



# SPRING

2021 CATALOG

Landis   
Communities  
*Cultivating* Life, Together

 **PATHWAYS  
INSTITUTE**  
*for Lifelong Learning*

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

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# Welcome from

## THE PATHWAYS INSTITUTE TEAM

This spring we invite you to see the world through the eyes of a bee, climb a family tree, take a virtual stroll along the Conestoga River, feast at a smorgasbord of rich Pennsylvanian history, take a ride through the Wild West... and more!

Pathways Institute continues to bring you the learning opportunities you value, in a safe way. Most of the courses this term will be offered virtually. Later in the spring, we are also looking forward to a selection of in-person courses.

**Join a community of lifelong learners today!**

Sincerely,

*Anastasia Petrovskaya*

*and the Pathways Institute Team*

Register online at

**THEPATHWAYSINSTITUTE.ORG**

You can also find the registration form at the back of the catalog.

### **On the Cover**

Instructor Charles Palmer, who is wearing a virtual reality headset, will be teaching "Look Inside Virtual Reality" this spring. Mr. Palmer serves as the Program Chair for the undergraduate bachelor's degree in Interactive Media and the Executive Director of the Center for Advanced Entertainment and Learning Technologies at Harrisburg University where he oversees the design and development of ventures in new and emerging technologies.

During the Spring 2021 term, we are excited to introduce a new partnership with Harrisburg University. New courses taught by Harrisburg University Professors will allow Pathways Institute participants to learn more about the latest technological developments and how they are being used in daily life and in scientific research.

### **Mission & Purpose**

The mission of Pathways Institute for Lifelong Learning is to foster a quest for lifelong learning with persons 55+, 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.

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 Mission**

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

# General Information

**The Spring term begins March 3 and includes virtual courses and in-person courses.**

Virtual courses will be offered mostly in March and April through Zoom. Please note that you will need a computer/laptop or a mobile device (tablet or iPad) and access to email to participate in virtual courses. A camera and a microphone are recommended if you plan on joining a course which is a discussion group.

In-person courses will be held in May and early June. In-person courses are dependent on gathering conditions at the time of the course schedule. Enrollment limit for in-person courses is subject to change depending on safety guidelines at the time of the courses. Cancelled in-person courses will not be rescheduled, but participants will be refunded \$10 per course should a cancellation be necessary.

In-person courses will be held in the High Foundation Auditorium, the Crossings Building, at Landis Homes, 1001 East Oregon Road, Lititz, PA 17543-9205. For directions, please contact the Pathways Institute office.

## Spring 2021 Important Dates

**Registration begins January 28**

**First day of classes March 3**

**Final day of classes June 14**

## Registration & Fees

To register, please fill out the online registration form located on the Pathways Institute website at [ThePathwaysInstitute.org](http://ThePathwaysInstitute.org).

**If you register online by February 19 you will be entered into a drawing to win 1 free virtual course.\***

*Three winners will be chosen.*

**\*Please note that this course is in addition to the courses you register for.**

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.

**If you have any questions or concerns about credit card payments, please contact the Pathways Institute office.**

Alternatively, you may fill out the paper registration form and mail it to the Pathways Institute office. For the mailing address, see address in "Contact Us" on page 3. An invoice will be mailed to you. Checks should be made payable to **Landis HCBS** and sent to the Pathways Institute office.

Registration Options	Community Member Fee	Discounted Fee*
<b>MEMBERSHIP</b> selection of up to 8 virtual or in-person courses (limit of up to 3 in-person courses)	\$100	\$75
<b>PAY PER COURSE</b> selection of virtual courses and up to 3 in-person courses	\$25 each	\$25 each

**\*Discounted Fees** are offered to members of Landis Communities affiliates and partners: **Landis Homes Residents, Steeple View Lofts Residents, Continuing Care at Home Members and Lancaster Downtowners.**

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. Please send a check for each person.

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 safety guidelines at the time of each course. Membership cards will be available upon request.

This term we will offer a Spring Extension in June 2021. The Spring Extension will include a selection of experiential learning opportunities and field trips. Priority will be given to those who select the membership option when registering for the Spring 2021 term. More information about these opportunities (including fees) will be provided at a later date at *ThePathwaysInstitute.org*.

## Refunds

In case of cancellation, the refund will be 75% of the registration fees, if it is requested before the beginning of the spring term.

If an in-person course is cancelled after the beginning of the spring term, participants will be refunded \$10 per course.

## Virtual Course Information

We will be offering free introductory sessions on how to use Zoom in February; more details are on page 4. **We encourage you to participate in one of these sessions even if you have used Zoom before. Important new updates will be included in this session.**

The 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 contact the Pathways Institute office if you would like help with setting up and using Zoom on your computer/device.

