

**ILR S2023 Course Grid**  
**NO CLASSES DURING THE WEEK OF APRIL 3**

	Course Title	Instructor	DAY	Begin & End Dates	Time	Location	No Class in Addition to Week of April 3
1	The World's Religions and Ecology	Timm	Mon	Mar 27- Apr 24	10AM - 11AM	Hamilton Blvd Bldg 7	
2	ASSASSINS AMONG US	Epstein	Mon	Apr 17 - Apr 17	10AM - 11:30AM	Hamilton Blvd Bldg 9	
3	Qigong	Stangil	Mon	Mar 6 - May 1	10AM - 11AM	Steinbright Hall Dance Studio 1	
4	Basic Astronomy for Lifelong Learners	TALBOO and Anderson	Mon	Mar 6 - May 1	10AM - Noon	Alumnae Hall Little Theater	Mar 20
5	BEFORE SPIELBERG	Gilgoff	Mon	Mar 13 - Apr 17	10AM - 11:30AM	Blaney Hall 11	
6	Antarctica: Exploring the Frozen Continent	Hall	Mon	Apr 10 - Apr 24	3:00 PM - 4:30PM	Hamilton Blvd Bldg 9	
7	BRITAIN FROM THE SHADOW OF WORLD WAR ONE to the Dawn of the Jazz Age	Borene	Tues	Mar 7 - May 2	10AM - 11:30AM	Curtis 112	
8	Ethical Politicians: an oxymoron	Curran	Tues	Mar 28 - Mar 28	10AM - 11:30AM	Curtis 135	
9	Short Stories from THE NEW YORKER	Diamond	Tues	Mar 7 - May 2	10:30AM - Noon	Miller 33	
10	THE VAST AND THE SMALL	Ruggiero	Wed	Mar 8 - Apr 26	10 AM - 11:30AM	Curtis 135	
11	Modern World History through Current Events	Wood	Wed	Mar 8 - Apr 26	Noon - 1:15PM	Oberkotter 1	
12	Moving from Frustration to Freedom: Home and Life Transitions in Retirement	Kearney	Wed	Mar 22- May 3	1:00PM - 2:30PM	Pool Science Center 136	

13	Notable & Notorious: Six Women Born in 1860	Stangil	Wed	Apr 19 - Apr 19	1:00 PM - 2:30PM	Miller 33	
14	Introduction to duplicate bridge	Kohler	Thu	Mar 9 - May 4	10AM - 11:30AM	Miller 33	
15	Mindfulness & Meditation	Romberger	Thu	Mar 9 - May 4	10AM - 11AM	Alumnae Hall Chapel	
16	HOLISTIC BROADWAY TAP INSTRUCTION	Farrar	Thu	Mar 16 - Mar 16	11AM - 1PM	Steinbright Hall Dance Studio 1	
17	153rd Pa. at the Battle of Gettysburg	Stocker	Thu	Mar 9 - May 4	11AM - Noon	Oberkotter 1	
18	Conscious Eating. What is it?	PAVELCO	Thu	Apr 13 - Apr 27	1PM - 2PM	Miller 33	
19	Topics in astronomy and cosmology	Grove	Thu	Mar 9 - Mar 30	2:00 PM- 3:15PM	Hamilton Blvd Bldg 8	16-Mar
20	Money & Joy: How We Shape Our Own Choices	Peoples	Fri	Apr 14 - Apr 28	10AM - 11:30AM	Alumnae Hall Auditorium	
21	Your Grandkids' Futures	Charles	Fri	Apr 21 - May 5	11AM - Noon	Curtis 135	

**ALL COURSES BELOW ARE ZOOM**

22	Yann Martel's novel Life of Pi	Hausman	Mon	Mar 6 - May 1	1PM - 1:45PM		
23	Ethical Politicians: an oxymoron	Curran	Tues	Mar 7 - Mar 7	10AM - 11:30AM		
24	Short and Sweet Chair Yoga	PAVELCO	Tues	Mar 14 - Apr 11	10AM - 10:30 AM		
25	Evolutionary Psychology	Towne	Tues	Mar 14 - May 2	10AM - 11AM		
26	The Fiction of Henry James	Nigro	Thu	Mar 9 - May 4	10AM - 11:30 AM		

See Campus Map (in Registration Package) for building locations.

