

Cedar Crest College's ILR Spring 2026 Course Grid

Course #	Instructor	Course Title	Start Date	End Date	Start Time	End Time	Day	Location	No Class
1	Ned Donahue	A Consideration of the History, Art, Architecture and Curiosities of the US Capitol Complex	2-Mar	27-Apr	10:00 a.m.	11:30 a.m.	Monday	Curtis 135	
2	Barry Smith	How to be Blessed - The Gospel of Matthew	2-Mar	27-Apr	1:00 p.m.	2:15 p.m.	Monday	Miller 33	
3	Bruce Sarte	The Origins, Evolution and Cultural Significance of the Blues	2-Mar	23-Mar	1:00 p.m.	2:00 p.m.	Monday	Curtis 102	
4	Ed Yarrish	Exploring and Playing with AI: From Search to Empowerment	9-Mar	20-Apr	1:30 p.m.	3:00 p.m.	Monday	Oberkotter 1	
5	Ann Savkova	Don't know much about history (of the Lehigh Valley)?	3-Mar	28-Apr	10:00 a.m.	11:00 a.m.	Tuesday	Hamilton Blvd. Building 9	
6	Mary Ann Stangil	Qigong	3-Mar	14-Apr	10:30 a.m.	11:30 a.m.	Tuesday	Steinbright Dance Studio 1	
7	Anna Gilgoff	American Sampler	3-Mar	31-Mar	12:00 p.m.	1:30 p.m.	Tuesday	Hamilton Blvd. Building 9	
8	Ronald Epstein	Theodore Roosevelt, our Rough Rider President	7-Apr	7-Apr	10:00 a.m.	11:00 a.m.	Tuesday	Hamilton Blvd. Building 8	
9	David Byrnes	"Spotlight on Film Legends: What's So Great About _____?"	4-Mar	29-Apr	2:00 p.m.	3:30 p.m.	Wednesday	Alumnae Little Theater	March 11
10	Kathleen Conn	The First 250 Years: What's Next?	4-Mar	29-Apr	2:00 p.m.	3:30 p.m.	Wednesday	Hamilton Blvd. Building 8	
11	Ed Curran	MORE SKELETONS IN THE CLOSET	4-Mar	18-Mar	11:00 a.m.	12:15 p.m.	Wednesday	Hamilton Blvd. Building 8	
12	Jill Odegaard	Papermaking As a hands-on studio experience	8-Apr	22-Apr	10:00 a.m.	11:45 a.m.	Wednesday	The Narrows Lower Level	
13	Debra Romberger	Mindfulness Based Stress Reduction (MBSR) Training	5-Mar	23-Apr	10:00 a.m.	11:30 a.m.	Thursday	Dance Studio 2	
14	Salli Wood	Fascinating Biology - Ask an Expert	5-Mar	30-Apr	11:00 a.m.	12:30 p.m.	Thursday	Oberkotter 1	
15	Gwen Shields	Italy's Hidden Gems	5-Mar	23-Apr	1:00 p.m.	2:15 p.m.	Thursday	Miller 33	
16	Brian Goldman	English Class Redux Part One and Two	5-Mar	30-Apr	2:00 p.m.	3:15 p.m.	Thursday	Pool Science Center 138	
17	Jeffrey Grove	Astronomy and Space Exploration: The Journey of Voyager	26-Mar	26-Mar	10:00 a.m.	12:00 p.m.	Thursday	Alumnae Hall Little Theater	
18	Ann Savkova	Letters to my Grands	6-Mar	27-Mar	10:00 a.m.	11:30 a.m.	Friday	Curtis 135	
19	Jan Pavelco	Traditional Chinese Medicine and Qigong Meridan System for Spring.	10-Apr	24-Apr	1:00 p.m.	2:15 p.m.	Friday	Alumnae Hall Chapel	
20 Zoom 1	Will Towne	Vaccines: History, Science, and Modern Misunderstandings	2-Mar	27-Apr	10:00 a.m.	11:00 a.m.	Monday	Zoom	March 9/March 16
21 Zoom 2	Jan Pavelco	ZOOM chair Yoga with weights	31-Mar	21-Apr	10:00 a.m.	10:30 a.m.	Tuesday	Zoom	
22 Zoom 3	August Nigro	SHAKESPEARE: STAGE AND SCREEN PLAYS	5-Mar	30-Apr	10:30 a.m.	12:00 p.m.	Thursday	Zoom	