You will receive an email with information about access to virtual courses (including the Zoom link) one 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. If you don't receive the email with the Zoom link on the day before the course is scheduled, please contact the Pathways Institute office in plenty of time before the course so you don't miss the class.

***You can find more information about setting up and using Zoom on [ThePathwaysInstitute.org](http://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 cancelled 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 17543-9205

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717.381.3577

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info@thepathwaysinstitute.org

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*ThePathwaysInstitute.org*

# Virtual-Only Courses

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## **ZOOM INTRODUCTORY COURSE**

**Instructor:** Mr. Barry Gordon

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**Monday, February 15, 2021**

10:00 am – 11:00 am

**Wednesday, February 17, 2021**

1:00 pm - 2:00 pm

*Virtual on Zoom. Enrollment Limit: None*

A **free** 1-hour 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 the Spring term to attend one of the sessions. This course does not count towards your total number of selected courses. To sign up, please call the Pathways Institute office.

Beginning around one hundred years ago, three strong African personalities had such an impact that the churches they began continue to this day. William Wadé Harris in the Ivory Coast (1915), Simon Kimbangu in the Democratic Republic of Congo (1921), and Johane Marange in Zimbabwe (1932) had visions for starting churches that had virtually no missionary involvement. Why were they so successful? What can we learn from them, both positively and negatively?

LH02-V

## **THE KEYSTONE STORY: 400 YEARS OF PENNSYLVANIA HISTORY**

**Instructor:** Mr. John Maietta

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**Thursdays, March 4, 11, and 18, 2021**

1:00 pm - 2:30 pm

*Virtual on Zoom*

*Enrollment Limit: None*

Whether you're a native or a newcomer, Pennsylvania's history offers you a rich smorgasbord of people, events, and ideas. This three-part course hits all the highlights of the Keystone story – from William Penn's "Holy Experiment" and the Revolutionary War, through the political turmoil and industrial growth of the 1800s, to the perils and progress that shared the spotlight in the 20th century. Along the way, we'll explore some icons of Pennsylvania culture, including the Amish, the polka, and the pretzel. You'll also learn about the best museums and historic sites in the state, where you can experience Pennsylvania's dramatic and colorful past for yourself.

LH03-V

## **THE GLORIOUS PROMISE — 13TH, 14TH & 15TH AMENDMENTS — AND THE LONG, TRAGIC SHADOW OF RECONSTRUCTION (1865-1899)**

## **History**

LH01-V

## **THREE IMPORTANT AFRICAN INDIGENOUS CHURCHES**

**Instructor:** Dr. Rich Stuebing

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**Wednesday, March 3, 2021**

9:00 am - 10:30 am

*Virtual on Zoom*

*Enrollment Limit: None*

**Instructor:** Dr. Sherwood Lingenfelter

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**Fridays, March 5, 12, 19, and 26, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

This course will have four sessions:

**Session 1. (March 5)**

An Escaped Slave and a President for White Men (Frederick Douglas on Abraham Lincoln)

**Session 2. (March 12)**

A Reactionary President and a Radical Republican Congress (Andrew Johnson 1865-1869 and the 14th and 15th Amendments)

**Session 3. (March 19)**

An Affirming President disarmed by Corruption — the Shadow Darkens (Grant, Hayes & Tilden)

**Session 4. (March 26)**

The Wilmington Massacre 1898 — the triumph of Jim Crow, the end of the Republican Dream for Black Americans

LH04-V

**RULE BRITANNIA!  
THE HISTORY AND TOURIST  
DELIGHTS OF LONDON**

**Instructor:** Mr. John Maietta

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**Monday, March 8, 2021**

10:00 am - 11:30 am

*Virtual on Zoom*

*Enrollment Limit: None*

The British Empire once held a quarter of the world's land and people under its sway. At the center of this imperial colossus lay the seething, vibrant city of London. Founded as a humble Roman army camp, London grew over the centuries to become a world-class capital of commercial, intellectual, and artistic life. This program takes you on a lively tour through

London's dramatic past and delightful present – from the Black Death and the Blitz to the British Museum and Buckingham Palace. You'll also meet some of the city's most famous residents, including George Frideric Handel, Sherlock Holmes, and Charlie Chaplin.

