide in Italy, specializing in Renaissance Art and Architecture, Roman history and history of the Church. In 2015, while touring a small group in Rome, he met Gwen, and as they say, the rest is History. They married in 2016 and reside in the Lehigh Valley.

Gwen & Umberto spend 2-3 months a year in Italy, always looking for the next hidden gems. Together they have traveled to 15 of the 20 regions of Italy and run Conciergeltalian.com which architects Italy trips for others.

## **Course: 15**

**Title:** Skeletons In Your Closet (On Campus)

**Instructor:** Ed Curran

**Course Description:** Don't be too hard on yourself as even the ICONS have them. Hopefully self-forgiveness can come as we explore the biographies of 2 famous role models: William Penn and Mahatma Gandhi. In class we will analyze the life of each and see they may have some of your same skeletons.



**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:** Cutting Edge

**Instructors:** Ann Savkova and Trudi Egan

### **Course Description:**

In conjunction with the current Quilt Exhibit at that Allentown Art Museum, and culminating with field trip to view that exhibit, Trudi and Ann will explore a variety of quilting techniques and other anecdotes related to quilting. At the Art Museum, students will examine and recognize techniques taught in class, with a short amount of free time to explore on their own.

\*The College will provide **optional** transportation for the class held off-site at the Allentown Art Museum. If students utilize that transportation, there will be a small additional cost to that student, collected at the time of the trip.

**Instructor Bios:** Ann Savkova loved teaching high school English for 32 years. She now enjoys the adult classes at the ILR - both as a student and as an instructor.

Trudi Egan has been a long-time student and supporter of the ILR and this is the first class she will be helping to facilitate. She retired as project manager from Backstage Library Works in Bethlehem where she worked with many universities, museums, and libraries, including The Library of Congress, in coordinating preservation projects. Among Trudi's favorite retirement activities is her involvement at the Allentown Art Museum where she serves as a docent.



## Course: 17

**Title:** The Law and the American Judicial System

**Instructor:** Kathleen Conn

**Course Description:** The Law and the American Judicial System: A Mini-Course on the Basics

**Instructor Bio:** Kathleen Conn, Ph.D., J.D, LL.M. is a scientist and attorney with publications in biophysics and cancer metastasis, as well as in Education Law and civil rights. She has written and had published several books and numerous scientific research papers as well as legal commentaries in law reviews. She has also been invited to present at law and education conferences in the U.S., and in Europe, at the U.S., China and Japan Conference, and regular invites to speak at New Zealand and Australia conferences. She currently serves as Of Counsel at the King, Spry, Herman, Freund & Faul Law Firm in Bethlehem and now also in Allentown.



## Course: 18

**Title:** Fall into Good Health

**Instructors:** Jan Pavelco

**Course Description:** It may seem like Thanksgiving and Christmas are far away; but before we know it, we will be challenged with all kinds of foods and activities that will challenge our health. Why not prepare yourself for the upcoming challenge. This class will focus on how to not only detox our bodies during fall but also fuel the body with all the wonderful foods that build immunity and support our body as we transition into late fall and winter.

**Instructor Bio:** Jan Pavelco is the owner of Essence House LLC, author of "The Inspired Apron. A Recipe for Life", and "Everyday Wisdom" affirmation cards. She is a lifestyle guide and 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 Marisa 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](http://www.essence-house.com)



## ZOOM COURSES

### Course: 19 Zoom 1

**Title:** Human Populations in the 21st Century

**Instructor:** Will Towne

**Course Description:** Most regions in the world, with the exceptions of Africa, parts of S. America, and parts of Asia, now have fertility rates (numbers of children per female) that are below replacement level, meaning that the populations of these regions (including the USA) are shrinking or will begin to shrink soon. These changes in fertility seem to be driven primarily by socioeconomic factors. The consequences of the resultant population shrinkage will be many. For example, the average age will increase considerably, in turn forcing revisions to social policies such as Social Security and economic policies related to the perpetual need for growth in capitalist economies. In this four-session course, we will look at the basic biology of population growth (1 session) and then apply that knowledge to understand the history and future of human population sizes (1 session) and also the causes (1 session) and some of the consequences (1 session) of these changes.

**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 learn and 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:** Skeletons in Your Closet (Zoom)

**Instructors:** Ed Curran

**Course Description:** Don't be too hard on yourself as even the ICONS have them. Hopefully self-forgiveness can come as we explore the biographies of 2 famous role models: William Penn and Mahatma Gandhi. In class we will analyze the life of each and see they may have some of your same skeletons.

**Instructor Bio:** Retired social worker from the mental health arena. When not traveling with his wife or playing basketball for exercise, Ed enjoys reading biographies and history books in his free time. As an ILR instructor, he tries to promote mental wellness.

## Course: 21 Zoom 3

**Title:** Film Classics VI: Italian American Style

**Instructors:** August Nigro

**Course Description:** This course will view and examine the films of directors Frank Capra, Vincente Minnelli, Francis Ford Coppola, Martin Scorsese, and Michael Cimino.