# LVILR SPRING 2023

## IMPORTANT DATES

1. The semester begins on March 6 and ends on May 5.
2. There are no ILR classes scheduled for April 3-7.

## GENERAL INFORMATION

### Background and Contact Information

The Lehigh Valley Institute for Learning in Retirement (LVILR) is a non-profit organization that holds its classes on the Cedar Crest College campus and via Zoom. Membership is open to all retired people and to others aged 55 and older.

The LVILR office is located in the Institutional Advancement Office at Cedar Crest College, Blaney Hall, Room 215; phone: 610-606-4666 ext. 3381 but we **recommend strongly that you contact us** via email at [LVILRCCC@gmail.com](mailto:LVILRCCC@gmail.com) as that will allow us to respond most quickly.

The LVILR website address is [LVILR.org](http://LVILR.org).

### 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** LVILR 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.

## **General Course Information and COVID Policy**

Courses will be offered on-campus and via Zoom during the S2023 Semester. All LVILR students taking on-campus courses must adhere to the Cedar Crest COVID. In brief, vaccination is very strongly recommended but is not required. policies of and LVILR. Masking is optional but recommended in areas of high population density and in some cases, it may be requested. For further details, please see the Cedar Crest College policy at [Health Services | COVID 19 Information \(cedarcrest.edu\)](https://cedarcrest.edu/Health_Services_COVID_19_Information).

Most courses initially scheduled for on-campus may be moved to Zoom if COVID conditions require. There will, however, be courses that will be canceled if such COVID conditions arise.

## **REGISTRATION**

Registration materials for the S2023 Semester have been emailed to all LVILR members for whom we have email addresses. Registration materials are also available on the LVILR website ([LVILR.org](https://LVILR.org)). All registration (on-campus and ZOOM) will be done by means of an electronic form accessible via a link included with the registration materials and on our website. Please see the instructions on the form.

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..... \$60

4-6 Courses..... \$75

7-10 Courses..... \$90

11+ Courses.....\$105

## **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.

## **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 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**

- 1. Given current circumstances, please try to plan your arrival such that you'll spend minimal time in the hallways.**
2. Please be quiet in the halls while waiting for a classroom to be cleared and do not enter until it is empty.
3. Vacate the room promptly at the end of the scheduled period. **PLEASE SILENCE CELL PHONES.**
- 4. ILR does not permit solicitation of ILR students by other ILR students or ILR instructors for any reason.**
5. The Cedar Crest College campus is **smoke-free**. Smoking is not permitted anywhere on campus.
6. 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. 3381 or email Marvin Charles at [LVILRCCC@gmail.com](mailto:LVILRCCC@gmail.com).
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.

# LVILR S2023 Course Descriptions

## **COURSE 1 The World's Religions and Ecology:**

**Dr. Roger Timm**

We will discuss the world's religious traditions -- including Indigenous religious, the Abrahamic traditions (Judaism, Christianity, and Islam), and Eastern religions and philosophies -- and consider their perspectives on environmental concerns and how they may be helpful as we deal with climate change and other ecological issues.

*Mon Mar 27-Apr 24 10AM - 11AM HBB 7*

## **COURSE 2 Assassins Among US: John Wilkes Booth, Lee Harvey Oswald among many others.**

**Ronald Epstein**

The course will examine the mindset of those who have attempted to or have succeeded in assassinating American Presidents and other public officials throughout our history.

*Mon Apr 17 - Apr 17 10AM - 11:30 AM HBB 9*

## **COURSE 3 Qigong**

**Mary Ann Stangil**

Qigong is an exercise system of Chinese origin that focuses on breath, intention and posture to promote healing, wellness and longevity. It is easy to do, improves balance and reduces stress. It is usually done standing but can be modified as needed.