LH05-V

**THE TRANSFORMATION OF  
THE UNITED STATES DURING  
WORLD WAR II**

**Instructor:** Dr. Tami Biddle

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**Monday, March 8, 2021**

2:00 pm - 3:00 pm

*Virtual on Zoom*

*Enrollment Limit: None*

This course will enable listeners to understand the many ways in which the American people transformed during the course of the Second World War. In addition to building a mighty arsenal - including army, navy, and air force to fight a global war - they transformed their thinking about their role in the world. Moving from isolationism to global leadership in a few short years, the American people had to reinvent their national identity and develop a new relationship to the wider world.

LH06-V

**THE DIGITAL HARRISBURG  
PROJECT**

**Instructor:** Mr. Albert Sarvis

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**Tuesday, March 9, 2021**

9:00 am - 10:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

The Digital Harrisburg project, in partnership with Messiah University, has compiled multiple data sets which include historical Census data, building footprints, and Sanborn maps. Geospatial processes were performed on each of these data sets and

ultimately, an online interactive web map was constructed. The work done on Digital Harrisburg improved Census data, allowing a more accurate spatial analysis of the City of Harrisburg. As a result of the spatial analysis performed, trends of ethnicities and race movements across the city became apparent.

This course will look at the population across Harrisburg from 1900 to 1930, exposing individual resident details such as race, immigration status and employment, and the patterns and trends of this population through time.

## LH07-V

### **MIRA LLOYD DOCK: CONSERVATIONIST AND ADVOCATE FOR WOMEN**

**Instructor:** Dr. Susan Rimby

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**Monday, March 15 and 22, 2021**

10:00 am - 11:15 am

*Virtual on Zoom*

*Enrollment Limit: None*

The life and work of Mira Lloyd Dock, the first woman to serve in Pennsylvania state government, provides many insights into the Progressive Era conservation movement and women's roles within that movement. Dock was heavily involved in the conservation movement at the local, state, and federal levels. Her most ardent supporters said she did more for forests than any woman in the United States. As a member of the Pennsylvania State Forest Commission, Dock helped formulate policies that served as models for other, northeastern industrial states. She also worked tirelessly for women's rights to have meaningful careers, enroll in institutions of higher education, and vote.

## LH08-V

### **HOW PANDEMICS HAVE HURT AND HELPED THE COURSE OF HUMAN HISTORY**

**Instructor:** Dr. Craig Jurgensen

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**Monday, March 22, 2021**

3:00 pm - 4:00 pm

*Virtual on Zoom*

*Enrollment Limit: None*

The dark years of the Middle Ages were ended by the Bubonic plague, giving rise to the Renaissance in Europe in 1700. The Black Death in London led to sweeping municipal regrowth and development in 1666. The Coronavirus pandemic so far in 2020 has brought about ultra-modern systems of community, industry, education, and health.

## LH09-V

### **THE LIFE AND TIMES OF LADY RANDOLPH CHURCHILL**

**Instructor:** Mrs. Barbara Holliman

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**Wednesday, April 7, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

Jennie Jerome was born to a wealthy family in New York City. She was considered one of the most beautiful women of her time. After meeting Randolph Churchill at a sailing event in England they became engaged after just three days. Her firstborn son was Winston Churchill, the future Prime Minister of England. Lady Randolph was well-respected and influential in the highest British social and political circles. She had numerous lovers including the Prince of Wales, later King Edward VII of the United Kingdom. An intelligent and talented woman, she was an author, playwright, interior decorator and famously known for chartering a hospital ship to care for those wounded in the Boer War. She married twice more, one husband being three years younger than her son Winston.

## LH10-V

### **A BRIEF HISTORY OF THE CONESTOGA RIVER**

**Instructor:** Mr. Donald Kautz

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**Wednesday, April 14, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

This course takes a stroll through the history of Lancaster County from the point of view of the Conestoga River. We will enjoy the beauty of the Conestoga in photographs and look at the effects that settlement of the county has had on the river. We will discuss what steps can be taken to ensure that future generations are able to enjoy this natural beauty.

LH11-V

## **THE STORY OF VICTOR F. WEAVER, INC: NOBODY KNOWS CHICKEN LIKE THE FOLKS AT WEAVER**

**Instructor:** Mr. Allan Shirk

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**Wednesday, April 21, 2021**

2:00 pm - 3:00 pm

*Virtual on Zoom*

*Enrollment Limit: None*

The Weaver story is an example of small-town American entrepreneurship. Victor Weaver and his wife, Edith, began their business by selling 17 dressed chickens in a suburban Philadelphia farmers' market. As the company grew, Victor was recognized as a visionary and pioneer of new products in the poultry industry, often a step ahead of major companies. When Victor had difficulty establishing a steady labor force, he hired Puerto Ricans. The company provided English classes and cultural awareness training to help these people in transition to the States. He helped establish the first Spanish-American Mennonite congregation in the area. Victor was guided by his Christian faith and remained a humble man whose success didn't change him. He and Edith supported many churches and other causes that benefited his community and beyond.

