FALL

2020 CATALOG

PATHWAYS INSTITUTE® *for Lifelong Learning*

Lifelong Learning Courses, Excursions, & Service Learning Opportunities for Adults 55+ in Lancaster County.

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> WELCOME

WELCOME FROM THE PATHWAYS INSTITUTE TEAM

More than ever we are committed to our mission - part of which is providing older adults with a wide variety of high quality lifelong learning opportunities that enrich the mind and spirit. The Pathways Institute team has embraced the evolving COVID-19 situation with a spirit of innovation while prioritizing your safety. Because of the current situation, this term we are bringing more virtual learning experiences along with in-person courses. Using this new format will allow continued involvement in the program should community guidelines change at any time.

Sincerely,

Anastasia Petrovskaya

AND THE PATHWAYS INSTITUTE TEAM

THE REGISTRATION FORM IS LOCATED AT THE BACK OF THE CATALOG. YOU CAN ALSO REGISTER ONLINE AT THEPATHWAYSINSTITUTE.ORG.

ON THE COVER:

Roger Godin spent 30 years at Franklin & Marshall College where he served as the Director of Career Services, an Assistant Dean of the College and Brooks College House Dean, and also spent more than half of those years teaching film courses on American movies and film industry. Roger began teaching Pathways Institute courses in 2013 while still working at Franklin & Marshall College. He was part of the small intrepid group of instructors who pioneered the Pathways Institute Zoom courses this Spring and early Summer.

MISSION & PURPOSE

PATHWAYS INSTITUTE for Lifelong Learning

PATHWAYS INSTITUTE FOR LIFELONG LEARNING® MISSION AND PURPOSE

The mission of Pathways Institute for Lifelong Learning is to foster with persons 55+ a quest for lifelong learning that enriches the mind and spirit to pursue wisdom, service, and understanding.

Established to meaningfully exercise the talents and abilities of older adults, Pathways Institute for Lifelong Learning recognizes the wealth of resources they have to celebrate, discover, and share. Pathways Institute provides older adults with opportunities to engage in mental, cultural, and spiritual activities promoting their overall wellness.

Representatives from Messiah Lifeways, Messiah College, and the Brethren in Christ Church collaborated to found this innovative program in 2005 as a learning program of Messiah Lifeways in the Capital Region. It has since grown to include a host site in Lancaster County - Landis Communities in addition to the original Messiah Lifeways location.

> MISSION & PURPOSE

> GENERAL INFORMATION

Pathways Institute provides a forum for education and lifelong learning through discussion and sharing in an open and objective environment. All opinions are welcome. Information presented in courses or events is for educational and enrichment purposes only and is not representative of Pathways Institute for Lifelong Learning or Landis Communities.

LANCASTER COUNTY HOSTED BY:

Landis Communities

LANDIS COMMUNITIES MISSION

Following God's call to creatively serve the diverse needs and interests of older adults by developing opportunities and collaborative relationships.

GENERAL INFORMATION

YOU WILL NEED A COMPUTER/LAPTOP OR A MOBILE DEVICE (TABLET, SMARTPHONE) AND ACCESS TO EMAIL TO PARTICIPATE IN THE FALL 2020 TERM.

The Fall term will run from September 29 - December 16, 2020 and will include in-person and virtual courses:

- Some courses will be offered **in-person** for those who choose the membership option. Instructors will present to small groups gathered in-person on the campus of Landis Homes. In-person group sizes and procedures will be consistent with safety guidelines for the host site at the time of the course and must be adhered to by participants. These courses will also be live streamed through Zoom so other participants can "join in" virtually. If at any point in time in-person gatherings become restricted, in-person courses will be changed to virtual-only courses. Dates and times would remain the same unless otherwise noted.
- In addition to in-person courses, we will also have a **virtual-only** option where instructors will present virtually through Zoom. Participants will not gather physically for these courses.

This approach will allow for the delivery of quality instruction and participant experience that is a hallmark of Pathways Institute while also allowing for built-in contingency and minimal disruption should guidelines and restrictions related to COVID-19 shift along the way.

Only those who choose the membership option at registration will have the opportunity to enjoy up to 2 in-person courses. Please indicate on the registration form if you are interested in the in-person opportunities. After the registration window closes, a random drawing will determine who will attend the in-person courses.

FALL 2020 IMPORTANT DATES

August 26 Registration begins

September 14 Last day to register for in-person courses

September 15 Random drawing to select participants for in-person courses

Beginning September 16 Registration will only be available for virtual courses

September 29 First day of classes

December 16 Final day of classes

In-person classes will be held in the High Foundation Auditorium, the Crossings Building, at Landis Homes, 1001 East Oregon Road, Lititz, PA 17543-9206. For directions, please contact the Pathways Institute office at 717.381.3577.

> FALL 2020 IMPORTANT DATES

> REGISTRATION & FEES

REGISTRATION & FEES

To register, please fill out the **online registration** form located on the Pathways Institute website at **ThePathwaysInstitute.org**. Once you have completed the form, you will have the option to either pay online with a credit card or you may mail your payment to the Pathways Institute office with a check made payable to **Landis HCBS**. Please designate for Pathways Institute.

Alternatively, you may fill out the **paper registration form** and mail it in to the Pathways Institute office. For mailing address, see address in "Contact Us" on page 4. You will then receive an invoice through the mail. Checks should be made payable to **Landis HCBS** and sent to the Pathways Institute office.

Please send a check for each person separately.

This term we are offering a special **20% discount** due to COVID-19 and the impact it has had on our abilities to meet in person.

REGISTRATION OPTIONS	REGULAR FEE	DISCOUNTED FEE
MEMBERSHIP FEE FOR COMMUNITY MEMBER: select up to 8 courses with an opportunity for up to 2 of those to be in-person*	~~$100~~	$80
MEMBERSHIP FEE FOR LANDIS HOMES RESIDENT OR MEMBER OF OTHER LANDIS COMMUNITIES AFFILIATE: select up to 8 courses with an opportunity for up to 2 of those to be in-person*	~~$75~~	$60
PAY PER COURSE: virtual courses only (in-person not available for this option)	~~$25~~	$20 EACH

*In-person courses are available only through membership options.

Please note that the course fees are per person, NOT per household. Members of the same household will need to register separately and pay separately.

Several courses will be recorded and shared on-demand for a fee of $60, which will include access to all recorded content. Videos will be available through Pathways Institute website or DVD. To request video recordings, please contact the Pathways Institute office.

As a member of Pathways Institute you will receive a **10% discount** at the Landis Homes dining venues on class days. Your membership card must be shown to receive the discount. Access to dining facilities will be dependent on guidelines and restrictions at the time of each course. Membership cards will be available upon request.

Refunds of registration fees can be given up to the start of the term. After this date, we will not be issuing refunds.

VIRTUAL COURSE INFORMATION

We will be offering free introductory sessions on how to use Zoom in September; more details are on page 5. We encourage you to participate in one of these sessions.

Pathways Institute team will offer assistance to anyone experiencing technical difficulties and/or to those who would appreciate the added support as first-time Zoom users. Please indicate on the registration form if you would like help with setting up Zoom on your computer/device.

Please note that you will need a computer/laptop or a mobile device (tablet, smartphone) and access to email to participate in the Fall 2020 term.

You will receive an email with information about access for online courses (including the Zoom link) one business day prior to each course. The Zoom link is your unique personal access. Please don't share the Zoom details with anyone else. Please check your spam/junk folder if you do not see the email in your inbox.