See Campus Map (In Registration Package) For Building Locations

Important Dates

- 1. The Semester Begins on March 2 and ends on May 1.**
- 2. There are no ILR Classes scheduled for the week of March 30 (Easter Week)**
- 3. Registration will be open through Friday, 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 in the Finance and Administration office in Blaney 104. 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 2026 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 2026 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, 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 2026 Course Descriptions

In Person Courses

Course: 1

Title: A Consideration of the History, Art, Architecture and Curiosities of the US Capitol Complex

Instructors: Ned Donahue

Course Description: A consideration of the history, art, architecture and curiosities of the US Capitol complex. Time will also be dedicated to sharing ideas, thoughts and opinions on questions arising from the factual presentations.

Instructor Bio: Dr. Donahue is an experienced educator, having served over 40 years as a classroom teacher and an administrator on the primary, secondary and college level in both private and public education.

Course: 2

Title: How to be Blessed - The Gospel of Matthew

Instructors: Barry Smith

Course Description: This course will outline the development of the biblical canon and the importance of the thousands of ancient biblical manuscripts. Many believe the Gospel of Matthew was the first Gospel recognized as part of the New Testament canon. It has sometimes been described as the most Jewish of the Gospels. Though there are similarities with the other Gospels, there are differences if one looks at the emphases of the author. For example, Matthew uses the phrase “kingdom of heaven” numerous times, yet none of the other Gospels do. Matthew's emphasis on the title, “Son of David,” and its references to the Old Testament scripture are much stronger than in the other Gospels.

In this course, which will use a literal, grammatical, historical, and contextual interpretative methodology, we will study several important passages, including the parables of the kingdom, the Sermon on the Mount, and the so-called unforgivable sin. We will attempt to understand why the author wrote this book for the early church and its significance for us today.

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: 3

Title: The Origins, Evolution and Cultural Significance of the Blues

Instructors: Bruce Sarte

Course Description: This course explores the origins, evolution, and cultural significance of the Blues, tracing its roots from African musical traditions through the lived experiences of African Americans in the Deep South. Students will examine how the Blues emerged in the late 19th and early 20th centuries as a powerful form of expression shaped by slavery, Reconstruction, segregation, labor, and migration. Through listening, discussion, and historical analysis, the course will highlight early blues forms such as field hollers, work songs, spirituals, and folk blues, and show how these traditions laid the foundation for the genre.

The course will introduce influential early blues artists and regional styles, including Delta, Piedmont, and Texas blues, while emphasizing the social and historical contexts in which the music developed. Students will also explore how the Blues influenced later musical genres such as jazz, rock and roll, rhythm and blues, and hip-hop. Attention will be given to lyrical themes, musical structure, and performance practices, as well as the Blues' role as a vehicle for storytelling, resilience, and identity. By the end of the course, students will gain a deeper understanding of the Blues as both a musical tradition and a vital historical record of American life.

Instructor Bio: Bruce is the Director of IT at Cedar Crest, and a lifelong lover of music and the distinctly American music that is Blues. As an experienced songwriter and musician, Bruce has been heavily influenced by the likes of Robert Johnson, Muddy Waters, Ma Rainey, and even more current purveyors like Eric Clapton and Joe Bonamassa. Bruce has collaborated musically with names like Richie Sambora, Tony Lewis, and, most recently, co-wrote a song for local blues singer Gina Sicilia.

Course: 4

Title: Exploring and Playing with AI: From Search to Empowerment

Instructors: Ed Yarrish

Course Description:

Artificial Intelligence is evolving at a breakneck pace, moving far beyond simple search boxes to become a sophisticated "reasoning" partner. This course explores the newest breakthroughs in AI, demonstrating how to harness rapidly developing features for personal empowerment. We will shift from a "search" mindset to a "director" mindset, using the vast context windows of these tools to manage complex information.

A major focus will be Medical Self-Education: learning how to use AI to synthesize complex research into clear, cited summaries you can take to your doctor for better-informed conversations. We will also dive into Creative Legacy, using new generative tools to restore faded family photographs and build engaging presentations of your personal history.

To ensure we are working at the "cutting edge," we will utilize the paid, premium versions of ChatGPT, Gemini, and Perplexity. To expand our horizons further, participants will have the opportunity to voluntarily contribute to a "subscription pool" to unlock additional high-end services like Claude, Grok, and Mistral for class demonstrations. Whether you are new to AI or returning for an update, you will gain a practical roadmap for using these tools to enhance your well-being and creativity.