*Mon Mar 6 - May 1 10AM - 11AM STE Dance Studio 1*

## **COURSE 4 Basic Astronomy for Lifelong Learners**

**Chuck Talboo/Mitch Anderson**

So much space, so little time. Come, bring your curiosity and journey through the cosmos with Mitch, George and Chuck as we share the wonders of our dynamic universe.

*Mon Mar 6 - May 1 10AM - Noon Alumnae Hall Little Theater*

**COURSE 5      Before Spielberg****Anna Gilgoff**

Jewish American literature is a vital part of American culture establishing a tradition delivered by artists from Maurice Sendak to Allen Ginsburg. The distinguishing features of this literature include experiences ranging from the travails of immigration to the loss of identity through assimilation. Writers like Bernard Malamud, Grace Paley, Philip Roth and others document these experiences in stories worthy of discussion, reflection and appreciation.

*Mon    Mar 13 - Apr 17    10AM - 11:30 AM    Blaney Hall 11*

**COURSE 6    Antarctica: Exploring the Frozen Continent****Dr. Kelly Hall**

This course will examine early history of exploration on the continent, including the voyages of well-known explorers such as Scott, Amundsen, and Shackleton. Participants will learn about the climate and wildlife, and the effects of climate change on the continent. We will then explore modern living and working conditions at a U.S. science base. We will look at current scientific research being undertaken, the people who choose to go there (often year after year), and discover why they keep coming back. The course will give practical advice for visiting the continent as a cruise-ship traveler, including costs, how to determine the best provider, what to pack/wear, and what you can expect to do.

*Mon    Apr 10 - Apr 24    3:00 PM - 4:30PM    HBB 9*

**COURSE 7    Britain From the Shadow of World War One  
to the Dawn of the Jazz Age****Dr. Margaret Borene**

Does war actually change the course of history itself? Some historians think so. But, do we, the readers of history agree with them? This semester we will study the effects of World War One on politics, poetry, art, fashion, music and family interaction. We will meet the imperialists Winston Churchill, T.E. Lawrence and Gertrude Bell and poets like Siegfried Sassoon, Wilfred Owen and T.S. Eliot. We will interact with a trio of aristocratic families with a nod to the characters of Downton Abbey. We will examine the creative arts with Coco Chanel and Gustav Holst, as well as study the birth of Jazz in Britain and modern art with the Tate Museum. Lastly, we will enter the lives of the working class like Tommy Atkins, a young chauffer, and Doris Scovell, a Tweenie maid. Our text is: *The Great Silence: Britain from the Shadow of the First World War to the Dawn of the Jazz Age* by Juliet Nicolson (2009) Nicolson is a descendent of one of the more famous political and literary families of the early twentieth century, Harold Nicolson and Vita Sackville-West.

*Tues    Mar 7 - May 2    10AM - 11:30AM    Curtis 112*

**COURSE 8 Ethical Politicians: an oxymoron (On Campus)****Ed Curran**

Will present a lecture disputing a common belief and follow up with discussion

*Tues Mar 28 - Mar 28 10AM - 11:30AM Curtis 135*

**COURSE 9 Short Stories from THE NEW YORKER****Dr. George Diamond**

Since its founding in 1925, THE NEW YORKER MAGAZINE has published stories from a variety of prominent writers including John O'Hara, Dorothy Parker, John Updike, J. D. Salinger and others. The short story can be rich in literary qualities which has made it attractive to writers and readers. The short story is a unique kind of prose fiction. The world of the short story is compressed, so the reader can concentrate on that world without encountering or being distracted by the extraneous. In the Spring semester of ILR 2023, we will spend one week discussing approaches to short story interpretation, and the following seven weeks discussing a variety of selected NEW YORKER stories, attempting to determine their quality as works of literature, their essence, what they tell us about contemporary life, and how they might compare to past masters of the craft. I will supply the reading material.