> VIRTUAL COURSE INFORMATION
> CANCELLATION & DELAYS
> CONTACT US

You can find more information about setting up and using Zoom on our website: ThePathwaysInstitute.org

CANCELLATION & DELAYS

In the event of inclement weather, please call the main reception desk of Landis Homes at 717.569.3271 or the Pathways Institute office at 717.381.3577 to inquire if an in-person course will be canceled or delayed. Residents of Landis Homes can refer to WLH-TV for cancellations or delays.

Courses are also subject to change and/or cancellation for other reasons unrelated to weather. If this occurs, those who are enrolled will be informed promptly. If possible, the course will be rescheduled.

CONTACT US

If you have any questions, please contact the Pathways Institute office:

PATHWAYS INSTITUTE
FOR LIFELONG LEARNING®

Landis Communities
1001 East Oregon Road
Lititz, PA 17543-9206

717.381.3577

info@thepathwaysinstitute.org

ThePathwaysInstitute.org

PATHWAYS INSTITUTE FOR LIFELONG LEARNING

**In-person courses are subject to change to a virtual-only modality depending on guidelines and restrictions at the time of the course.*

ZOOM INTRODUCTORY COURSE

Instructor: TBD

Monday, September 21, 2020
10:00 am - 10:30 am
Wednesday, September 23, 2020
2:00 pm - 2:30 pm
Friday, September 25, 2020
10:00 am - 10:30 am
Virtual on Zoom. Enrollment Limit: None

A free 30-minute session to help participants join a Zoom meeting and learn how to navigate and use key features. We encourage everyone who plans on registering for fall term to attend one of the sessions. To sign up, please call the Pathways Institute office.

HISTORY

LH01

SEARCHING FOR ACHILLES

Instructor: Mr. Joseph Wagman

Tuesday, September 29, 2020
10:00 am – 11:00 am
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

Of all the Mycenaean palaces mentioned by Homer in the Iliad, the only two that have not been located so far are the palaces of the two protagonists of the Homeric epic poems, the Iliad and the Odyssey: the palace of Achilles in Phthia and that of Odysseus in Ithaca. The Mycenaean Spercheios-Valley Archaeological project combines archaeogeophysical survey, excavation, and digital technology to evaluate an excellent candidate for a potential regional palatial center on the ancient citadel (Akrolamia) of Lamia, Greece. In the summer of 2019, a test trench was dug on the Akrolamia to begin verifying if this is indeed a palatial site, and possibly the long-lost palace of Achilles. Mr. Wagman was a member of the excavation team and will discuss the Mycenaean civilization in general, and the 2019 dig season results from Akrolamia.

LH02

TOO MUCH FOR HUMAN ENDURANCE: THE GEORGE SPANGLER FARM HOSPITALS AND THE BATTLE OF GETTYSBURG

Instructor: Author Ron Kirkwood

Wednesday, September 30, 2020
10:00 am – 11:00 am
Virtual on Zoom. Enrollment Limit: None

The Spangler farm has long been overlooked as one of General George Meade's keys to victory and the most important farm in the Battle of Gettysburg. Also, there were two big hospitals on the Spangler farm during and after the battle. Hear the stories of sacrifice and heroism of the wounded and dying, surgeons and nurses, and Spangler family.

LH03

TREASURES OF THE CAUCASUS: THE HIDDEN WORLDS OF ARMENIA AND GEORGIA

Instructor: Mr. John Maietta

Wednesday, September 30, 2020
1:00 pm – 2:30 pm
Virtual on Zoom. Enrollment Limit: None

At the crossroads of Europe and Asia lies the Caucasus, ancient homeland of the Georgian and Armenian peoples. Part history, part travelogue, this course highlights the hidden treasures of these two little-known countries. We'll explore their scenic beauty, their enduring Christian roots, their architectural gems, their distinctive musical traditions, and their dramatic political evolution. Long beset by foreign powers – Rome, Persia, Turkey, Russia – Armenia and Georgia have now emerged from their tragic past, with a renewed sense of cultural heritage and national pride.

LH04

GREEK MYTHOLOGY

Instructor: Mr. Rick Abele

Thursday, October 8, 2020
1:00 pm – 2:30 pm
Virtual on Zoom. Enrollment Limit: None

The ancient Greeks have given us many important aspects of our culture and civilization. This class will take a look at classical Greek mythology and the stories that are still relevant. We will look at the origins of the Greek gods and the various interactions they had with one another and with humans. We will also explore famous stories that have been passed down to us from the Greeks. The Romans incorporated their gods from the Greeks, and we will compare them and look at some - specifically Roman myths.

LH05

MOROCCO: THE LAND AT THE EDGE OF THE WORLD

Instructor: Mr. John Maietta

Monday, October 12, 2020
1:00 pm – 2:30 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

To the ancient Romans, Morocco marked the western limits of empire. To its Muslim conquerors, Morocco was "the land of the setting sun." To Hollywood, it was a hotbed of wartime intrigue – memorably brought to life in the movie *Casablanca*. This program provides a colorful glimpse of the history and culture of Morocco. From the desert oases of the south to the ski slopes of the High Atlas Mountains … from the bustling markets of Marrakech to the old Jewish Quarter of Fes … Morocco offers the armchair traveler a wealth of wondrous sights and fascinating facts!

LH06

CLASSIC TOYS AND THE FASCINATING STORIES BEHIND THEM

Instructor: Mr. John Maietta

Monday, October 26, 2020
10:00 am – 11:30 am
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

Get a jump on the holiday spirit, as we explore the origins of many of the popular toys and games that brightened our childhood years (and those of our grandkids, too). From Barbie dolls and Teddy Bears to Legos and Lionel trains, they serve as wonderful emblems of creative inspiration and marketing genius. Bring your own favorites along, and share your own stories of why they meant so much back then and why they continue to evoke fond memories today!

LH07

HISTORY OF EYEGLASSES AND OTHER VISION AIDS

Instructor: Dr. Charles Letocha

Monday, October 26, 2020
1:00 pm – 2:00 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

This course will cover the history of vision aids from antiquity to the 20th century. Because of time constraints, it will be more of a survey than an in-depth analysis. The instructor will include examples of eyeglasses in art and the symbolic use of eyeglasses. Actual examples from the 18th to 20th centuries will be displayed.

LH08

A HISTORY OF PENNSYLVANIA – AS TOLD BY THE AUTHORS/GUESTS OF PA BOOKS

Instructor: Mr. Brian Lockman

Tuesday, October 27, 2020
1:00 pm – 3:00 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

Airing statewide on PCN, PA Books is a weekly television program featuring authors of books about Pennsylvania. Topics on the program range from the earliest Native Americans to the American Revolution, Gettysburg, the Industrial Revolution, organized crime, the Amish, scrapple, biographies of prominent Pennsylvanians, and more. This presentation covers many facets of Pennsylvania history, including some little-known stories the presenter has learned while hosting this program.

LH09

THE ROARING TWENTIES: WHEN AMERICA WENT WILD

Instructor: Mr. John Maietta

Monday, November 2, 2020
10:00 am – 11:30 am
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

One hundred years ago, the U.S. embarked on one of the wildest decades in its history: the "Roaring Twenties." Buoyed by a booming economy, American society pushed the boundaries of freedom, morality, and artistic expression. This program highlights the most famous fads and foibles of this colorful era, from crossword puzzles to bathtub gin. We'll also look at some of the defining personalities of the 1920s – among them, Al Capone and Charles Lindbergh; Babe Ruth and Mickey Mouse; and finally, the hapless Herbert Hoover, presiding over the stock market crash that ended the party in 1929.