Instructor Bio: Ed Yarrish is returning to the Institute for Learning in Retirement to share the latest breakthroughs in the rapidly evolving world of Artificial Intelligence. With a background in professional education, entrepreneurship and executive coaching, and a strong technology "itch" because of an undergraduate degree in electrical engineering, Ed specializes in making complex digital tools accessible and meaningful for life-long learners.

In the previous semester, Ed guided ILR participants through the foundations of free AI services. In this new iteration, the focus shifts to "High-Utility AI"—demonstrating how premium, paid features can be leveraged for high-stakes tasks like medical research and family legacy preservation. Ed is known for a teaching style that balances "high-tech" with "high-humanity," focusing on privacy, ethics, and the practical needs of the ILR community.

A firm believer that technology should serve the person (and not the other way around), Ed enjoys helping participants move past the "search box" mindset to discover the creative possibilities of the "context window." When not tracking the weekly updates in the AI world, Ed can be found exploring the arts. He recently signed up for an 8 week course in "improv" at Juxtahub in Emmaus.

Course: 5

Title: Don't know much about history (of the Lehigh Valley)?

Instructors: Ann Savkova

Course Description: Oh, sure, you say. We know about the Moravians. The Leni Lenape. The Steel Industry. But DO we? Really? Join us for a series of eight presentations by the Lehigh Valley Heritage Museum as we explore:

- History of Lehigh County & Lehigh Valley, Pennsylvania.
- The Lehigh Valley Cement Industry.
- Hess's Department Store: An Icon from the Past
- Rosie the Riveter: A WWII Icon.
- A History of Hispanics & Latinos in America
- The History of Medicine and Epidemics
- * The Journey of the Liberty Bell

We'll all come out a little richer in the knowledge of the history of our county. This program is supplemented by a grant.

Instructor Bio: Ann Savkova taught Honors English for 30 years and took students abroad for 10 summers before retiring and joining the ILR as a student and teacher.

Course: 6

Title: Qigong

Instructors: Mary Ann Stangil

Course Description: Qigong is an exercise system with roots in ancient China. Practiced today, it is less demanding than tai chi, of which it is the parent, and is ideal for older adults. Repeating movements are slow and flowing and promote balance, flexibility and longevity. It is best done standing, but can be done seated. The practice includes some meditation and is a great stress reliever.

Instructor Bio: Mary Ann Stangil has been studying and teaching tai chi and qigong for more than 25 years. She is certified as a second level qigong instructor by the National Qigong Association.

Course: 7

Title: American Sampler

Instructors: Anna Gilgoff

Course Description: As the population of the United States changes, so do attitudes. For example, supermarkets carry tortillas, pita bread and egg roll skins once available only in ethnic stores. Everyday life in our country continues to be influenced by a diversity of cultures. As we celebrate the 250th anniversary of the Declaration of Independence we'll read works that reflect unique cultural perspectives, contributing to a vibrant literary quilt. Authors include Anne Bradstreet, Sherman Alexie, Sandra Cisneros, Bernard Malamud and others.

Instructor Bio: Anna Gilgoff has offered over 15 courses at the ILR. Prior to her retirement, she taught for 32 years at Northwestern Lehigh High School. After graduating from Brooklyn College, she moved to New Tripoli, PA, where she raised three children and earned an MFA.

Course 8:

Title: Theodore Roosevelt, our Rough Rider President

Instructors: Ronald Epstein

Course Description: "Theodore Roosevelt, our Rough Rider President." The story of our 26th President and the colorful and adventurous life he led.

Instructor Bio: Ronald Epstein is a graduate of William Allen High School and two years at Lehigh County Community College.

Course: 9

Title: David Byrnes

Instructors: Spotlight on Film Legends: What's So Great About _____?

Course Description: Opportunity for class to evaluate/assess/critique/compare the critically acclaimed 'legends' of acting, screenwriting, cinematography, directing, et al. across three (3) periods of filmmaking - The Golden Age of Hollywood (1930 - 1960; American New Wave (1960 - 1990); Modern Digital Age (1990 - 2026).

Instructor Bio: Mr. Byrnes is a lifelong movie buff and passionate PATRON of the ARTS, not a practitioner. This is Class # 3 for Mr. Byrnes - after 'Film as a Cultural Mirror', and 'A Beginner's Guide to Opera'.

Course: 10

Title: The First 250 Years: What's Next?