# Religion

LH12-V

## **AN INTRODUCTION TO THE ORTHODOX CHURCH**

**Instructor:** Father Timothy Hojnicky

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**Tuesdays, March 9, 16, and 23, 2021**

2:00 pm - 3:30 pm

*Virtual on Zoom*

*Enrollment Limit: None*

The history, practices, and traditions of the Orthodox Christian faith will be the focus of this three-session course. Presentations will include a basic approach to the belief system and way of life as lived out by followers of the Orthodox Church.

LH13-V

## **WHY A SCIENTIST BELIEVES IN THE GOD OF THE BIBLE**

**Instructor:** Dr. James Jekel

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**Tuesday, April 27, 2021**

1:30 pm - 3:00 pm

*Virtual on Zoom*

*Enrollment Limit: None*

Through a long life and career in medicine and research at Yale, I have not only continued to believe in the God of the Bible, but that belief has been strengthened by the findings of science from 1950 to the present. Along the way, I had questions in the areas of philosophy, theology, cosmology, and biology, but increasingly these have been answered. Even the philosopher called "the world's most notorious atheist" (Anthony Flew) was converted to believe in a creator God by the strength of the current scientific evidence. This course will give an orderly presentation of findings in many areas that I believe are strong evidence for the reality of the God of the Bible and of the reliability of the Bible as a witness to truth. Feel free to ask questions!

# Culture, Arts, & Music

LH14-V

## THE HOLLYWOOD DREAM FACTORY: A HISTORY OF HOLLYWOOD STUDIOS IN THE GOLDEN ERA

Instructor: Dr. Roger Godin

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**Wednesdays, March 3, 10, 17, 24, 31,  
and April 7, 2021**

3:00 pm - 4:30 pm

*Virtual on Zoom*

*Enrollment Limit: None*

The formation of the powerful Hollywood studios turned Hollywood into a worldwide phenomenon. These “factories” included rosters of extremely talented actors, directors, writers, cinematographers, and a whole host of other creative departments that churned out so many wonderful films. During the Golden Era that spanned the late 1920s until the late 1940s, each studio developed its own specific “personality” or style. We will look at each of the major studios: MGM, Paramount, Warner Brothers, RKO, 20th Century Fox, and the minor ones: Columbia, Universal, and United Artists. We will watch scenes from many of their great films. We will also learn how they started to lose their grip on the industry that they created.

LH15-V

## A RIDE THROUGH THE HISTORY OF AMERICAN WESTERN MOVIES: COWBOYS, RANCHERS, SALOON GIRLS, AND PIONEER WOMEN

Instructor: Dr. Roger Godin

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**Thursdays, April 1, 8, 15, 22, & 29, 2021**

3:00 pm - 4:30 pm

*Virtual on Zoom*

*Enrollment Limit: None*

The American westerns represent the quintessential contribution of American film history. In this course we will follow the rise of this genre from the B-Film days of the silent era and the 1930s, the emergence in the 1940s with darker, serious films, the golden era of the 1950s and the revisionist shift in the late 1960s and beyond. We will examine the iconic characters of these remarkable films: the rugged men and the strong women. We will also look at the core issues of the mythical American West and pioneering spirit that infused this real and imagined world.

## Literature

LH16-V

## AN INTRODUCTION TO AND HISTORY OF AFRICAN-AMERICAN POETRY TO 2000

Instructor: Professor Clyde Ross

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**Fridays, March 5, 12, and 19, 2021**

1:00 pm - 2:30 pm

*Virtual on Zoom*

*Enrollment Limit: None*

Beginning with a short consideration of the nature of poetry, this course will introduce students to the lives and writings of such poets as Phillis Wheatly, Francis E. W. Harper, Paul Lawrence Dunbar, Langston Hughes, and Maya Angelou as they expressed in poetry the experiences of black people in America -- their sorrows, joys, despairs, hopes, frustrations, and triumphs.

LH17-V

## THE HISTORY BEHIND THE HISTORICAL NOVEL

Instructor: Mrs. Sherry Ostroff

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**Monday, April 26, 2021**

10:00 am - 12:00 noon

*Virtual on Zoom*

*Enrollment Limit: None*

What is the historical novel and where did it come from? Some claim that Sir Walter Scott wrote the first novel based on a true event or a real-life character in 1814 with his popular book, *Waverly*. But others believe the genre goes back much further, to ancient times, almost 3,000 years ago. Follow author Sherry V. Ostroff as we explore the elements of this popular genre and the history behind the historical novel.