LH10

MEDIEVAL EUROPE IN MOTION: PILGRIMAGE AND CRUSADE

Instructor: Dr. Susanna Bede Caroselli

Thursdays, November 5, 12, and 19, 2020
10:00 am – 11:00 am
Virtual on Zoom. Enrollment Limit: None

In the year 1200, Europe was on the move - hundreds of thousands were involved in religious pilgrimages or the military equivalent - the Crusades. How, when, and where did this culture of journeying begin? How did pilgrimage affect every aspect of life in Europe, especially architecture, art, and our own religious practices? From the fourth-century nun Egeria traveling to the Holy Land on her own to the thousands of medieval pilgrims walking the roads to Rome and Compostela, there are many wonderful travel tales and a rich visual legacy.

LH11

HISTORICAL PERSPECTIVES: ISRAELI-PALESTINIAN CONFLICT

Instructor: Dr. Christopher Bolan

Wednesday, November 11, 2020
1:00 pm – 2:30 pm
Virtual on Zoom. Enrollment Limit: None

This course will review the history of the Israeli-Palestinian Conflict and the history of U.S. engagement in attempting to advance the associated peace process.

LH12

THE LIFE AND LOVES OF MARJORIE FETTER GOOSSENS

Instructor: Mrs. Barbara Holliman

Monday, November 16, 2020
10:00 am – 11:00 am
Virtual on Zoom. Enrollment Limit: None

Marjorie was raised in Carlisle, PA. She studied music at Julliard. Later in life she donated her 1848 family home in Landisburg, PA to the Historical Society of Perry County in 1974. Her third husband, Eugene Goossens, a world-famous composer and conductor, was knighted by Queen Elizabeth II, and Marjorie became Lady Goossens. After reviewing hundreds of personal letters, newspaper clippings, documents, world travel memorabilia, etc. that were discovered left in the house Barbara Holliman felt Marjorie's story should be shared. Her life and loves are a fascinating story of a most interesting and talented woman.

LH13

LANCASTER'S FORGOTTEN ARCHITECT: THE 19-YEAR-OLD IMMIGRANT SENSATION WHO ROCKED THE CITY FROM 1890-1900

Instructor: Mr. Gregory J. Scott

Tuesdays, November 17 and 24, 2020
11:00 am – 12:00 noon
Tuesday, December 1, 2020
1:00 pm – 2:00 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

This three-part series will explore the life and architecture of a "young sensation" from England who "rocked" the city from 1890-1900, capturing citizens and media headlines for a decade – but he suddenly vanished! What happened to him and why? Attend to find out!

LH14

MENNONITE CENTRAL COMMITTEE (MCC) TURNS 100

Instructor: Dr. Kenneth Sensenig

Wednesday, November 18, 2020
10:00 am – 11:30 am
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

A century ago global developments introduced rural Lancaster residents to a world beyond their typical agrarian enclaves. Those enlarged vistas created opportunities to give and receive in unprecedented ways in the last 100 years through MCC. Join a story time and mingle your stories with archival stories spanning a century.

LH15

LOCKPORT, NY

Instructor: Mrs. Barbara Holliman

Thursday, December 3, 2020
1:00 pm – 2:00 pm
Virtual on Zoom. Enrollment Limit: None

This course will explore the history of this city from its beginning in 1807. The village grew when families moved there to build the Erie Canal, site of the unique Flight of Five locks. Famous people hail from the city such as the first woman to run for president of the United States, movie actors, models, inventors, etc.

LH16

THE PERRY COUNTY BICENTENNIAL: A CELEBRATION OF CENTRAL PA HISTORY

Instructor: Mr. Glenn N. Holliman

Mondays, December 7 and 14, 2020
10:30 am – 11:30 am
Virtual on Zoom. Enrollment Limit: None

Perry County Bicentennial – the nuts and bolts of celebrating one of Central Pennsylvania's iconic county's 200th anniversary of independence from Cumberland County, and how its history is representative of the growth, development, and challenges of our Commonwealth.

LH17

REFLECTIONS OF A HIDDEN CHILD IN NAZI-OCCUPIED FRANCE DURING WWII

Instructor: Mrs. Ruth Hartz

Friday, December 11, 2020
1:00 pm – 2:00 pm
Virtual on Zoom. Enrollment Limit: None

Now more than ever the history of the Holocaust and other acts of genocide cannot be ignored. Through her published memoir *Your Name Is Renee* by Oxford University Press, Ruth Hartz will present her experiences as a hidden child in Nazi-Occupied France. While she will talk about the horrors of the Holocaust and their perpetrators, the instructor will also talk about the goodness of the Righteous Gentiles, ordinary people who were transformed into rescuers.

RELIGION

LH18

UNDERSTANDING ISLAM

Instructor: Mr. John Maietta

Friday, October 16 and 23, 2020
1:00 pm – 2:30 pm
Virtual on Zoom. Enrollment Limit: None

A faith, a culture, and a political movement – Islam has represented all of these throughout history. Many Americans find the subject of Islam mysterious, even worrisome, as they reflect on the rise of terrorist movements across the globe. This two-part course seeks to promote a broad, objective understanding of the world's second-largest religion. Among the topics to be covered are the life of its charismatic founder, the Prophet Muhammad; its core rituals and beliefs; its sectarian diversity; the rise and fall of Muslim power and influence, from the 7th through the 19th centuries; and the issues posed by a reinvigorated Islam today.

CULTURE, ARTS, & MUSIC

LH19

MOVIE CLUB: ANALYSIS AND DISCUSSION OF CLASSIC HOLLYWOOD FILMS

Instructor: Dr. Roger Godin

Thursdays, October 1, 8, 15, 22, 29 and November 5, 2020
3:30 pm – 4:30 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

Join us in watching (or re-watching) a series of classic Hollywood films. The instructor will select one film a week being shown on Turner Classic Movies (TCM). You will be given a schedule listing when the films will be shown (mostly at 6:00 pm or 8:00 pm). During the class session, Roger Godin will do a 45-minute presentation about the film, discussing the filmmakers, the stars, and the significance of the film in American film history. He will also analyze the film utilizing stills from the movies and clips of certain key scenes. A question and answer session will follow during which class participants can offer observations about the movie or ask questions.

LH20

RELIGIOUS THEMES IN PIANO MUSIC

Instructor: Dr. Charles E. Seifert

Mondays, October 5 and 19, 2020
1:30 pm – 3:00 pm
Virtual on Zoom. Enrollment Limit: None

The first session will focus on compositions based on hymns and chorales in musical settings by master composers. The program will include such hymns as: Adoro te Devote, A Mighty Fortress is Our God, Now Thank We All Our God, and Brother James Air. The second session will include representative pieces having religious titles and imagery with references to art and literature. Included in the program will be compositions by Franz Liszt, Richard Wagner, Ludwig Van Beethoven, Olivier Messiaen, Michael Glinka, and Johann Kuhnau.

LH21
THE SONGS, THE SONGWRITERS, AND THE SINGERS

Instructor: Dr. Roger Godin

Wednesdays, October 21, 28, and
November 4, 18, 2020
3:30 pm – 4:30 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

Each week the instructor will choose four wonderful songs from the Great American Songbook to discuss. We will listen to each song by one singer, learn about the songwriter and the background behind the song, learn about the singer, and then listen to another incredible interpretation of the same song by another great singer, and then learn about that singer. 24 celebrations of amazing music.