*Tues Mar 7 - May 2 10:30AM - Noon Miller 33*

**COURSE 10 The Vast and the Small: Finding Awe and Blessing Through the Poetry of Mary Oliver.****Dr. Alfred Ruggiero**

The American poet Stanley Kunitz has said of Mary Oliver, her "poetry is fine and deep; it reads like a blessing. Her special gift is to connect us with our sources in the natural world, its beauties and terrors and mysteries and consolations." In this time of hostility and seeming disconnectedness, you are invited to come aside and reconnect by reading, absorbing, and discussing the direct and beautiful poetry of Mary Oliver.

REQUIRED: MARY OLIVER NEW AND SELECTED POEMS, VOLUME TWO. That's VOLUME TWO, easily available new or used from most booksellers, or from Kindle.

*Wed Mar 8 - Apr 26 10 AM - 11:30AM Curtis 135*

**COURSE 11 Modern World History through Current Events****Dr. Salli Wood**

We'll explore the history behind the stories in the news about world events. How did we get here? What happened in the previous two to three centuries that can help us understand the current situation? What are the repercussions in the present of decisions made in the past? Can we learn from past mistakes? Some weeks may cover countries or regions updated from previous courses.

*Wed Mar 8 - Apr 26 Noon - 1:15PM Oberkotter 1*

**COURSE 12 Moving from Frustration to Freedom: Home and Life  
Transitions in Retirement**

**Jill Kearney**

Home transitions can be overwhelming endeavors... especially in retirement! You might wonder: how do I even approach downsizing or decluttering my home? How do I get the most when selling my house? How can I even think about a new home when moving is so miserable and overwhelming? This six-part series empowers audience members to face home transitions with confidence and positivity, with the added assurance that there is help available if they need it.

*Wed Mar 22-May 3 1:00PM - 2:30PM SCI 136*

**COURSE 13 Notable & Notorious: Six Women Born in 1860** **Mary Ann Stangil**

Their names and accomplishments are recognizable and surprisingly they were all born within six months in the year the Civil War began. Intrigued?

*Wed Apr 19 - Apr 19 1:00 PM - 2:30PM Miller 33*

**COURSE 14 Introduction to duplicate bridge.**

**Mike Kohler**

The goal is to promote this fascinating card game so that more people will play and eventually join the 220 current members of the Lehigh Valley Bridge Association. We welcome anybody who wants to learn more about bridge, including social bridge players, pinochle players, and those who have never played cards at all. Depending on the attendance, we hope to be able to actually play a few hands toward the end of each class. There are numerous studies that show the cognitive benefits of bridge. To quote a recent AARP article: "playing your cards right can help keep you sharp long after retirement."

*Thu Mar 9 - May 4 10AM - 11:30AM Miller 33*

**COURSE 15 Mindfulness & Meditation**

**Dr. Deb Romberger**

In an everchanging world it is important to recognize that while we cannot often control what happens around us, we can control how we respond. Building a daily meditative practice increases our bandwidth to bob around with a bit more ease when the waves in life kick up. I invite you to join me in this session as we explore both Mindfulness as well as various types of Meditations so you may choose what works best for you. Beginners as welcome as well those a bit more seasoned as we are encouraged to bring a "beginner's mind" to the mat and to life in general. I look forward to seeing you. Mindfulness provides a simple but powerful route for getting ourselves unstuck, back in touch with our own wisdom and vitality. It is a way to take charge of the direction a quality of our lives including our relationships within the family, our lives including our relationships with the family, our relationship to

work and to the larger world and planet and mostly fundamentally our relationship with ourselves.  
-Jon Kabat-Zinn (Founder of MBSR)

*Thu Mar 9 - May 4 10AM - 11AM Alumnae Hall Chapel*

## **COURSE 16 Holistic Broadway Tap Instruction**

**Doris Farrar**

A healthy way to enjoy exercise that creates improved balance, prevents fall risk issues, improves circulation, enhance endorphins thus reducing stress, challenges the brain cells to move one's body & feet together. Participants will enjoy comradeship and an accomplishment of & experiencing varies rhythms and simple routine and patterns. Tap shoes encouraged but not required.

