ILR Schedule With Classroom Locations

Course #	Instructor	Course Title	Start	End Da	Start Tin	End Tin	Day of the	Place	No class	Email
1	David Bell	Lasting Purpose in a Changing World	5-Oct	16-Nov	1:00 p.m.	2:30 p.m.	Monday	Curtis Hall, Rm 206	October 19, 2026	davidabell@aol.com
2	Ann Burke	Poetry?? I Dunno..I Don't Get It	2-Nov	30-Nov	10:00 a.m.	12:00 p.m.	Monday	Curtis Hall, Rm 102	November 23, 2026	AnnCorbettBurke@gmail.com
3	Margaret Borene	Westminster Abby: The Lady Chapel	8-Oct	19-Nov	1:30 p.m.	3:00 p.m.	Thursday	Curtis Hall, Rm 102	October 22,2026	wmborene@ptd.net
4	David Byrnes	Opera Masterpieces for Beginners, Enthusiasts, and Devotees	6-Oct	1-Dec	2:00 p.m.	3:30 p.m.	Tuesday	Alumnae Hall Little Theater	October 27, 2026	davidrobertbyrnes@gmail.com
5	Kathleen Conn	How the American Judiciary Works	7-Oct	28-Oct	11:00 a.m.	12:30 p.m.	Wednesday	Curtis Hall, Rm 131		kathcouls@verizon.net
6	Kathleen Conn	The Supreme Court of the 21st Century	8-Oct	3-Dec	2:00 p.m.	3:30 p.m.	Thursday	Curtis Hall, Rm 131	November 26, 2026	kathcouls@verizon.net
7	Ed Curran	Cuba: With Maduro captured, What's the State Department's Next Move	15-Oct	22-Oct	10:00 a.m.	11:15 a.m.	Thursday	Curtis Hall, Rm 102		edjan@rcn.com
8	Jan Pavelco	The Miracle of Quigong. Understanding the Meridian System.	6-Nov	20-Nov	1:00 p.m.	2:30 p.m.	Friday	Alumnae Hall Chapel		pavelcoj@ptd.net
9	Edward Donahue	Napoleon & Josephine, The 1st Power Couple of the Modern Era	6-Oct	1-Dec	11:00 a.m.	12:30 p.m.	Tuesday	Hamilton Blvd. Building 9	November 24, 2026	ejdon@verizon.net
10	Barry Smith	The Old Testament Book of Daniel	5-Oct	30-Nov	12:00 p.m.	1:15 p.m.	Monday	Alumnae Hall Little Theater	November 23, 2026	bbcbarry@gmail.com
11	Richard Schaffer	Friedman's Fables	5-Oct	16-Nov	10:00 a.m.	11:30 a.m.	Monday	Curtis Hall, Rm 206		dick18052@yahoo.com
12	Ed Yarrish	AI: The Big Picture-Making Up Your Mind About AI	14-Oct	18-Nov	1:30 p.m.	3:00 p.m.	Wednesday	Oberkotter 1, MIL 33	See Below	ed.yarrish@gmail.com
13	Debra Romberger	Mindful Meditation: Finding Your Anchor	8-Oct	3-Dec	10:00 a.m.	11:00 a.m.	Thursday	Alumnae Hall Chapel	November 26, 2026	debromberger53@gmail.com
14	Ronald Epstein	Allentown and the Civil War	7-Oct	7-Oct	10:00 a.m.	11:00 a.m.	Wednesday	Curtis Hall, Rm 135		r.epsteinhotmail.com@gmail.com
15	Gwen Shields	Italy's Hidden gems	8-Oct	3-Dec	3:00 p.m.	4:15 p.m.	Thursday	Hamilton Blvd, Building 7	November 26, 2026	gwen@conciergeitaliano.com
16	Brian Goldman	English Class Redux Part One and Two	5-Oct	30-Nov	2:00 p.m.	3:15 p.m.	Monday	Science Center, Rm 139	November 23, 2026	briangoldman@msn.com
17	Jeffrey Grove	Stars & Starlore - The Astronomy & Mythology of Stars	8-Oct	8-Oct	10:00 a.m.	11:30 a.m.	Thursday	Alumnae Hall Little Theater		jeffrfeyg@gmail.com
18	Salli Wood	Fascinating Biology - Ask an Expert	8-Oct	3-Dec	11:00 a.m.	12:30 p.m.	Thursday	Oberkotter 1	November 26, 2026	salliw@rcn.com
19	Ann Savkova	Part 2	8-Oct	8-Oct	2:00 p.m.	3:30 p.m.	Thursday	Alumnae Hall Little Theater		OhSoSavvy@proton.me
19	Ann Savkova	Data Centers: You've Heard the Buzz Part 2 combined with Part 1	20-Oct	27-Oct	10:00 a.m.	11:30 a.m.	Tuesday	Science Hall, Rm 136		OhSoSavvy@proton.me
20	Maryann Higgins	The Lawyer's Eye: How to Protect Yourself, Spot Trouble & Make Better Decisions	9-Oct	4-Dec	11:30 a.m.	1:00 p.m.	Friday	Hamilton Blvd. Building 8	November 27, 2026	mhiggins60432@gmail.com
21	John Schmoyet	First Ten Decades of the History of the Philiadelphia Phillies (1883-1979)	16-Nov	16-Nov	2:00 p.m.	3:30 p.m.	Monday	Alumnae Hall Little Theater		John3355@ptd.net
22	Anna Gilgoff	MONSTER MASH (UP)	9-Oct	6-Nov	10:30 a.m.	12:30 p.m.	Friday	Alumnae Hall Little Theater		annagilgoff@gmail.com
23 Zoom 1	Will Towne	Vaccines: History and Modern Misunderstandings Part 2	5-Oct	30-Nov	10:00 a.m.	11:00 a.m.	Monday	Zoom	Oct. 20, Nov. 9, Nov 23	will.towne@gmail.com
24 Zoom 2	Jan Pavelco	ZOOM Chair Yoga with Weights	13-Oct	27-Oct	10:00 a.m.	10:30 a.m.	Tuesday	Zoom		pavelcoj@ptd.net
25 Zoom 3	August Nigro	American Film Classics	8-Oct	3-Dec	10:00 a.m.	11:30 p.m.	Thursday	Zoom	November 26, 2026	ajnigro@gmail.com