## Contemporary Issues

LH18-V

### UNDERSTANDING RACE AND DISMANTLING RACISM

**Instructor:** Dr. John W. Eby

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**Mondays, March 15 and 22, 2021**

1:00 pm - 2:30 pm

*Virtual on Zoom*

*Enrollment Limit: None*

Race is a socially constructed social category based on physical appearance that has been used to put people into separate groups. Racism builds social structures which bring advantage to some groups and disadvantage to others. The most obvious one is slavery, but most every aspect of social structure and the economy is affected. The course will focus on what people need to know about race in America. We will use videos, lectures, and class discussion to look at ways race has been used in American society historically and currently to build social and legal structures which disadvantage persons of color. Strategies to dismantle racism will be suggested.

LH19-V

### NEWS, VIEWS, AND ATTITUDES

**Instructor:** Dr. Mark Kelley

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**Thursdays, March 25 &**

**April 1, 8, 15, 22, and 29, 2021**

10:00 am - 11:15 am

*Virtual on Zoom*

*Enrollment Limit: None*

This course will explore the state of the news media and their audiences today, attempting to examine whether or not truth can be found there, and if so, how people of faith and people in general might be more successful in extracting it.

LH20-V

### FAKE NEWS OR IS IT?

**Instructor:** Ms. Liz Kielley

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**Tuesday, March 30, 2021**

3:00 pm - 4:00 pm

*Virtual on Zoom*

*Enrollment Limit: None*

How can you tell if something is credible or fake news? Reliable information helps us make good decisions but with the proliferation of social media, sometimes it is hard to tell if we should believe it or delete it. We tend to want to believe those things that align with our world view, but is it true just because we want it to be? What is opinion and what is fact? Let's sharpen our critical thinking skills and discover some tools that we can use to help us figure it out. We will learn what drives fake news, how to recognize it, and how to not pass it on.

LH21-V

### AVOIDING SCAMS AND IDENTITY THEFT

**Instructor:** Mr. George Dillman

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**Tuesday, April 6, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

This course takes a look at ways people's identities are stolen or compromised, what you can do if you find you have had your identity stolen, and how to stop theft from occurring. We will review and discuss common scams and frauds.

## Nature, Science, & Technology

LH22-V

### EPIGENETICS - HOW ENVIRONMENT SHAPES OUR GENES

Instructor: Dr. Craig Jurgensen

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**Monday, March 15, 2021**

3:00 pm - 4:00 pm

*Virtual on Zoom*

*Enrollment Limit: None*

The biochemical covering of our chromosomes allows most all external elements and forces to activate or alter our basic DNA, thus shaping and forming our lives individually. This is what we call NURTURE - contrasting it with our internal NATURE, which is structured by our heritable genes. Thus, though as humans we're identical, no two of us are alike. How and why are you unique in the world?

LH23-V

### A LOOK INSIDE VIRTUAL REALITY

Instructor: Mr. Charles Palmer

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**Tuesday, March 16, 2021**

9:00 am - 10:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

In this course we will look at the history of virtual reality, the technology involved, its usage, and how its effects on the brain are revolutionizing modern industries.

LH24-V

### ELIXIRS, CURATIVES, AND CHARACTERS

Instructor: Dr. Conrad Stanitski

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**Wednesday, March 31, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

Throughout their history, humans have sought remedies to ameliorate or cure ailments. Various potions were developed by different cultures using locally available materials and folklore. Some worked; many did not. This presentation will deal with some of these so-called "cures." From soft drinks to other elixirs composed of exotic ingredients, all with supposed health benefits. It will also feature a few of the people who were part of this enterprise, including Franz Mesmer, James Graham, William Radam, Lydia Pinkham, Senator Dudley J. Le Blanc, and the Kellogg brothers.

LH25-V

### THE QUAKING, SHAKING, & EXPLOSIVE EARTH

Instructor: Mr. Rick Abele

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**Tuesday, April 6, 2021**

1:00 pm - 2:30 pm

*Virtual on Zoom*

*Enrollment Limit: None*

In this lecture we will look at the development of the Theory of Plate Tectonics and the evidence that supports it. We will then look into the movement of the plates and the effects of that movement. Volcanic types and locations will be explained. Earthquake causes and effects will be described. We will finish with a description of how earthquake epicenters are located.

LH26-V

## **PORTRAIT OF THE MARITIME PROVINCES**

**Instructor:** Mr. Bob Wyble

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**Monday, April 19, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

Join us on a DVD travel journey through the Maritime Provinces. The tour includes natural marvels from the New England coast to the Canadian provinces of Nova Scotia, Newfoundland, and Prince Edward Island. From puffins and whales to cliffs and falls, we'll enjoy the wonders of all the Maritime Provinces have to offer. The program will conclude with a PowerPoint presentation focusing on specific points of interest.