LH22
BROADWAY MUSICALS

Instructor: Mr. Fred Kiemle

Thursday, November 12, 2020
1:00 pm – 2:30 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

As we listen to wonderful songs that have been enjoyed for many years, we will learn about the music, composers, and lyricists behind the melodies. Fred will play some songs on the grand piano and show others on videos. We will also talk about the music you enjoy listening to and why you enjoy it.

LITERATURE

LH23
POETRY: NECESSITY FOR THIS MOMENT; HOPE FOR THE FUTURE

Instructors:
Ms. Polly Ann Brown and Ms. Sharon Kraybill

Tuesdays, September 29; October 20;
November 3; and December 1, 2020
3:00 pm – 4:15 pm
Virtual on Zoom. Enrollment Limit: 12

"It is difficult/to get the news from poems/yet [people] die miserably every day/for lack/ of what is found there." William Carlos Williams, Asphodel, That Greeny Flower

After participants share past experiences with poetry, we will engage poems that delight and evoke a sense of well-being, even laughter. Then we will read aloud and respond to poems on the pandemic, climate change, and systemic racism. We will tune in to voices of resistance and cries for justice and empowerment in poems written by poets of color, immigrants, refugees, and other marginalized persons. We will savor poems that nourish our souls, offer hope, evoke joy, and inspire loving action.

LH24
SHORT STORY MASTERPIECES

Instructor: Dr. Louise Barnett

Mondays, November 9, 16, 23, 30 and
December 7, 14, 2020
3:00 pm – 4:00 pm
In-person* at High Auditorium, Crossings Building,
Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

This will be an entertaining and compelling collection of stories by four established masters and two living writers: Leo Tolstoy's "After the Ball"; Anton Chekhov's "A Trifle From Real Life"; William Faulkner's "Pantaloon in Black"; Ernest Hemingway's "The Killers"; Ron Rash's "Back of Beyond"; and Lionel Shriver's "Exchange Rates."

LH25

THREE POETS I LIKE TO TALK ABOUT

Instructor: Professor Clyde A. Ross

Wednesdays, December 2, 9, and 16, 2020
10:00 am – 11:30 am
Virtual on Zoom. Enrollment Limit: None

The instructor will share with you why he especially enjoys reading, thinking, and talking about three poets: Elizabeth Barrett Browning because of the poetry that she wrote and the love story that she lived; Alfred Lord Tennyson because his poetry so beautifully reflects our search for faith; and Robert Frost because his poetry so successfully captures thoughts and attitudes of his native New England.

CONTEMPORARY ISSUES

LH26

OUR AMERICAN GOVERNMENT

Instructor: Mr. Christopher M. Doran

Thursdays and Fridays, October 1, 2, 8, 9, 15, & 16, 2020
9:00 am – 10:00 am
Virtual on Zoom. Enrollment Limit: None

This course will cover the origins of our government and how the framers of our constitution established a government that divided power between three separate branches, created a system by which no single branch had more power than was necessary to carry out its duties, and existed by the consent of those people who would be governed by it. It is the concept of a government made of three branches that fulfills the premise that there is a separation of powers within the government, and it includes a system of checks and balances. Explanations will be provided about how each branch: legislative, executive, and judicial was created and what their specific duties are with regard to a government designed to represent its people. The similarities and differences between the three branches will also be reviewed.

LH27

RWANDA 26 YEARS AFTER THE GENOCIDE

Instructor: Dr. John W. Eby

Thursday, October 1, 2020
1:00 pm – 2:30 pm
Virtual on Zoom. Enrollment Limit: None

In 1994, Rwanda suffered an ethnically based genocide in which nearly 1,000,000 people were killed. Through slides and comments, this presentation will reflect on that event and the country 26 years later. It will include a virtual visit to Akagera National Park with its colorful birds and animals and a description of the work of Mennonite Central Committee to support agricultural development, education, and peace building.

LH28

BOOK STUDY: *THIS MERE EXISTENCE*: *MOTIVATION AND STRATEGIES FOR RESTORING HUMAN RIGHTS*

Instructor: Dr. Mark Kelley

Fridays, October 2, 9, 16, 23, 30 and November 6, 2020
3:30 pm – 4:30 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

This Mere Existence is a celebration of our true human nature and a call to embrace that human nature for the sake of those with whom we share the planet. *This Mere Existence* attempts to: remind us that we are highly evolved beings capable of empathy and reciprocal altruism, and naturally endowed by our creator with inalienable human rights; motivate people to join worldwide efforts to restore those rights to all of our sisters and brothers, and provide nonviolent strategies for restoring human rights to their central place in human existence. People of all spiritualities are welcome to join the conversation.

LH29

ONE HUNDRED YEARS OF SUFFRAGE: WE'VE COME A LONG WAY BABY, OR HAVE WE?

Instructor: Dr. Carol Nechenias

Wednesday, October 14, 2020
2:00 pm – 3:15 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

The year 2020 marks the hundredth anniversary of women's right to vote in the United States. This course explores the march toward greater gender equality in the political arena by examining trends in women's political representation and influence over the course of the past century. We will focus on women's voting behavior—whether women form a bloc in the electorate; on trends in women's access to various public offices; on whether women's presence makes a difference in the way decisions are made and in the policies government produces; and on the barriers women face in running for public office. Recent efforts by women candidates to run for the presidency especially highlight gender stereotypes that impact the issue of when we will see the first woman president.

LH30

ELECTING THE AMERICAN PRESIDENT - 2020

Instructor: Dr. Joseph J. Karlesky

Monday, October 19, 2020
10:00 am – 11:30 am
Monday, October 26, 2020
3:00 pm – 4:30 pm
Virtual on Zoom. Enrollment Limit: None

This two-session course will explore the procedures of electing the American president in 2020, including the party nomination process, the general election in November, and the vote of the Electoral College. The course will give special consideration to the Electoral College because of the possibility that the College can, as happened in 2016, select an individual for the presidency who did not receive the most votes in the general election.

LH31

U.S. POLICY ON IRAN

Instructor: Dr. Christopher Bolan

Wednesday, October 28, 2020 2020
10:00 am – 11:15 am
Virtual on Zoom. Enrollment Limit: None

This course will examine Iranian sources of policy and influence in the Middle East and assess related U.S. foreign and security policies.

LH32

A CRITICAL HISTORY OF AMERICAN JOURNALISM: REAL NEWS, FAKE NEWS, AND TWEETS

Instructor: Dr. Mark Kelley

Fridays, October 30; November 6, 13, 20, 27; December 4, 2020
9:00 am – 11:00 am
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

This extensive course will encourage you to engage in critical thinking as we consider the inventions, events, and people that have shaped and influenced American journalism from colonial times to the internet. The impact of technical, economic, political, and cultural developments will be considered as we examine what "freedom of the press" and "the truth" have meant in American society from the Age of Jefferson to the Age of President Trump.

LH33

HISTORY OF SLAVERY AND RACIAL DISCRIMINATION

Instructor: Attorney J. Dwight Yoder

Thursday, November 19, 2020
1:00 pm – 2:30 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

Please join Attorney J. Dwight Yoder for a review of the legal and historical context of slavery and racial discrimination in the United States. Often referred to as America's "original sin," the kidnapping of Africans, who were then taken to the U.S. colonies where they were enslaved and treated as property, represents one of the most tragic and inhumane parts of our country's history. Even after slavery was abolished following the Civil War, discrimination, organized violence and systemic oppression against African-Americans continued. Learning about the history of slavery and discrimination in the United States is critical for understanding and being able to address the challenges facing our country today.