AI: Big Picture November 11 class will be in Miller Bldg. Rm 33

Westminster Abby-location change

How Judiciary Works and The Supreme Court of 21st Century is new location and classroom has chairs with wheels, PLEASE USE CAUTION

Allentown & the Civil War-location change & day of the week corrected

The Old Testament Book of Daniel-location change

No class the week of Thanksgiving, November 23-27

Important Dates

1. **The Semester Begins on Oct. 5 and ends on Dec. 4**
2. **There are no ILR Classes scheduled for the week of (Thanksgiving)**
3. **Registration will be open through Friday, September 21st**

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 Fall 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:

Fall 2026 ILR Online Course Registration-NOW CLOSED

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.

Fall 2026 Course Descriptions

In Person Courses

Course: 1

Title: Lasting Purpose in a Changing World

Instructor: David Bell

Course Description: In an era of accelerating change, instant social media, and AI, it is easy to become disoriented and perplexed. Nothing lasts. Technology, business, social institutions—even word definitions—are all evolving. In this course, we take a non-political, science-based approach and discuss how what we do today as individuals affects future humanity. By looking beyond the noise of the latest news cycle to examine multigenerational trends, we can reestablish our perspective and work towards what will ultimately last. Trends to be considered include technology, globalization, social connectedness, demography, intelligence, and our unique value as humans. Even in the midst of change, our lives can continue to have long-term value and purpose. While I do not have all the answers, by sharing our insights we can build hope and encouragement in our shared future.