Instructors: Kathleen Conn

Course Description: The First 250 Years: What's Next?

From thirteen small and shaky colonies, the Declaration of Independence consolidated a new vision of a country "where all men and [eventually] women are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Will the next 250 years hold true to this promise?

Instructor Bio: Kathleen Conn has been teaching at every level of education and aspiration, from collecting fossils hundreds of thousands of years old, and from scientific theories to painting watercolors and acrylic painting techniques. She has undertaken a life of liberty to pursue happiness for herself and for everyone she inspires; happiness through learning.

Course: 11

Title: More Skeletons in the Closet

Instructors: Ed Curran

Course Description: In continuation of last semester, will present 3 additional icons with skeletons in their closet: Christopher Columbus, Francis of Assisi & Mother Teresa. As we explore the biographies on these figures, we may find that we can relate to their shortcomings and possibly remove some of our own resolved guilt.

Instructor Bio: Retired social worker with concentration in mental health. When not rooting for my struggling Alma Mater sports teams [LaSalle and West Virginia University], can be found traveling and reading.

Course: 12

Title: Papermaking As a Hands-On Studio Experience

Instructors: Jill Odegaard

Course Description: Participants will learn techniques for making one-of-a-kind images using paper pulp and mixed media. Week 1 will be an introduction to papermaking as we provide a short historical overview of papermaking and the fibers used. Week 2 will be a continuation of experimentation with papermaking techniques. Week 3 will be dedicated to applications in card making and simple book binding.

Instructor Bio: Jill Odegaard MFA, Professor of Art at Cedar Crest College is a studio artist who works with handmade paper in various formats from two-dimensional wall hangings, sculptural forms and artists books. This course will also be facilitated by Cedar Crest students enrolled in ART 124 Structures in Papermaking. As a service learning/community engagement course students will work side by side with the ILR participants.

Course: 13

Title: Mindfulness Based Stress Reduction (MBSR) Training

Instructors: Debra Romberger

Course Description: Join me in an abridged version of Mindfulness Based Stress Reduction (MBSR) training. This class is for the novice to the skilled meditators. Join me and develop a daily meditation practice that can change your life - it has mine.

Develop the space to pause and truly see, hear, touch and taste what is here before you. Learn the gifts of impermanence, compassion and peace with first yourself and others. Learn how loving kindness brings peace to our hearts and the hearts of those who we know, are those we yet to know. MBSR training has been found to reduce anxiety depression hypertension and increase our immune system. All are welcome - please join me in this journey into the now. It truly is all we have.

Instructor Bio: Dr Deb is a retired Psychologist and instructor at many local Universities and colleges in the area. She is a certified MBSR Instructor and enjoys sharing Mindfulness and Meditation with her community, playing with her husband and rescue dog Winston.

Course: 14

Title: Fascinating Biology- Ask an Expert

Instructors: 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! All new topics based on your questions!

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

Course: 15

Title: Italy's Hidden Gems

Instructors: Gwen Shields and Umberto Piscina

Course Description: Travel with us through Italy on this 7-week virtual journey and discover some of Italy's hidden gems. We'll start our photographic tour in the Dolomites (Italian Alps), a UNESCO Site for natural beauty.

From there we will visit Piedmont, famous for its truffles and rich red wines like Barolo. Next we'll explore Emilia-Romagna, the food capital of Italy, known for parmesan cheese, prosciutto, spaghetti Bolognese, lasagna and balsamic vinegar. You will find out why the Italian Cuisine is the first to get a UNESCO designation for global significance. We will visit the historic town centers of Bologna, Parma and Ravenna are rich with art and architecture and Roman mosaics.

Then we will move west to 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).

Further south is Puglia, 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 Bio: Gwen Shields is a recently retired business owner whose interest in Italy began when she traced her family roots to a small village outside Genova, Italy. Her first trip with her young children was in 2004. Since then she has returned over a dozen times. She holds dual US / Italian Citizenship and continues to study Italian language. Along with her husband, she has traveled to 15 of the 20 regions of Italy. 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 gem and have a business, Concierge Italiano, planning Italy trips for others.

Course: 16

Title: English Class Redux Parth One and Two

Instructors: Brian Goldman

Course Description: English Class Redux Part One: Okay, I'm going to take a chance here, but the first focus of this class is grammar ... perhaps you are still reading. If so, then you occasionally tend to wonder about how adverbs, phrases, clauses, gerunds, and all those other puzzling words work in English. Learning these terms is what the class basically entails. Understanding and applying grammar basics will then lead to broader concepts. We'll consider sentence structure (syntax), word formation (morphology), and a little about how our grammar is so versatile and powerful. Oldies rock and roll lyrics, quotations, your own favorite examples, and maybe a little competition will be part of the approach.