*Thu Mar 16 - Mar 16 11AM - 1PM STE Dance Studio 1*

## **COURSE 17 153rd Pa. at the Battle of Gettysburg**

**Jeffrey Stocker**

I had previously done a one period course on the 153rd Pa. Regiment, which was recruited from Lehigh and Northampton Counties, at the Battle of Chancellorsville. I propose to a do a one-day course on the 153rd Pa. at the Battle of Gettysburg.

*Thu Mar 9 - May 4 11AM -Noon Oberkotter 1*

## **COURSE 18 Conscious Eating. What is it?**

**Jan Pavelco**

People typically think that eating is just actual food that we put in our bodies. Food isn't the only thing that feeds us though! In this 3 part series, we will deconstruct exactly why we eat, what we eat, and what's eating us. We will take a look at our full Circle of Life and how every aspect of our life impacts how and what we eat. We will also learn about nutritional components to common foods. This is not a course that promotes a strict diet; it is an opportunity to take a close look at our own personal habits and how it impacts our lives.

*Thu Apr 13 - Apr 27 1PM - 2PM Miller 33*

## **COURSE 19      Topics in astronomy and cosmology**

**Dr. Jeffrey Grove**

Stars and star lore

The astronomy, the cosmogony, and mythology of stars

There are billions of stars in our galaxy.

The formation of stars was vital to the evolution of the universe.

Some of the themes that I hope to touch on are:

The evolution of stars in the early universe

Developing an understanding the closest star, our Sun

Mythology and our spiritual connection to the Sun and other stars

The types of stars and their life cycles

The nature of stars and their internal processes

Notable persons in the history of astronomy and cosmology

*Thu      Mar 9 - Mar 30      2:00 PM- 3:15PM      HBB 8*

## **COURSE 20    Money & Joy: How We Shape Our Own Choices      Duane Peoples**

This three-class series looks into important and often controlling aspects of our post-retirement life and lifestyles. During our work and career building phases we look to accumulate enough wealth to retire comfortably, but that means something different to everyone and sometimes what we planned. for isn't what we are experiencing.

The situations and circumstances we face during our retirement lives are often very different from what we anticipated. From a loss of professional identity to feelings of relevance to challenges with adult children, aging parents and demands placed on financial resources and emotional capacities.

This class series brings to focus important discussions about financial risk and how to manage what we cannot control. This class may be the first time for many to participate in a financial planning discussion that has more to do with trying to understand ourselves than trying to understand the markets. If done right, we might share some laughter and find ourselves saying "Huh, I never heard that before!".

This is not a psychology class, a counseling session or a quest for answers to the mysteries of life. This is class about personal and family finance without the use of technical jargon or boring charts. There is no need to bring anything to class other than a willingness to discover.

Class One: "Shouldn't This Be Easier" An insightful discussion about financial skills and intuition and the complex uncertainties that life post-retirement can present.

Class Two: "Playing with Purpose" ~ A potentially amusing look into our own relationship with joy and how money can be a tool for joy but never a source.

Class Three: "Behavior and Happiness" A blended discussion about our approach to decision making and the role our "hard wiring" has on the outcome and happiness we experience.

*Fri      Apr 14 - Apr 28      10AM - 11:30AM      ALH Auditorium*

**COURSE 21      Your Grandkids' Futures****Dr. Marvin Charles**

Recently, job layoffs by Google, Amazon, etc., have created a sense that technology might not have as much of an effect on future jobs as has been predicted in recent years. This isn't the case and indeed might actually speed up technological applications in many areas previously thought of as being relatively safe..... at least for a while. This is important to all of us in ILR not only because of the possible effects on our lives but also because of the profound effects it will have on our grandchildren.

We'll discuss the reasons for the "firing frenzy" and how it could affect career opportunities for the young and what strategies they can use to cope with their rapidly changing world, more technological world. Included will be consideration of some specific careers (e.g, chef, lawyer, engineer, tradesperson, artisan).

*Fri      Apr 21 - May 5              11AM - Noon      Curtis 135*

**COURSE 22      Yann Martel's novel Life of Pi (ZOOM)****Regina Hausman**

We'll be reading Yann Martel's novel Life of Pi, which explores questions about the animal and spiritual aspects of human nature. It comprises 100 chapters, each an average of 3-4 pages long. Please read the Author's Note and chapters 1-8 for the first class.