Instructor Bio: David Bell has always been intrigued about the universe and how we fit in. Raised in a family of scientists, he studied math and physics at college and earned a PhD in physics from MIT. He worked as a semiconductor researcher, engineer, and manager for 40 years in the high tech industry.

Course: 2

Title: Poetry?? I Dunno…I Don't Get It

Instructor: Ann Burke

Course Description: This course will explore poetry with an emphasis on using all the senses to take a closer look at interesting and fun work:

Wk 1) contemporary poems with distinctive shapes; Wks 2&3) bring your own favorite poems to share and discuss; Wk 4) I hope to have guest LV poets present and discuss their craft.

Instructor Bio: Ann is always hungry for a taste of the perfect word or vision of a beautifully crafted image. She has been interested in the arts all her life. Ann grew up in the Midwest and worked for many years as a rehabilitation counselor in Pennsylvania. She enjoys visiting her sons, and the museums, in Washington, DC.

Course: 3

Title: Westminster Abby: The Lady Chapel

Instructors: Margaret Borene

Course Description: The Lady Chapel is one of the most popular destinations for London visitors. Sincere in its medieval piety, opulent in its Renaissance sculpture and breathtaking with its fan vaulting ceiling, the Lady Chapel is truly a visual feast as well as a walk through the past. However, this chapel is also a mausoleum. From 1509 to 1714, fifteen kings and queens were buried there. These men and women, Tudor and Stuart, Church of Rome and Church of England Christian, English and British, witnessed the passage of historical time as well as the many political iterations of what it means to be English. Along

with Lady Margaret Beaufort, the mother of King Henry VII, eight women are buried in the chapel. Each royal lady an actor, in her own right, in the political journey from English to British. The class will examine the lives of these ladies of the Lady Chapel in order to answer this historical question: As a country, how do we decide who we are? Our guide will be Lady Margaret Beaufort, herself.

Instructor Bio: Margaret Borene is a retired adjunct professor of history. She has taught at UW Milwaukee, Northampton Community College and Lehigh University. Her areas of interest are Tudor and Stuart England with emphasis on cultural history.

Course: 4

Title: Opera Masterpieces for Beginners, Enthusiasts, and Devotees

Instructors: David Byrnes

Course Description:

We'll explore the highlights of German, French, and Italian comic & tragic operas including: Mozart's "Marriage of Figaro", Verdi's "La Traviata", and Puccini's "Turandot".

Instructor Bio: Mr. Byrnes has been a passionate opera buff for more than 20 years. This class will be his 4th venture at ILR - second version of opera highlights. He has been called 'enthusiastic' and 'quirky' by ILR students.

Course: 5

Title: How the American Judiciary Works

Instructor: Kathleen Conn

Course Description: An introduction to the American court system in 4 sessions

Instructor Bio: Kathleen Conn, Ph.D., J.D., LL.M., wears a number of "hats"!

First "hats:" Mom, Grandmommy (both come FIRST)

Other "hats:" Friend, Dog Lover, Problem Solver, Scientist, Gardener, Acrylic Paints Artist, Author of Law Journal articles and books, Fossil collector, Conference Speaker, Dress Maker

Course: 6

Title: The Supreme Court of the 21st Century

Instructors: Kathleen Conn

Course Description: We shall discuss current topics being decided now in the Supreme Court: Voting rights, guns, tariffs, the Grand Ballroom, the death penalty, and others, and how the U.S. Constitution applies to each topic in 8 sessions.

Instructor Bio: Kathleen Conn, Ph.D., J.D., LL.M., wears a number of "hats"!

First "hats:" Mom, Grandmommy (both come FIRST)

Other "hats:" Friend, Dog Lover, Problem Solver, Scientist, Gardener, Acrylic Paints Artist, Author of Law Journal articles and books, Fossil collector, Conference Speaker, Dress Maker

Course: 7

Title: Cuba: With Maduro captured, What's the State Department's next move

Instructors: Ed Curran

Course Description: With Maduro captured, POTUS wants your recommendation for the State Department's next move. Before you advise, let's review the country's past history and understand some of its current demographics.