LH27-V

## **NAKED EYE ASTRONOMY**

**Instructor:** Mr. Rick Abele

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**Tuesday, April 20, 2021**

1:00 pm - 2:30 pm

*Virtual on Zoom*

*Enrollment Limit: None*

How do you find specific stars and constellations in the night sky? This lecture will give you an understanding of the celestial sphere, the motions of objects in the sky, and how to find objects in the sky. Some of the mythology of the planets, stars, and constellations will be included in this lecture.

## **Wellness & Lifestyle**

LH28-V

## **ACCESS YOUR ANCESTORS: INTRODUCTION TO FREE ONLINE GENEALOGY RESOURCES**

**Instructor:** Ms. Sarah Myers

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**Wednesday, March 10, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

Are you interested in finding out about your family history and climbing your family tree? The course will be an introduction to online genealogy resources that are free to use and easily accessible to anyone with internet access. Find census, birth, marriage, military, and death records with ease and without spending a dime. This course will energize you to make discoveries on what makes your family unique, special, and downright interesting. All participants will receive a resource packet to organize and keep track of their findings. In addition to a resource packet provided for this session, Messiah University's Murray Library will provide an online virtual help desk for one evening (details to be shared during the course) to help you one-on-one with your individual family history research questions.

LH29-V

## **BOOK REVIEW DISCUSSION - BEING MORTAL: MEDICINE AND WHAT MATTERS IN THE END**

**Instructor:** Mr. Glen Dunbar

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**Tuesday, March 23, 2021**

10:00 am - 11:30 am

*Virtual on Zoom*

*Enrollment Limit: 25*

This will be a Zoom discussion of the book: *Being Mortal: Medicine and What Matters in the End* by Atul Gawande. Participants will need to obtain and read the book on their own. In order to facilitate good discussion, specific discussion questions will be assigned in advance of the session. This book is about end-of-life matters so participants will be encouraged to share their thoughts, concerns, and personal plans for the end of life with other class members after reading the book.

## LH30-V

### **NUTRITION UNPLUGGED!**

**Instructor:** Mrs. Alessandra Perkins

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**Monday, March 29, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

I will discuss how confusing diets and nutrition labels can be. Come and learn why diets are so confusing and how to read through the misleading marketing techniques on packaging to assure you are making wise choices for your health.

## LH31-V

### **THE SCIENCE OF THRIVING**

**Instructor:** Dr. Galen Buckwalter

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**Fridays, April 2, 9, and 16, 2021**

2:00 pm - 3:00 pm

*Virtual on Zoom*

*Enrollment Limit: 15*

This course provides participants with the information and experiences needed to become more resilient as individuals and as groups. Building on the most recent advances in the psychology of Wellness, students will receive an introduction to recent breakthroughs in the science of personality. This lens of personality will be used to guide participants through a personalized approach to building individual and group resilience.

## LH32-V

### **KNOW YOUR RISKS OF ALZHEIMER'S AND HOW YOU CAN PREVENT OR REVERSE DISEASE**

**Instructor:** Dr. Kristen Nebel

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**Mondays, April 5 and 12, 2021**

10:00 am - 11:00 am

*Virtual on Zoom*

*Enrollment Limit: None*

Current medicine practices protocol-based care as opposed to precision-personalized care. There are over 50 contributors to Alzheimer's dementia that are identifiable 20 years prior to noticeable memory loss. In this course we will review the risk factors, some simple first steps to reduce your risk of Alzheimer's and more complicated evaluations and treatments to help reverse disease. The diagnosis of Alzheimer's has long been a death sentence, but this approach gives hope for treatment and prevention.

## LH33-V

### **STORYTELLING/MY STORY**

**Instructor:** Ms. Lynn Blackston

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**Wednesdays, April 7 and 14, 2021**

1:00 pm - 2:15 pm

*Virtual on Zoom*

*Enrollment Limit: 8*

This course will be for participants to become aware of their feelings, ideas, and dreams through the art of storytelling. Participants will be able to use the art of storytelling to verbalize and write about important events and experiences that have taken place in their lives, along with their dreams and goals for the future. The purpose of the course is to help participants express their inner feelings by using the creative art of storytelling.

# *In-Person Only Courses*

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In-person courses are dependent on gathering conditions at the time of the course schedule. Enrollment limit for in-person courses is subject to change depending on safety guidelines at the time of the courses. Cancelled in-person courses will not be rescheduled.