English Class Redux Part Two: The second focus of this class is literature. It's a visit back to all those pesky but crucial literary elements like theme, figurative language, irony, tone, etc. The intent is to quickly establish the precise definitions of these literary terms and apply them. We'll utilize these elements to analyze and enjoy some classic short stories and poetry.

Instructor Bio: I really enjoyed reading as a kid. As a result, my college major was English. In my junior year I started thinking about employment after graduation. Nothing came to mind other than teaching. So, I got a secondary certification to teach before I graduated. That was in 1974. I went on to teach middle and high school grades for the next 49 years. To say the least, I loved it.

Course: 17

Title: Astronomy and Space Exploration: The Journey of Voyager

Instructors: Jeffrey Grove

Course Description: The Voyager twin spacecraft were launched in 1977 to get closeup views of the outer planets of our solar system. We will discuss this novel space mission and discover what they found.

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: 18

Title: Letters to My Grands

Instructors: Ann Savkova

Course Description: How many times have you wished you could ask your grandparents a question about their lives? Join us for a different kind of memoir class as we begin to write the stories our grandchildren will one day be so glad to read. Oh, you say, my grandchildren aren't interested in hearing that! Well, were you at their age? We will write to the grandchildren we have and to the young adults/adults they will one day become. Each week we will select from a series of prompts (or go our own way, if there's something you really want to tell them), and share our stories with each other, seeking gentle guidance on clarity and coherence.

Instructor Bio: Anna Gilgoff has offered over 15 courses at the ILR. Prior to her retirement, she taught for 32 years at Northwestern Lehigh High School. After graduating from Brooklyn College, she moved to New Tripoli, PA, where she raised three children and earned an MFA.

Course: 19

Title: Traditional Chinese Medicine and Qigong Meridan System for Spring.

Instructors: Jan Pavelco

Course Description: Traditional Chinese Medicine and Qigong Meridan System for Spring.

In this class you will learn about how Traditional Chinese Medicine, through the understanding of the meridan system, is addressed in the spring season. We will cover what these systems are, how the season of spring affects our food choices, and what qigong movements to include in spring.

This course is open to beginners as well as those who might have taken the fall class about the meridan system.

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

ZOOM COURSES

Course: 20 Zoom 1

Title: Vaccines: History, Science, and Modern Misunderstandings

Instructors: Will Towne

Course Description: Vaccines have saved over 150 million lives over the last 50 years. Nonetheless, because successful vaccines cause something—infections or complications—NOT to happen, the benefits of vaccines are not obvious. Their side effects (e.g., soreness, aches, fever), on the other hand, are obvious. Moreover, we are all prone to associate negative events (such as a diagnosis of autism) with preceding events (e.g., a vaccination), so vaccinations are often mistakenly associated with causally unrelated later events. In the end, then, the effectiveness and safety of vaccines can be revealed only by well-designed clinical or population-level studies, which, however, are often fully understood only by experts. Meanwhile, internet-based and other specialized media have led to an information (or misinformation) free-for-all where anecdotes are common and persuasive, even if not truly convincing, and where expertise and scientific rigor are ignored. In this context, we will study the history and biology of vaccines, including how they were discovered and developed, the diseases they have prevented, the types in use, how they work, how we know whether they are safe and effective, and the consequences of the current misinformation and misunderstanding. This will probably be Part I of a two-semester course.

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 11th course for the ILR, previous courses have been on topics spanning basic biology, bees, evolutionary biology, anthropology, and psychology.

Course: 21 Zoom 2

Title: ZOOM chair Yoga with weights

Instructors: Jan Pavelco

Course Description: ZOOM chair Yoga with weights

Enjoy the benefits of light weights as we incorporate them into gentle chair yoga movements. You can use as little weight as a can of beans or hand weights ranging from 1 to 5 lbs. The choice is totally yours! You can even opt to not use the weights at all.