*Mon      Mar 6 - May 1              1PM - 1:45PM*

**COURSE 23      Ethical Politicians: an oxymoron (Zoom)****Ed Curran**

Will present a lecture disputing a common belief and follow up with discussion

*Tues      Mar 7 - Mar 7              10AM - 11:30AM*

**COURSE 24      Short and Sweet Chair Yoga (ZOOM)****Jan Pavelco**

All it takes is 30 minutes to get your body stretched, energized and ready for the day! This class is designed to give those who might not be able to exercise on the floor an opportunity to see how effective using a chair with the incorporation of some standing movements will impact your body. Start energizing your body right in the comfort of your own home using Zoom software.

*Tues      Mar 14 - Apr 4              10AM - 10:30 AM*

**COURSE 25      Evolutionary Psychology (ZOOM)****Dr. Will Towne**

Over the past 50 years, our understanding of animal behavior has been revolutionized by viewing behaviors as adaptations that evolve by natural selection. The success of this approach has inspired the development of Evolutionary Psychology, which approaches our own behavior from an evolutionary viewpoint. This course will begin by reviewing natural selection, especially as it applies to behavior. Then we will look at the behavior of animals most relevant to understanding human behavior. We will see that, although natural selection generally favors selfishness, it can favor cooperative and altruistic behavior under certain conditions. We will then ask what our emotions are designed to accomplish—including the positive social emotions like love, friendship, joy, confidence, loyalty, and trust as well as their negative counterparts like hate, sadness, animosity, depression, distrust, anxiety and guilt. Evolutionary psychology provides deep insights into these issues of potential value in psychiatry and psychology. Evolutionary Psychology also helps to explain many other phenomena, such as our preferential treatment of kin; many of our sexual behaviors; our keen interest in talking about others (i.e., gossiping); our appetites with respect to food, alcohol, and spices; our competitiveness; and even our tendencies to make art and enjoy humor.

*Tues      Mar 14 - May 2      10AM -11AM*

**COURSE 26      The Fiction of Henry James (ZOOM)****Dr. August Nigro**

We will read and discuss selected fiction of Henry James. Students should come to first Zoom class having read the short stories "The Figure in the Carpet" and "The Altar of the Dead," both available online.

*Thu      Mar 9 - May 4      10AM -11:30 AM*

## LVILR S2023 Instructor Bios

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

**Dr. Margaret Borene** is a retired adjunct professor of History. She has taught at UW Milwaukee, Northampton Community College and Lehigh University. Her general field of study is Early Modern History with a special interest in the English Tudor-Stuart period. In addition, she has taught modern European history with her special interests in World War I and the life and times of Winston Churchill. She frequently uses art as additional primary source material to better understand each historical time period.

**Dr. Marvin Charles** was a professor of chemical engineering/ biotechnology at Lehigh University for about 35 years. He also was an adjunct professor at Temple's College of Pharmacy. In addition, he was vice president for technology at ABEC, Inc., a local company engaged in the process/plant design and equipment manufacture for the pharmaceutical and biotech industries. Marvin does some consulting but spends most of his time being a serious dilettante.

**Ed Curran** is a retired social worker in the Mental Health field. Enjoys reading Biographies and History. When not playing basketball, can be found rooting for my Alma Maters LaSalle & WVU.

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

**Ronald Epstein** is a graduate of William Allen High School plus two years at Lehigh County Community College. I worked for the Morning Call for nearly 35 years.

**Doris Farrar** is a retired psychiatric nurse case worker/manager with over 40 yrs of dance instruction & experience in teaching many ages. Emphasis is keeping adults healthy and balanced and to give back to the community.

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

**Dr. Jeffrey Grove** is a lifetime learner of the natural sciences, especially astronomy, cosmology and astrology. He has been an instructor and mentor for students learning the sciences and mathematics. Presently he is a mentor/instructor for those learning Vedic philosophy, cosmology, and astrology. He has a B.S. in physics from Juniata College, and a doctorate in a field of science from Salus University.