Instructor Bio: Ed Curran has studied & traveled much throughout Latin America, including living for 2+ years in Central America. Journeyed to Cuba this past January with my wife on an educational trip to Cuba.

Course 8:

Title: "The Miracle of Qigong. Understanding the Meridian System."

Instructors: Jan Pavelco

Course Description: In this series of classes, you will become comfortable and familiar with what Qigong is and how to effectively help your body become healthier. We will learn how our organs control our energy and how to increase that energy and vitality through simple movements and sounds. Although this class is mostly lecture, there are many opportunities for actual movement in the class. Whether you know a little about Qigong already or wonder what in the world it is, you will leave with a deeper knowledge and a skill set to continue the work on your own. If you have taken Qigong classes before, you will learn new materials and/or deepen existing skills.

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: 9

Title: Napoleon & Josephine, The 1st Power Couple of the Modern Era

Instructor: Edward Donahue

Course Description: Our consideration will focus on Napoleon and Josephine, the first power couple of the modern era, and their respective roles in the founding of Imperial France, as well as the lessons they offer for us in our modern world.

Instructor Bio: Dr. Donahue holds academic degrees in Education, Classical Languages, and Philosophy; in addition, to PA licenses in Instruction, Administration, and Superintendency. These credits and licenses allowed him a career of 22 years as a teacher on the Elementary, Secondary and University levels and 22 years in School Leadership (Administration).

Course: 10

Title: The Old Testament book of Daniel

Instructors: Barry Smith

Course Description: The Old Testament book of Daniel, while having several stories like Daniel in the lions' den and the fiery furnace that are familiar to many, also contains much mystery as it provides many keys to biblical prophecy. The prophecies of the book give details about an extended period from Daniel's life to the coming of the Messiah. Additionally, there are eschatological ramifications for things yet future. This study will use a literal, grammatical, historical, and contextual interpretative methodology to look at all aspects of the book with a goal to understand their implications in the wide scope of the Bible.

Instructor Bio: Dr. Barry C Smith has taught at various levels for over 50 years 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 led informal Bible studies his entire adult life.

Course: 11

Title: Friedman's Fables

Instructors: Richard Schaffer

Course Description: We will discuss familiar human eccentricities, laugh at our shared quirks, and uncover new ways to cultivate peace and clarity in our everyday lives. Edwin Friedman takes on resistance and other "demons" to show that neither insight, nor encouragement, nor intimidation can in themselves motivate an unmotivated person to change. Instead, these tales playfully demonstrate that new ideas, new questions, and imagination—more than accepted wisdom—provide each of us with the keys to overcoming stubborn emotional barriers. By looking at life through the lens of these stories, we can discover how to facilitate real change both in ourselves and our relationships.

Instructor Bio: From the heat of a steel mill to the heart of the classroom, Richard Schaffer reinvents his life by bringing a lifetime of insight and curiosity to this course. After spending 30 years in a steel mill, he took a leap and graduated from college at the age of 46. He then launched a second career teaching Adult Basic Education at a community college, while also teaching vital decision-making skills in local prisons and juvenile detention centers. A passionate believer in passing wisdom forward, Richard also authored a book for his college bound grandchildren to preserve his family history and core values.

Now retired, Richard dedicates his time to engaging his community in the beautiful ambiguities of life. He warmly invites you to join the conversation, share your own lived experiences, and explore the diverse values and beliefs that shape our world.

Course: 12

Title: AI: The Big Picture — Making Up Your Mind About AI

Instructors: Ed Yarrish

Course Description: Artificial intelligence went from curiosity to infrastructure faster than almost anyone predicted. It is reshaping work, energy use, medicine, elections, and the question of what we can believe when we see it with our own eyes.

This course is not a how-to. Unlike previous ILR offerings focused on using AI tools, this one steps back to ask what is actually happening — and what you think about it.