LH34

THE FEDERAL CONSTITUTION

Instructor: Professor Robert Power

Monday, November 23, 2020
10:00 am – 11:30 am
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

The Constitution is one of the great creations of civilized society, but there are many misconceptions and much ambiguity. We hear about the Constitution every day, but much of what we hear are partisan arguments based on court opinions rather than the actual words in the document. This session will focus on the words in the Constitution, with some attention to its structure and court interpretations. We won't make any new discoveries, but we will find some things that are often overlooked, and we will gain a better understanding of how politicians and lawyers often say inconsistent things about our Constitution.

LH35

CONTENDING FOR KAZAKHSTAN: THE DECEMBER 1986 ALMA-ATA EVENTS AND THE COLLAPSE OF THE SOVIET UNION

Instructor: Dr. Michael G. Stefany

Friday, November 27, 2020
1:30 pm – 3:00 pm
Virtual on Zoom. Enrollment Limit: None

This course is based on Dr. Stefany's doctoral dissertation in history at the University of Kansas. It is the first English language study of the December 1986 Alma-Ata ("Zheltoksan") protests, which were in response to Mikhail Gorbachev's replacement of long-serving First Secretary of the Communist Party of Kazakhstan Dinmukhamed Kunaev with the Russian Gennadi Kolbin – and which many view as a harbinger of the collapse of the Soviet Union. The instructor will discuss the history and Russian colonization of the Kazakhs, Soviet "nationalities problem" dating from Lenin on, Stalinism, and the Khrushchev and Brezhnev periods – during which Kunaev rose to power and began putting Kazahs in positions of authority in the Kazakh Societ Socialist Republic (KSSR).

LH36

RACE AND IMMIGRATION IN AMERICAN HISTORY

Instructor: Dr. Jack Fischel

Tuesday, December 8, 2020
10:30 am – 12:00 noon
Virtual on Zoom. Enrollment Limit: None

This course will trace the history of immigration in the United States and its interaction with race as the growing population of the country became less Protestant and more diverse. Beginning with the Know-Nothing Party of the mid-19th century, the advent of Nativism, fostered by 19th century racial theory, the course will detail how these ideas continue to impact on current American politics.

NATURE, SCIENCE, & TECHNOLOGY

LH37

GALAXIES, BLACK HOLES, AND THE UNIVERSE

Instructor: Mr. Rick Abele

Thursday, October 15, 2020
1:00 pm – 2:30 pm
Virtual on Zoom. Enrollment Limit: None

We all know that we live in the Milky Way Galaxy. But what is the galaxy? What are the characteristics of a galaxy? This course will provide an understanding of the types and features of galaxies. We will explore the cause and effects of black holes, look at our understanding of the Universe, and the options for the fate of the Universe.

LH38

HOW THE TIDES WORK

Instructor: Mr. Lou Thieblemont

Wednesday, October 21, 2020
1:00 pm – 2:00 pm
Virtual on Zoom. Enrollment Limit: None

The tides of the Bay of Fundy and other places around the world with massive tides: A discussion on how the tides work and why the Fundy tides are some of the highest in the world. How the motions of the sun, moon, and earth cause the tides and how some places have different types of tides.

LH39

DOOMSDAY CLOCK – AN UPDATE

Instructor: Dr. James E. Jones

Thursday, October 22, 2020
10:00 am – 11:30 am
Virtual on Zoom. Enrollment Limit: None

The instructor will describe the Doomsday Clock and why it is so important. The dangers to civilization will be reviewed including what can be done about them.

LH40

AURORA, LIGHTS IN THE SKY

Instructor: Mr. Lou Thieblemont

Wednesday, October 28, 2020
1:00 pm – 2:00 pm
Virtual on Zoom. Enrollment Limit: None

A talk explaining the mysterious lights in the night sky, what the ancients thought about the glow in the sky, and how various battles were affected by the sudden appearance of these lights in the sky. Also, the instructor will suggest computer and mobile phone programs that alert you to the likelihood of seeing an Aurora.

LH41

PATHWAYS TO HEARING

Instructor: Dr. Craig Jurgensen

Wednesday, November 18, 2020
10:00 am – 11:00 am
Virtual on Zoom. Enrollment Limit: None

A tree (maybe) falls in the forest. If you're not really standing nearby in the forest at the time, the existential question becomes 'Did the fallen tree make a sound?' We will discuss the anatomy and function of our complex auditory system, the pathways from ear to brain, and its ability to connect reality with consciousness.

LH42

CYBERSECURITY – KEEPING YOURSELF SAFE ONLINE

Instructor: Mr. George Dillman

Wednesday, December 2, 2020
1:30 pm – 2:30 pm
Virtual on Zoom. Enrollment Limit: None

Whatever your age, understanding how to keep your information safe and secure online is vitally important for everyone. This presentation covers key topics like using secure websites, creating strong passwords, being aware of what you put on social media, and even tips for shopping online safely.

LH43

HOW THE INTERNET HAPPENED

Instructor: Mr. Barry Gordon

Tuesday, December 8, 2020
2:00 pm – 3:00 pm
Virtual on Zoom. Enrollment Limit: None

This course will trace the humble beginnings of the internet from a technology useful only to scientists and the military to everyday users. We will trace the stunningly lucrative years and show how this once niche scientific tool has exploded into something utterly indispensable. We will explore the beginnings of web browsing to the explosion of Facebook and one particularly useful tool…the smartphone!

WELLNESS & LIFESTYLE

LH44

WHAT'S AHEAD – THOUGHTS ON THE END OF LIFE

Instructor: Dr. George Simms

Tuesday, September 29, 2020
1:00 pm – 2:00 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

By the time we have entered a retirement community, we are facing the end of life. Because of this, we spend a lot of time thinking (and discussing) death and dying. Practical issues like pain, dependency, loneliness, financial burden, and spiritual issues like life-after-death and fear of the unknown become increasingly important. This presentation focuses on the physical, mental, and spiritual aspects of aging, and how we can best prepare for the next stage of our journey.

LH45

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

Instructor: Alzheimer's Association Community Educator

Wednesday, October 7, 2020
2:00 pm – 3:00 pm
Virtual on Zoom. Enrollment Limit: None

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

LH46

FOOD ALLERGIES AND INTOLERANCES 101

Instructor: Ms. Hilary McMahon

Tuesday, October 13, 2020
1:00 pm – 2:00 pm
Virtual on Zoom. Enrollment Limit: None

One in ten U.S. adults has a food allergy, and about half of these cases do not show up until adulthood. The prevalence of food allergies and intolerances in American society has seen an uptick in recent years, and while we may not all have one, most of us know someone who has uncomfortable reactions to a specific food. This course will provide insight on the difference between allergies and intolerances, how food allergies are diagnosed, and resources for safe, allergen-free recipes, advice, and more!