**Instructor Bio:** August Nigro is the author of three books, *The Diagonal Line*, *The Net of Nemesis*, and *Wolfsangel: A German City on Trial*, which led to the only memorial in Germany to American fliers killed by German citizens during WWII. He also has had six short stories published in the United Kingdom and seven one-act plays produced or read at regional theaters in the U.S. One of his full-length plays, *A Long Shadow*, was stage-read by the Italian American Theater of Chicago, and another, *Except Mr. Dickinson*, staged off-Broadway.



## Course: 22 Zoom 4

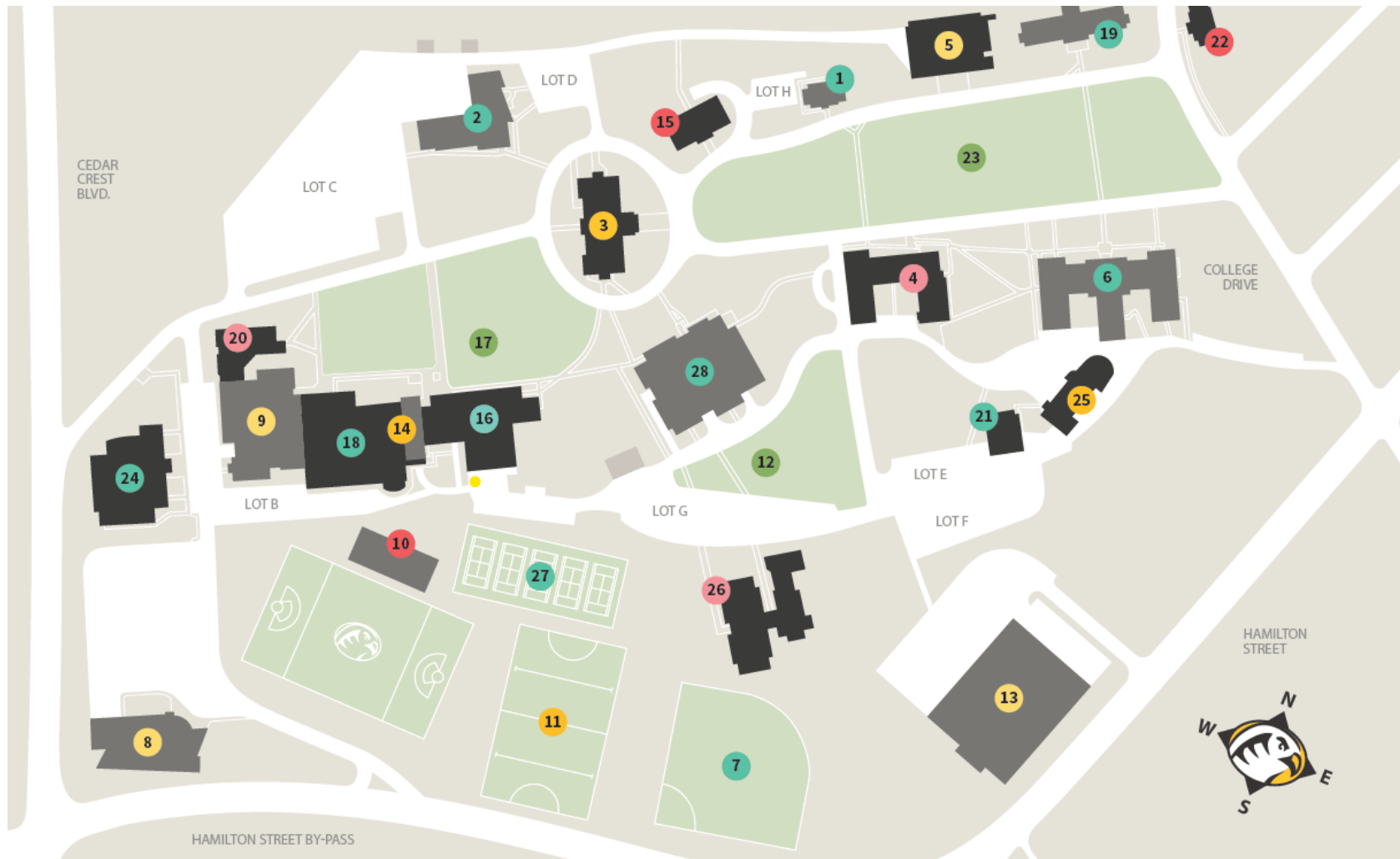
**Title:** Chair Yoga and Qigong

**Instructors:** Jan Pavelco

**Course Description:** Learn Chair yoga and Qigong in the comfort of your own home using Zoom on your computer or laptop. This is a class that everyone can take regardless of their physical ability. We learn basic chair yoga moves and will add weights as an option for those who want to also build some arm strength.

**Instructor Bio:** Jan Pavelco is the owner of Essence House LLC, author of "The Inspired Apron. A Recipe for Life", and "Everyday Wisdom" affirmation cards. She is a lifestyle guide and 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 Marisa 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](http://www.essence-house.com)





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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 Harmon 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  
10/6/25 to 12/5/25**