Each session takes up a durable question. What is this technology, really, and why does it behave unlike any software that came before? Whose work does it change, and whose wages? What does it cost in electricity, water, and land — including here in Pennsylvania? Who is deciding how it gets built, and by what authority? Where do serious optimists and serious alarmists genuinely disagree?

Because the field moves weekly, we'll also make room for whatever has just happened. Brief demonstrations will ground the discussion, but the emphasis throughout is on observation and judgment rather than technique. Live polling from your phone will show us, session by session, where the room stands.

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 literacy 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. Ed had a business interest in a software program 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.

Course: 13

Title: Mindful Meditation: Finding Your Anchor

Instructors: Debra Romberger

Course Description: What if you could learn to meet your thoughts—and yourself—with greater calm, compassion, and ease?

Join us for an engaging introduction to Mindful Meditation, inspired by the teachings of Jon Kabat-Zinn, Tara Brach, Pema Chödrön, Jack Kornfield, Rick Hanson, and others. Together, we'll explore: What meditation really is—and isn't

Instructor Bio: Dr. Deb is a retired Psychologist and Mindfulness-based Stress reduction instructor. It has brought her great joy to teach Mindfulness in the area for years. In her down time, she enjoys reading, playing with her dog Winston and time with friends.

Course: 14

Title: Allentown and the Civil War

Instructor: Ronald Epstein

Course Description: The story of the men from Allentown who were among the first to enlist in the army during the Civil War, including one, not well known, who is the only Allentown resident to receive the Congressional Medal of Honor.

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

Course: 15

Title: Italy's Hidden Gems

Instructors: Gwen Shields and Umberto Piscina

Course Description: Travel with us through Italy on this 8-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 the Lake Region and then 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. The historic town centers of Bologna, Parma and Ravenna are rich with art and architecture and Roman mosaics. We'll 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). 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 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 Part 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: Stars and Starlore

Instructors: Jeffrey Grove

Course Description: Stars and Starlore - The astronomy and mythology of stars

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: Fascinating Biology - Ask an Expert

Instructors: Salli Wood

Course Description: Ever read an article about a biological breakthrough and wanted to learn more about it? Ever received a diagnosis and wanted to understand the underlying biology? Ever looked out the window and wondered "how does that bird (or butterfly or flower or...) do that? Tap into your innate curiosity and bring me your questions about biology. I'll do the research and share one of my famous presentations exploring the answer! Previous questions have included:How do starlings fly in murmurations? What effects does mercury have on the environment? and What causes Parkinson's tremors? Absolutely no prerequisites!

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 this biology class since fall 2025.

Course: 19

Title: Data Centers Part 1 & 2

Instructors: Ann Savkova

Course Description: You've heard the buzz. You've heard the claims:

- Increased respiratory and cardiac health risks
- Increased truck traffic
- Impacts on watersheds
- Average electrical rate increase of 93-267% following data center construction
- Increased air and noise pollution from onsite diesel generators
- Declining property values
- Loss of agricultural land

On October 8, come and hear what state Representative and Majority Whip Mike Schlossberg can tell us about:

- How the PA Constitution organizes states, counties, cities and towns
- What the municipal code indicates each level of government can say or do regarding construction
- What Governor Shapiro's Executive Order regarding Data Centers actually says

- How that E.O. impacts Data Center plans and construction – both those propose and yet to be proposed

Then Join us on October 20 and 27 to hear from Greg Sussman, an organizer of Oppose Atlas DC.com and president of the South Whitehall Civic Alliance. Oppose Atlas DC is a grassroots organization founded out of deep concern for the profound and irreversible impacts the proposed Atlas Hyperscale Data Center will have on our community. The organization is made up of volunteers who realized this project was being pushed through without enough community awareness or engagement.

Greg will share the facts and impacts surrounding Data Centers in general- and the Atlas Data Center specifically, discuss what the Alliance is doing, and how you can help or get involved if you are so inclined. The discussions are sure to be lively.

Instructor Bio: Ann Savkova taught Honors English for 32 years before retiring to take and teach classes at the ILR.