LH47

RETIREMENT – A TIME OF CHANGE IN IDENTITY AND PURPOSE

Instructors:
Mr. Gerald W. Kaufman and Mrs. L. Marlene Kaufman

Wednesday, October 14 and 21, 2020
10:00 am – 11:00 am

In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 21
Virtual on Zoom. Enrollment Limit: None

When we wake up the first morning after retiring, we realize that we are no longer defined by the work we do. We ask ourselves, "Who are we now?" We need to find another identity and outlets that give us purpose. It is time to reflect on our skills and interests and search for how that can be expressed in new ways. We can find meaning in deeper friendships, volunteering, service projects, continued learning, hobbies, or even part-time work. Any of these can bring us a purposeful identity. If we missed this opportunity in pre-retirement, the time to start is now.

LH48

NUTRITION AND EXERCISE AND HOW IT IMPACTS YOUR LIFE MENTALLY AND PHYSICALLY

Instructor: Ms. Alessandra Perkins

Tuesday, October 20, 2020
1:00 pm – 2:00 pm
Virtual on Zoom. Enrollment Limit: None

Fueling your body with the proper nutrition and getting the right amount of daily exercise matters. The instructor will present how nutrition and the level of activity directly influence your mental health.

LH49

BROCCOLI AND CAULIFLOWER: THE VEGETABLES THAT HELP YOU FEEL GREAT!

Instructor: Ms. Linda Rand

Wednesday, November 4, 2020
1:00 pm – 2:30 pm
Virtual on Zoom. Enrollment Limit: None

You will receive information on all the health benefits of these mighty vegetables. These are two vegetables that should be eaten at least 5 times per week. The instructor will share a number of recipes using broccoli and/or cauliflower.

LH50

MAKE THE REST OF YOUR DAYS THE BEST OF YOUR DAYS

Instructors: Dr. Emory Otto and Mrs. Idella Otto

Friday, December 4, 2020
1:00 pm – 2:30 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 21
Virtual on Zoom. Enrollment Limit: None

Become the person God is calling you to be while meeting the spiritual, emotional, physical, and economic challenges of the harvest season of your life. This season puts you at a crossroad of decisions that will impact you for the rest of your life. You will be given examples of how to meet and how not to meet each of these unavoidable transitions.

LH51

HOW TO HAVE THE TALK: TOUCHY TOPICS WITH AGING LOVED ONES

Instructor: Mr. Matthew J. Gallardo

Tuesday, November 10, 2020
1:30 pm – 3:00 pm
Virtual on Zoom. Enrollment Limit: None

Having "the talk" with an aging loved one can often be a touchy subject, and can be mentally and emotionally draining. Whether it's giving up driving, making funeral plans, or discussing a move to a retirement community, these topics can be hard to broach and ultimately resolve. Learn the importance of being proactive, gain insight, and learn techniques to make this interaction more productive and less stressful. We'll discuss how and when to approach an aging loved one in need of a change or pre-planning. We'll also explore different types of legal documents, resources to help educate loved ones on different options and costs, and planning tips and checklists.

LH52

SOUL CARE

Instructors:
Reverend Richard Cook and Reverend Grace Shirk

Friday, November 13, 2020
1:00 pm – 2:00 pm
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 21
Virtual on Zoom. Enrollment Limit: None

The purpose of the course will be to discover the definition and description of the word "soul." We'll look at Scripture and practical ways to keep our souls healthy through the COVID-19 pandemic and the racial unrest. We'll look at the book *Soul Keeping* by John Ortberg as well as other books pertaining to the topic of this class.

LH53

MOVE MORE, SIT LESS: HOW TO ADD MORE MOVEMENT INTO YOUR DAY

Instructors:
Ms. Debbie Hollinger and Ms. Erin Danehower

Monday, November 30, 2020
10:00 am – 11:00 am
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 21
Virtual on Zoom. Enrollment Limit: None

Incorporating more movement into your day is one of the best things you can do for your health! This presentation highlights the benefits of physical activity as we age, reviews the four types of physical activity, provides tips on how to assess your abilities and limitations, and incorporates a 30-minute interactive demonstration of simple ways you can add more movement into your day. Come and learn ways to move more and sit less!

LH54

STAYING STRONG IN BODY, MIND, AND SPIRIT

Instructor: Ms. Martha Harris

Tuesday, December 1, 2020
10:00 am – 11:30 am
In-person* at High Auditorium, Crossings Building, Landis Homes. Enrollment Limit: 22
Virtual on Zoom. Enrollment Limit: None

The recent pandemic has hit older adults more significantly. As we prepare for another wave of illness due to the Coronavirus, older adults can take proactive steps to improve their physical, mental, and spiritual health. By implementing a daily regimen involving physical activity, eating a nourishing diet and getting adequate amounts of hydration, sleep, and socialization each day, seniors can enjoy a healthy and active retirement. This high energy, interactive presentation will engage you in thinking differently about your own wellness and ways that you can age with grace, dignity, and independence.

INSTRUCTOR BIOGRAPHIES

We thank our volunteer instructors for sharing their time, talent, and expertise through Pathways Institute! Their outstanding contributions make our programs rich and rewarding.

RICK ABELE is a retired High School Principal. He taught Earth & Space Science, Astronomy, Environmental Science, and American History for 14 years. He then spent 8 years as a high school administrator. For 7 years he was the Astronomer for Public Viewing at Grundy Observatory at Franklin & Marshall College in Lancaster. He has a BA in Geography and an MA in Astronomy & Geology, both from West Chester University.

LOUISE BARNETT, Ph.D. is retired from teaching English and American literature at Rutgers University, New Brunswick, NJ, in both the English Department and the Department of American Studies. She has a Ph.D. in this field and has published extensively, both books and articles, on American fiction.

SUSANNA BEDE CAROSELLI is an art historian who writes and speaks on art and religion. Professor Emerita at Messiah College, she has also taught at Boston and Yale Universities and the University of Southern California and has been a museum curator in Detroit, Los Angeles, and New York. She is the author of three books and many articles on medieval and Renaissance art.

CHRISTOPHER BOLAN is a retired U.S. Army Colonel with 30 years of service. He has a Ph.D. from Georgetown University and has studied and worked in the Middle East for nearly 40 years. Dr. Bolan has been a professor of Middle East Security Studies at the U.S. Army War College for 15 years.

POLLY ANN BROWN, a retired educator, writes poetry and prose on what "burns within" on any given day. She has a BA in English Literature from Eastern University and a Ph.D. in Language in Education from the University of Pennsylvania. She taught at Christopher Dock Mennonite High School, Eastern Mennonite University, Lancaster Campus, and in the Graduate School of Education at the University of Pennsylvania. She and her husband Ken live in Lititz. They enjoy visits with their four sons' families who live too far away. She loves to curl up with a grandchild and a good book.

> INSTRUCTOR BIOGRAPHIES

RICHARD COOK, REVEREND, is a graduate of Roberts Wesleyan College, Eastern Baptist Seminary and Princeton Seminary. He pastored at American Baptist churches for 38 years in Pennsylvania, New Jersey, Michigan, and Ohio. Reverend Cook retired in 2009. He serves as Chair of the Pathways Institute Advisory Board in Lancaster county.

ERIN DANEHOWER earned a BS in Health Promotion and Master of Public Health degree from Liberty University where her passion for wellness began as a division 1 athlete. After graduation, Erin worked as a Community Health Educator before transitioning into a wellness position at Landis Homes. Erin's current role as the Wellness Coordinator involves assisting with wellness programming, teaching exercise classes, and managing the pool.