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

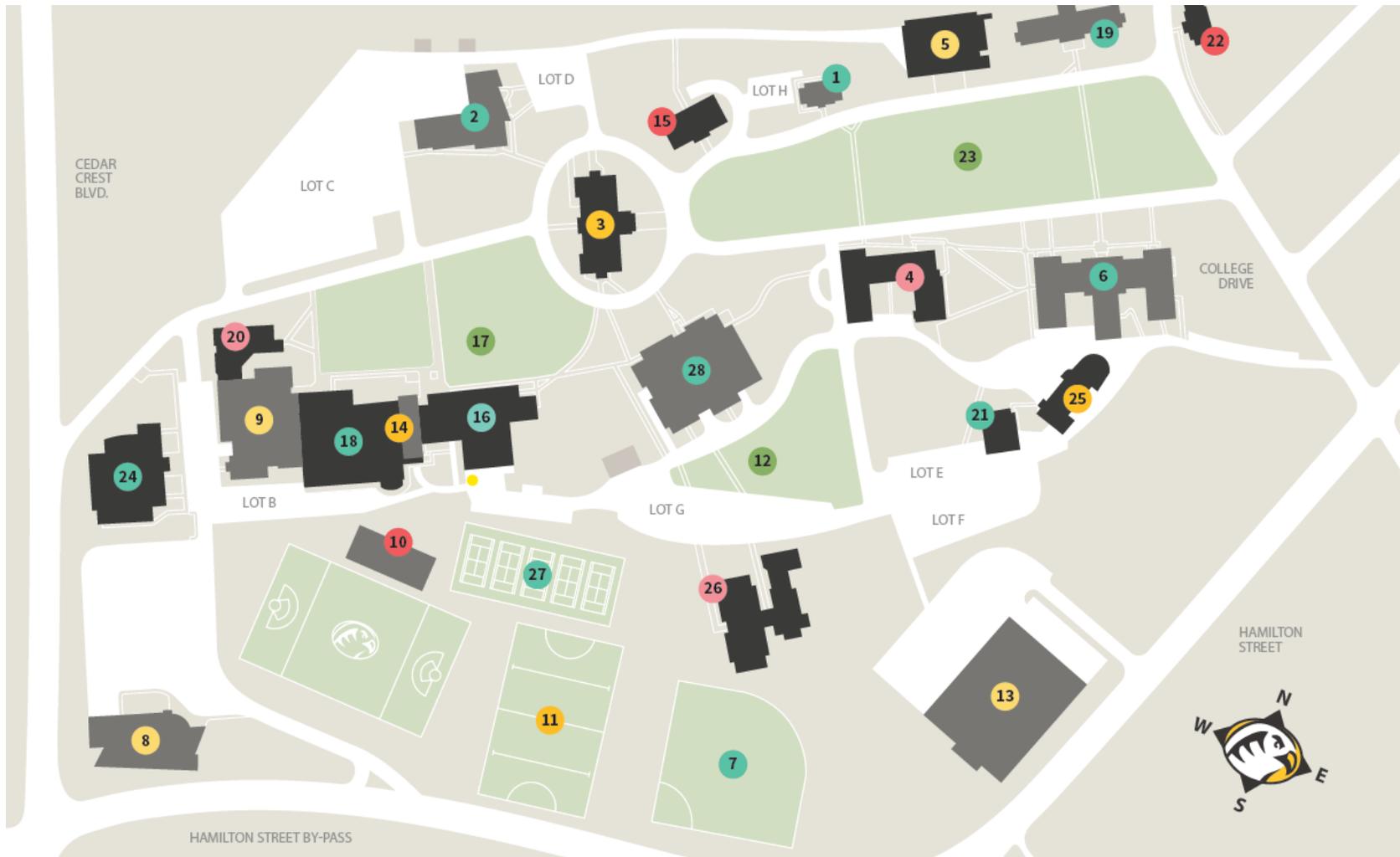
Course: 22 Zoom 3

Title: SHAKESPEARE: STAGE AND SCREEN PLAYS

Instructors: August Nigro

Course Description: We will read or re-read eight plays and view or re-view the following film adaptations: Olivier's Hamlet, Welles's Othello, Mankiewicz's Julius Caesar, Zeffirelli's Rome and Juliet, Brook's King Lear, Polanski's Macbeth, Branagh's Henry V, and McKellen's Richard III. The essence of stage drama is the word or dialogue; the essence of film is the image or moving picture. The primary purpose of the seminar will be to examine how well the director suits the picture to the words; the words to the picture.

Instructor Bio: August Nigro has taught English at the universities of Miami, Maryland, Niagara, Kutztown, and Oxford.



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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 Oberkottler 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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