## **History**

LH34-P

### **AMERICAN POLITICAL ASSASSINATIONS**

**Instructor:** Dr. Robert Frick

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**Wednesdays, April 28 &  
May 5, 12, 19, 26, and Tuesday, June 1, 2021**  
1:30 pm - 3:00 pm

*High Auditorium, Crossings Building, Landis Homes*  
**Enrollment Limit: 23**

The course will present the stories and the backgrounds of 6 persons who assassinated U.S. presidents and two other political figures (Abraham Lincoln, James Garfield, William McKinley, John Kennedy, Martin Luther King, and Robert Kennedy).

LH35-P

### **HOMES AND FARMS WERE THREATENED - 1942 AND 1952**

**Instructor:** Mr. John H. Kraybill

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**Wednesday, May 5, 2021**  
10:00 am - 11:30 am

*High Learning & Wellness Center, Landis Homes*  
**Enrollment Limit: 23**

In 1942, the United States government made serious plans to seize a large portion of Western Lancaster County to install a TNT ammunition plant following Pearl Harbor and the start of World War II. Residents of the farms and houses in the area began to realize that they might have to move and find another place to live and work. However, an unexpected turn of events thwarted the proposed project. Strange as it may seem, 10 years later in 1952, the government again made serious plans to seize the same area to build Air Force maintenance and supply depot. This proposed project was also thwarted -- but for a different reason.

LH36-P

### **LANCASTER'S NOTABLE HISTORIC ARCHITECTS: THEIR WORK, THEIR LIVES, AND THE IMPACT ON OUR COMMUNITY**

**Instructor:** Mr. Gregory Scott

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**Thursdays, May 6, 13, and 20, 2021**  
11:00 am - 12:00 noon

*High Auditorium, Crossings Building, Landis Homes*  
**Enrollment Limit: 23**

Lancaster City's architecture has been shaped by the talent, expertise, and vision of architects from Philadelphia, Baltimore, New York, Chicago, and of Lancaster. This course will introduce the audience to their works, their personalities, and their impact from 1738 to 1968. The two-hundred-year span has graced the city with over thirty six styles of architecture from Georgian to Art Deco. The course will progress through the architectural history chronologically describing each architect and their body of work. Historic photographs and newspaper accounts obtained from Lancaster History and LNP bring each story to life in a way that is entertaining and educational.

LH37-P

## **MASON & DIXON AND LEWIS & CLARK**

**Instructor:** Mr. Steve Beck

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**Mondays, May 10 and 17, 2021**

1:00 pm - 2:30 pm

*High Auditorium, Crossings Building, Landis Homes  
Enrollment Limit: 23*

Of all the explorations that have occurred throughout the early history of the United States of America, those of Charles Mason and Jeremiah Dixon and Meriwether Lewis and William Clark are among the most remarkable in terms of purpose, execution, and duration. This course will focus on the historic and geographic factors of the questions of Who, What, When, Where, and Why and the technological (or lack thereof) considerations of the How question.

LH38-P

## **UNDERGROUND RAILROAD ORIGINS IN LANCASTER COUNTY AND SOUTHEASTERN PENNSYLVANIA**

**Instructor:** Mr. Randolph J. Harris

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**Wednesday, May 19, 2021**

10:00 am - 11:30 am

*High Auditorium, Crossings Building, Landis Homes  
Enrollment Limit: 23*

This course explores the national legacy of the Underground Railroad, regarded as our nation's first racially-integrated and religiously-inspired civil rights movement born in the wake of the American Revolution. Lancaster and York Counties provided a backdrop for some of the earliest anti-slavery episodes in America, forming the origins of the movement that became known as the Underground Railroad.

A tour of the authentic Underground Railroad sites will be offered at a later date for an additional fee. Registration for the tour will be separate from the classroom presentation. More information will be provided later.

## **Contemporary Issues**

LH39-P

### **GETTING YOUR MONEY'S WORTH**

**Instructor:** Ms. Mary Bach

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**Wednesday, April 28, 2021**

10:30 am - 12:00 noon

*High Auditorium, Crossings Building, Landis Homes  
Enrollment Limit: 23*

Do you feel "ripped" off in the marketplace? Do you understand Pennsylvania's amusing and confusing sales tax applications? When you pump a gallon of gas, how do you know that you received it? Have you noticed that packages are shrinking the amount of product we get for the price we pay? When selecting merchandise, do you have to hunt for the price? Have you ever been overcharged at a scanner checkout register? Your shopping trips will never be the same after this entertaining and educational presentation packed with important consumer information!