GEORGE DILLMAN is the Consumer Outreach Specialist with the Investor Education and Consumer Outreach Office of the Pennsylvania Department of Banking and Securities with over 20 years of speaking and training experience. He is passionate about saving and investing for the future and teaching people how to protect their assets. George's educational background includes a Master's Degree in Business Administration (MBA) from Rosemont College in Rosemont, PA. He also holds a Bachelor's Degree in Education from Kutztown University of Pennsylvania in Kutztown, PA.

> INSTRUCTOR BIOGRAPHIES

CHRISTOPHER DORAN is retired from teaching high school social studies. Mr. Doran taught U.S. Government for 15 years at Camp Hill High School. He has hiked, taken the cog railway and driven to the summit of Mount Washington on several occasions. Mount Washington has always been a favorite destination when visiting New England. Mr. Doran has visited Acadia on several occasions and has explored the island by car, on motorcycle, and by bicycle.

JOHN W. EBY received a Ph.D. in Development Sociology and taught courses at the college level and worked with faith-based organizations on development and peace and social issues in the U.S. and internationally. Dr. Eby has visited Rwanda three times and reads extensively about the Genocide.

JACK FISCHEL is an Emeritus Professor of History at Millersville University, and a recently retired Visiting Professor of the Humanities at Messiah College. Dr. Fischel has authored/edited nine books on the Holocaust and has published hundreds of articles for different publications including *Virginia Quarterly, Choice, Midstream*, and *Tablet*, among many others.

MATTHEW J. GALLARDO, BASW, CCP is the Senior Director of Community Engagement at Messiah Lifeways. He's been counseling, guiding, and advocating for older adults and caregivers for over 20 years. He's a member of LeadingAge PA and Co-Chair of Senior Outreach Services Harrisburg. He teaches caregiving based workshops and speaks throughout the mid-state, has written a number of articles, and has been featured on several local radio shows covering the topic of aging.

ROGER A. GODIN, Ed.D. taught film and media studies at Franklin & Marshall for over 10 years and has spent 50 years studying film history and analysis. Although Dr. Godin's passion for film is widely inclusive, his first love remains the history of Hollywood, and the artistic and creative development of the American Film industry. Roger serves on the Advisory Board and Curriculum Committee of Pathways Institute in Lancaster county.

BARRY GORDON, An "active senior" would be a great way to describe Barry. He was co-owner of Quality Cleaners, Inc. for over 35 years. His hobby has always been teaching himself the latest technology. Mr. Gordon is now a Senior Tech Tutor which is a private tutor system designed specifically for individual needs. His mission is to help seniors and others who are interested in using technology to enhance their quality of life. His job is to help them find the best way to address specific needs.

MARTHA HARRIS is a lifelong advocate for healthy lifestyles that balance mental, physical, and spiritual health. Founder of two health and wellness technology companies, she is currently pursuing a Master's in Divinity Degree and seeking ordination as an Episcopal Priest. She and her husband are both senior citizens who enjoy living and working in downtown Lancaster. She holds a Master's in Public Administration Degree from Harvard Kennedy School, and is a graduate of Dickinson College. She is passionate about lifelong learning and excited to share an evidence-based, holistic approach to wellness with participants of Pathways Institute for Lifelong Learning.

RUTH HARTZ was raised and educated in France. She became a teacher of French in a private college preparatory school and also at the college level at Bryn Mawr, Middlebury, and Arcadia Universities. She now devotes her life to teaching about the Holocaust, prejudice, discrimination, and tolerance.

BARBARA HOLLIMAN is the retired founder and CEO of Holliman Associates, an international fundraising consulting firm. Since retirement, Mrs. Holliman and her husband have traveled extensively in England and Europe, making several trips a year. They share an interest in history and the arts. As a former teacher, BS in Art Education & M.Ed., Barbara enjoys opportunities to share knowledge with others.

GLENN N. HOLLIMAN , BS and MA in American History from the University of Tennessee. Mr. Holliman is a Vietnam Veteran. He is retired from Teaching, School Head, Business and P.V. Episcopal Church Foundation, NY, NY. Author and editor of dozens of National Park grade markers for Perry County Bicentennial.

DEBBIE HOLLINGER specializes in the development of wellness programs at Landis Homes. She also teaches fitness classes and assists in the fitness center. Prior to Landis Homes, Debbie was the YMCA Membership Director in Ketchum, Idaho. While there, she became a certified group fitness instructor and a national YMCA trainer. She assisted with developing a number of new chronic disease programs, specifically arthritis, cancer, and Parkinson programs.

JAMES E. JONES, M.D., is a retired pediatrician with a passion for social activism and being good stewards of our health and the planet. He is active in Physicians for Social Responsibility.

CRAIG JURGENSEN, M.D. practiced clinical medicine for 40 years, and retired in 2009. Dr. Jurgensen is the lifelong student of science and the wonder of life.

JOSEPH J. KARLESKY taught courses in American politics and public policy at Franklin & Marshall College prior to retirement. While at F&M, he also served as Associate Dean of Academic Affairs and as Interim Provost and Dean of the Faculty.

GERALD W. KAUFMAN MSW and L. MARLENE KAUFMAN MSW are retired marriage and individual counselors from Brownstown, PA. They have four children, eleven grandchildren, and one great grandchild. Gerald and Marlene have recently published their 6th book, *55 & Counting, a Guide to Pre-Retirement*.

MARK KELLEY, Ph.D. is a 25-year veteran of broadcast news, working as a reporter, writer, producer, and main anchor for WNDU-TV in South Bend, IN. He has also taught journalism at Syracuse University, the University of Maine, and served as Director of Journalism at the New England School of Communications. Author of three novels, Dr. Kelley holds an M.S. in Telecommunications and a Ph.D. in Mass Communications.

FRED KIEMLE is a retired marketing professional who has been playing the piano since second grade. After studying classics, he began concentrating on playing and listening to American standards and Broadway show tunes. He also enjoys symphony orchestra performances and sang in a church choir for many years.

RON KIRKWOOD is the author of *Too Much for Human Endurance: The George Spangler Farm Hospitals and the Battle of Gettysburg*, which was published in June 2019 and is now in its second edition. Kirkwood is retired from such newspapers as USA TODAY, the Baltimore Sun, Harrisburg Patriot-News, and York Daily Record.

SHARON KRAYBILL imbibes poetry and writes haiku. She is a retired spiritual director and retreat leader, who has taught high school students, pastors and nurses. She has an English BA from Eastern Mennonite University and an M.Div. from Palmer Seminary. For 14 years, she and Herb taught in Ethiopia, where everyday and literary speech overflow with poetry. They live in Lancaster and enjoy canoing/hiking with their son's and daughter's families.

CHARLES LETOCHA is a retired ophthalmologist who has been collecting eye-related antiques for about 40 years. Dr. Letocha is also interested in the history of eye care and eye surgery. He attended medical school at the University of Pennsylvania and did specialty training at Wills Eye Hospital in Philadelphia. He practiced in York from 1976 until 2016 and still calls York home.

BRIAN LOCKMAN recently retired after 21 years as PCN's president and CEO, but continues there as Senior Advisor. He has hosted PA Books since 1996, interviewing more than 800 authors including David McCullough, John Updike, John Grogan, Walter Isaacsen, MK Asante, and John Eisenhower. He can relate a wealth of interesting stories from Pennsylvania's past.

HILARY McMAHON is a registered dietitian and health coach working for Capital BlueCross' health and wellness center. She works daily with community wellness and nutrition topics, providing the best evidence-based information to her customers and community.