**Dr. Kelly Hall** is currently the Director of Global Initiatives at Cedar Crest College, and leads their signature program, the Sophomore Expedition. She studied abroad in Paris for a year as an undergraduate and earned her MA in Medieval Studies in England. She earned her Ph.D. in literature and has 14 years of college-level teaching experience in language, literature, and the humanities. She worked 4 austral summer seasons at McMurdo Station, the largest of 3 U.S.-owned research bases in Antarctica, first as a vehicle operator and later as a field-camp logistics manager. She encourages everyone to learn about other cultures and to travel the world.

**Regina Hausman** is a native of Allentown and a retired teacher of middle school English, I graduated from Penn State and Kutztown.

**Jill Kearney** is Founder and CEO of Specialty Moves by Design, where she considers her work to be as much a ministry as a business. Together, she and her team have joyfully moved over 1500 clients from old home to new over more than a decade. A vibrant and engaging speaker, she inspires and encourages those facing home transitions to take advantage of all that is possible in creating a joyful home. Jill lives in the Lehigh Valley of Eastern PA and speaks regionally and nationally. She has twice served on the board of directors of the National Association of Senior & Specialty Move Managers (NASMM) and is now offering an in-depth planning course, available online, called The Ultimate Planner for Finding Your Next Home in Retirement.

**Mike Kohler** has been a member of the Lehigh Valley Bridge Association for 11 years and was president from 2019 to 2021. After graduating from Lehigh University, I worked as an engineer for Mack Trucks for 40 years, retiring in 2015.

**Dr. August Nigro** is the recipient of three NEH grants for postgraduate study at Claremont College, Berkeley, and Yale; four NEH grants to teach American high school educators at Oxford University, England; and a USIA grant to teach foreign educators at Kutztown University. He is the author of three books, The Diagonal Line, The Net of Nemesis, and Wolfsangel: A German City on Trial.

**Jan Pavelco** is the author of "The Inspired Apron. A Recipe for Life". Jan is a certified health coach through the Institute of Integrative Nutrition, has a 200 hr. yoga certification. Jan loves to incorporate the concepts of qigong into her yoga practice. She teaches yoga, qigong and aqua yoga at the JCC in Allentown as well on her personal Zoom practice through her company Essence House. Her website is [www.essence-house.com](http://www.essence-house.com)

**Duane Peoples** VP, Financial Advisor, is a native of Allentown and a founding member of the 515 Hamilton Group at Morgan Stanley. Drawing on more than twenty-five years in private business, Duane integrates his personal experience overseeing 350 employees and a manufacturing/supply-chain that crossed four continents, into his stewardship approach to financial planning. Duane understands that behind every entrepreneur, executive and professional is a family, and that family is the true asset to any enterprise. His methods are in-depth, comprehensive and purposefully structured to manage complex situations and circumstance.

After graduating from Bethlehem Catholic High School, a wrestling scholarship took Duane to Oklahoma State and on to Penn State University where he graduated with a B.A., in International Business and met his wife and 515 Hamilton Group partner Patricia Peoples. Together they have two children, Craig, now a member of the 515 Hamilton Group and Grace, a Social Media Director with Altitude Marketing in Emmaus, PA.

Duane is a Certified Kingdom Advisor®, a long-time facilitator of Dave Ramsey's Financial Peace University, an Insurance Planning Specialist and is currently completing the rigorous course work to acquire his Certified Financial Planner® designation. Duane is an active member of the Cedar Crest Bible Fellowship Church where teaches a course on Financial Stewardship and Biblical Wisdom in their All-Life Discipleship Institute program. Duane's passions extend to playing the piano where thanks to the strong influence of Jim Brickman, David Lanz and Robin Spielberg he is encouraged to focus his best efforts on financial planning!

**Dr. Debra Romberger** trained at the Center for Mindfulness at the UMASS Medical School and is a Qualified Mindfulness-based Stress Reduction Instructor. She has taught MBSR and Mindfulness at colleges, support groups, and professional organizations in her community and has run countless MBSR trainings. She has a PhD in Educational Psychology and taught Psychology at colleges and university in the area while she worked as a psychologist in her private practice in Allentown. Now retired from everything except the Mindfulness she enjoys her time at the Lake with her husband and pet rescue Pitbull Winston.