Course: 20

Title: The Lawyer's Eye: How to Protect Yourself, Spot Trouble & Make Better Decisions"

Instructors: Maryann Higgins

Course Description: Week 1: Think Like a Lawyer. How Lawyers analyze a problem. Week 2: Read Before You Sign. Contracts, fine print, waivers, estimates, and agreements. Week 3: When Someone Does You Wrong. Negotiation, documentation, demand letters, complaints, and when to call a lawyer. Week 4: Inside the Courtroom. How trials actually work, including cross-examination and objections. Week 5: Your House & the Law. Contractors, neighbors, property, insurance, zoning and common disputes. Week 6: Protecting Yourself. Wills, powers of attorney, scams, lawyers, and the legal mistakes people make later

Instructor Bio: Maryann Higgins is a retired lawyer with over 30 years of experience in the Lehigh Valley area. Until retirement, I was Manager of the GEICO Staff Counsel Office in Allentown which handled the defense of policy holders in cases with claims for personal injuries.

Course: 21

Title: The First Ten Decades of the Philadelphia Phillies (1883 to 1979)

Instructors: John Schmoyet

Course Description: A light-hearted look at their ballparks, their colorful players, their somewhat darker moments all tied in with the events of each decade.

Instructor Bio: Retired from AT&T Microelectronics and Silicon Cert Laboratories. BA and MBA degrees and a 70-year fan of the Phillies. Two-time Dale Carnegie prepared speech winner

Course: 22

Title: MONSTER MASH (UP)

Instructor: Anna Gilgoff

Course Description: Some of the best known monsters in literature and religion continue to shape human fears in classic tales and film. What accounts for our fascination with creatures from Medusa to Godzilla? How are they portrayed? Why do they continue to elicit both empathy and fear?

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.

ZOOM COURSES

Course: 23 Zoom 1

Title: Vaccines: History, Science, and Modern Misunderstandings Part 2

Instructors: Will Towne

Course Description: This is Part 2 of a two-part course** designed for students with limited science backgrounds. In Part 1, we discussed how vaccines are developed, tested, approved, and monitored in the U.S., why doctors and scientists agree that our vaccines are safe and effective, and how misinformation about vaccines has become so prevalent. We then reviewed the history of vaccines through the first half of the 20th Century, including vaccines for smallpox, rabies, cholera, anthrax, typhoid, whooping cough, diphtheria, and tetanus, among others. In Part 2, we will look at our immune systems to see how vaccines actually work to prevent infections. We will then discuss the last 100 years of vaccine history, including vaccines for polio, measles, the flu, and COVID-19, among others, and our modern anti-vaccine movements. Finally, we will touch on the likely future of vaccines, such as the possibility of personalized vaccines against a patient's own tumor cells and the likely importance of new mRNA vaccines against familiar diseases such as the flu.

** Students who did not take Part 1 should nonetheless understand Part 2, and recordings from Part 1 will be made available to students on request.

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 12th course for the ILR, which have been on topics spanning basic biology, bees, evolutionary biology, anthropology, evolutionary psychology, and vaccines.