> INSTRUCTOR BIOGRAPHIES

JOHN MAIETTA is a retired Army officer, lifelong history enthusiast, and long-time member of the Pathways Institute "faculty." In 2014, he received a master's degree in Applied History from Shippensburg University, where he subsequently taught introductory courses in the foundations of global culture. He has also been an adjunct history instructor at York College of Pennsylvania. Out in the community, he is a popular presenter of cultural and historical programs at libraries, retirement centers, and other venues in the region.

CAROL NECHEMIAS, Ph.D, taught courses on Women and Politics/Gender and Politics at the university level for nearly 40 years, primarily at Penn State Harrisburg. During that time period, there was tremendous change in public attention and in the availability of academic literature, from an initial period of little interest to a virtual explosion of activism and research related to women in the public arena. She, herself, contributed to some of this literature, addressing the puzzle of why the proportion of women in American state legislatures varies so much across the 50 states. It is a great pleasure that women's history and status now command a prominent place in our society.

EMORY OTTO, Psy.D., Florida Institute of Technology School of Psychology. He also has an M.Ed., a BA in Psychology & Bible, and an Ed.M. in Special Education. In 1999, Dr. Otto opened his private practice, Family Life Counseling Services.

IDELLA OTTO, MA in Christian Counseling, BSN, RN, Mrs. Otto developed Adult Day Services in Florida and held Nursing Administrator positions. She joined Dr. Otto in 2005 at their private practice. She facilitates the Landis Homes Women's Bible Study. The Ottos developed and served as the first administrative-medical team of Friendship Community. They also function as Pastor Couple for Mennonite & Brethren Marriage Encounter.

ALESSANDRA PERKINS is the Wellness Manager at Messiah Lifeways. She has been in the wellness field for over 18 years. Alessandra is passionate to educate others about vital nutrition habits and fitness, including the importance of weight training for disease prevention. She holds a Bachelor of Science Degree in Education from East Stroudsburg University/University of Phoenix and has held multiple fitness certifications for over 18 years.

ROBERT POWER holds degrees from Brown University and Northwestern University School of Law. He taught Constitutional Law for 33 years and has written extensively on constitutional rights. He retired from Widener Commonwealth Law School, where he served as a Distinguished Professor, the Young Professor of Constitutional Law, and as a dean for six years. Before teaching, he was a trial attorney in government and had a private law practice.

LINDA RAND has taken many classes and has researched various foods that need to be included in a healthy diet. Eating healthy foods – not processed – is important for those of us who are 55 and better. Linda is now retired and enjoys sharing information on good eating habits through Pathways Institute and other groups.

CLYDE A. ROSS, while teaching in the Literature Department of Messiah College for 39 years, Professor Ross taught a wide variety of courses that considered various aspects of the world's literary heritage. Believing that poetry often speaks poignantly to the human heart, he especially enjoys a number of poets who stimulate him both intellectually and emotionally. Among those poets are Elizabeth Barrett Browning, Alfred, Lord Tennyson, and Robert Frost.

GREGORY J. SCOTT, a Partner Emeritus at RLPS Architects, earned a BS in Architecture with Honors from Penn State University in 1973. He holds professional affiliations with the American Institute of Architects, LeadingAge, and the National Hospice Organization, has served as trustee with Samaritan Counseling Center and Pennsylvania College of Art & Design, and also writes, enjoys amateur photography, and lectures on healthcare at national and international conferences.

CHARLES E. SEIFERT began serving Christ and the Church in 1954 as pianist and organist. He has presented 38 piano recitals and taught piano for 65 years in public schools, colleges and a seminary. Ten articles have been published and various papers presented in seminars. Charles and his late wife, Reverend Dr. Carolyn Seifert, offered sacred concepts over 60 years. He is Professor Emeritus from Eastern Nazarene College, Quincy, MA, and Adjunct Professor at Asia-Pacific Nazarene Seminary in Manila, Philippines for nine sessions. He holds degrees from Greenville College, American Conservatory of Music and the University of Illinois, Champaign-Urbana, Ill.

KENNETH SENSENIG is currently Assistant Executive Director for Mennonite Central Committee (MCC). Having spent six years in Africa with MCC, Dr. Sensenig teaches cross-cultural courses at Eastern Mennonite University (Lancaster). He also engages Amish energy in the ministries of MCC which provides fascinating case studies. His doctoral dissertation at Temple University addressed this theme by examining worldviews in different Mennonite communities.

GRACE SHIRK, REVEREND had been in ministry as an American Baptist Pastor, ordained in 1985. She has been solo pastor of three churches. She has led spiritual retreats for over 30 years across the United States, as well as a Bible Study teacher for national conferences of her denomination. Grace is a mother, grandmother, and great grandmother. She serves on the Pathways Institute Advisory Board in Lancaster County.

GEORGE SIMMS is a retired family and hospice physician. He practiced medicine for 50 years in California, Hong Kong, Oklahoma, Massachusetts, and Pennsylvania. He is a Professor Emeritus at Penn State University College of Medicine where he was Chairman of the Department of Family & Community Medicine.

MICHAEL G. STEFANY did archival research in Russia in 2000, and 17 interviews with observers of or participants in the Alma-Ata events in Kazakhstan in 2001. He was granted access to 40-50 original, numbered KGB photographs at the Central State Museum in Almaty, and to the personal archive of the late Amanjol Nalibaev – Chief Prosecutor for Kazakhstan's Constitutional Court and head of the citizen's group Zheltoksan – which is now the official citizen's group " Zheltoksan archive." He is currently employed as an Assistant Teaching Professor of History at Penn State University, Harrisburg, where he teaches courses in world history and on the modern Middle East and Cold War Russia.

LOU THIEBLEMONT has always been fascinated by the sky. Even before graduating from New York Institute of Technology, he was working for Air France Flight Dispatch at JFK airport making computerized flight plans. After graduation, he worked for 37 years as a commercial airline pilot, first for TWA and then for American Airlines when the two carriers merged. Since retirement, Lou has worked in New York as a radio disc jockey and been an active volunteer around his home in Pennsylvania, including serving as vice president of the Astronomical Society of Harrisburg, member of the board of directors of the Museum of Scientific Discovery in Harrisburg, and webmaster for the Camp Hill Police Department and a volunteer in the Fire Department – for which he was even elected mayor of Camp Hill. He has presented many classes through Pathways Institute for Lifelong Learning and "Mind Matters" on the local PBS TV station. He is also a recipient of the 2012 SAGE award for Harrisburg Magazine.

JOSEPH WAGMAN is the Chairman of Wagman Construction and Vice-Chairman of Wagman, Inc. He is a graduate of Georgetown University where he received a BS in Business Administration. After obtaining his MBA at George Washington University, he went on to the University of San Francisco to complete his Juris Doctor degree. And if that wasn't enough, in 2016, Joe was awarded a bachelor's degree in archaeology from Dickinson College. Throughout his career, Joe has been actively involved in the community serving on many non-profit boards as well as leading efforts in the redevelopment of downtown York.

J. DWIGHT YODER is a partner at the law firm of Gibbel, Kraybill & Hess, LLP. He practices in the areas of civil rights litigation, zoning and land use law, employment law, fair housing claims, personal injury and general litigation. Attorney Yoder and Attorney Sheila O'Rourke in collaboration with Reverend Edward M. Bailey of Bethel AME Church have been presenting a seminar series over the past year exploring the legal and historical context of slavery and racial discrimination in the United States.

NOTES

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