**Dr. Alfred Ruggiero** lives quietly in Bethlehem with four rescued cats and his rescued dog and constant companion Benjamin. He (Alfred) is contentedly retired from 40-or-so years of teaching English on the secondary and college levels, and of pastoring three Lutheran congregations. He and Benjamin love roaming through woods and fields, wading in creeks, and napping each day after lunch.

**Mary Ann Stangil** is a certified Qigong instructor through the National Qigong Association (NQA). She has studied and trained in Taijichuan and Qigong for 25 years and taught for 21 years. Besides teaching Qigong, she has had a long-time interest in women's history.

**Jeffrey Stocker** graduated from Muhlenberg College with a BA in History in 1980 and Temple Law School in 1983. I retired after 33 years as an attorney in Allentown in 2017. I have written 3 books on the Civil War, with my most recent being a history of the 153rd Pa. Regiment. I live in Center Valley, Pa., with my wife and several pets.

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

**Dr. Roger Timm** is a retired ELCA pastor. In 1970 he received a M.Div. degree from Concordia Seminary and an M.A. in philosophy from Washington University, both in St. Louis. Roger completed his Ph.D. in religious studies in a joint program with Union Theological Seminary and Columbia University in New York in 1975. Ordained in April 1971, he has served in both parishes and campus ministry settings. During the 1980's he was assistant chaplain and assistant professor of religion at Muhlenberg College. He retired in 2011. Since 2013 he has taught several courses for ILR.

**Dr. Will Towne** grew up in the Lehigh Valley and studied biology at Moravian College (B.S. 1978) and Princeton University (Ph.D. 1985) before moving to Kutztown University, where he taught a variety of biology courses until he retired in 2019. He specialized in evolutionary biology and animal behavior, and his research focused on the communication and navigation of honeybees. He is married to a retired art historian and schoolteacher and has two adult children, a pathologist and an actor. He is an avid cyclist and unicyclist and rode across the country on his bicycle (Oregon to NH) in summer 2019. He is currently studying French, trying to get better at golf, volunteering actively with St. Luke's Hospice, and assisting his church with technological matters such as maintaining its website and helping to webcast services. This is his fifth course for the ILR.

**Dr. Salli Wood** earned a Bachelor's Degree in Biology from Carleton College and a Doctorate in Cellular Biology from Cornell University. She has been teaching students in non-traditional settings for the past 25 years.



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|---|---|---|
| <b>1</b> Allen House  | <b>9</b> Dorothy Rider Pool<br>Science Center | <b>17</b> Moore Hall                                    |
| <b>2</b> Alumnae Hall   | <b>10</b> Field Hockey Field                  | <b>18</b> Oberkottler Center for<br>Health and Wellness |
| <b>3</b> Blaney Hall  | <b>11</b> Greek Theater                       | <b>19</b> Parking Lot                                   |
| <b>4</b> Butz Hall  | <b>12</b> Hamilton Boulevard<br>Building      | <b>20</b> Facilities/Security                           |
| <b>5</b> Cressman Library   | <b>13</b> Hartzel Hall                        | <b>21</b> President's Residence                         |
| <b>6</b> Curtis Hall and Sigal<br>Center for Business and<br>Technology | <b>14</b> Lacrosse/Soccer Field               | <b>22</b> Steinbright Hall                              |
| <b>7</b> Cynthia L. Blaschak<br>Softball Field                          | <b>15</b> Lees Hall                           | <b>23</b> Tennis Courts                                 |
| <b>8</b> Da Vinci Discovery<br>Center of Science and<br>Technology      | <b>16</b> Miller Family Building              | <b>24</b> The Rodale Aquatic<br>Center for Civic Health |
|   |   | <b>25</b> Tompkins College<br>Center                    |

**LVILR**

**Parking Permit**

**Valid**

**Mar.6, 2023**

**through**

**MAY 31, 2023**