Course: 24 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: 25 Zoom 3

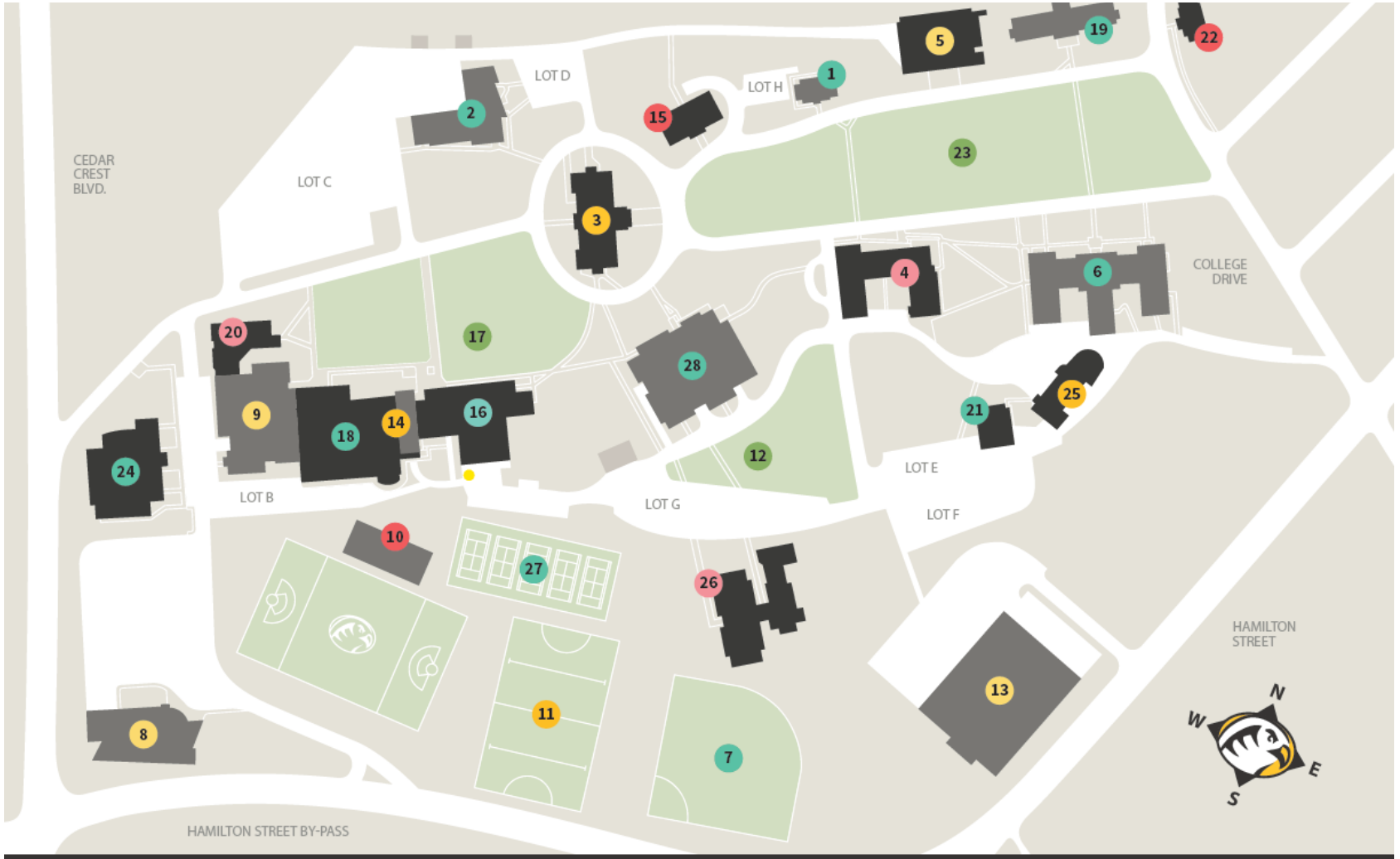
Title: American Film Classics

Instructors: August Nigro

Course Description: In this Zoom course we will view at home online or on television eight more films from the American Film Institute's list of 100 greatest American movies. We will then discuss

in a zoom meeting primarily how the director uses his visual pattern to communicate his theme and secondarily, how he uses words and music to effect that communication.

Instructor Bio: August NIgro has done post graduate study at Claremont, Berkeley, and Yale universities and taught American educators at Oxford University and international teachers at Kutztown. Nigro is also the author of The Diagonal Line, The Net of Nemesis, and Wolfsangel: A German City on Trial. His screenplay adaptation of Wolfsangel was read at Towson College in Baltimore; his full-length plays, A Long Shadow, stage-read by the Italian American Theater of Chicago, and Except Mr. Dickinson, staged off-Broadway.



CEDAR CREST COLLEGE

cedarcrest.edu

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

Cedar Crest College's ILR Parking Permit 10/5/26 to 12/4/26