LH40-P

### **IMPOSTER SCAMS: IT'S YOUR MONEY!**

**Instructor:** Ms. Mary Bach

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**Wednesday, May 12, 2021**

10:30 am - 12:00 noon

*High Auditorium, Crossings Building, Landis Homes  
Enrollment Limit: 23*

From sweepstakes and lottery scams to identity theft and investment fraud, the con artists and imposters always manage to stay just a step ahead of us. We can no longer trust what we hear in a phone call from someone trying to get their hands into our wallet or bank account. Consumers must be proactive in protecting our hard-earned money by being aware and informed about current frauds and scams. Join me for this educational presentation filled with tips and practical information.

## Nature, Science, & Technology

LH41-P

### WHAT DOES A RETIRED INVENTOR DO?

Instructor: Dr. Charles Gaston

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**Mondays, May 3, 10, 17 and June 7 & 14, 2021**

10:30 am - 11:30 am

*High Auditorium, Crossings Building, Landis Homes*  
*Enrollment Limit: 23*

This course will be conducted in five sessions. Each one-hour session will include [1] a display of a few of the “inventions” created by the presenter since moving to Landis homes (participants guess their function), [2] discussion of at least one aspect of creativity, [3] a tale of how that aspect applied in the presenter’s life, and [4] a hands-on creative challenge. Questions and other interactions are encouraged. The person who has the most correct identifications of the displayed “inventions” (over all five sessions) will receive free consulting (and possible construction assistance) on solving a problem of personal interest.

LH42-P

### LIFE INSIDE A BEEHIVE

Instructor: Ms. Joyce Wilder

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**Monday, May 24, 2021**

10:00 am - 11:30 am

*High Auditorium, Crossings Building, Landis Homes*  
*Enrollment Limit: 23*

Come on a visual journey to see what life is like for a honeybee. Learn how they “see” flowers in their search for nectar sources needed to make honey. Discover how they “talk” to each other about their latest best flower garden finds. Learn about native bees and what you can do to support them and other pollinators by using native plants in your own gardens.

## Wellness & Lifestyle

LH43-P

### GOOD NEWS IN TROUBLED TIMES

Instructor: Mr. Edgar Stoesz

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**Friday, May 7, 2021**

10:00 am - 11:30 am

*High Auditorium, Crossings Building, Landis Homes*  
*Enrollment Limit: 23*

The evening news overwhelms us with the bad things that happen - the part of the glass that is half empty. This course is focused on good news - the part of the glass that is half full. We will draw from contemporary news but also observations from the instructor’s 90-year sojourn on this planet earth, including some commentary on the crisis we are now experiencing. You are guaranteed to leave this course feeling a little lighter, a little better for having attended. It might even save you a visit to your counselor. A little humor serves as a lubricant.

LH44-P

## **EATING FOR ENERGY**

**Instructor:** Mrs. Michele Stipe

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**Friday, May 21, 2021**

10:00 am - 12:00 noon

*High Auditorium, Crossings Building, Landis Homes*  
*Enrollment Limit: 23*

In this course, we will discuss foods that tend to both increase and decrease our energy levels and why this happens. We will also look at wellness in a holistic light to examine areas of our life that may be affecting our energy levels. Participants will develop a personal action plan during the course.

LH45-P

## **SPIRITUAL WELLNESS WORKSHOP**

**Instructor:** Ms. Martha Lester Harris

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**Friday, May 14, 2021**

1:30 pm - 3:00 pm

*High Auditorium, Crossings Building, Landis Homes*  
*Enrollment Limit: 23*

As we age, we often look back and reflect on the meaning of our lives. What have we done? What could we have done better? How much more do we want to do? This course will help us reflect on God's role in our lives and what God may be calling us to do now. We will examine our spiritual journeys, learn contemplative prayer practices, and provide resources for deeper exploration.

Facilitator will be Martha Lester Harris, whose deep and abiding faith in God has called her to pursue ordination as an Episcopal priest in her mid 60's. This interactive in-person workshop is designed to help you discover the peace that spiritual wellness can yield.

# *Instructors*

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**Rick Abele** is a retired High School Principal. He taught Earth & Space Science, Astronomy, and American History for 14 years. He was a high school administrator for 8 years. For 7 years he was the Astronomer for Public Viewing at Franklin & Marshall College in Lancaster. He has a B.A. in Geography and an M.A. in Astronomy & Geology, both from West Chester University.

**Mary Bach** is a nationally recognized, independent Consumer Advocate who, as a volunteer, now chairs the AARP Pennsylvania Consumer Issues Task Force. A former high school teacher, elected Murrysville Council Woman, and then Franklin Regional School Director, she serves on the Pennsylvania Utilities Commission Advisory Council and the Governor's Council on Reform, and has won numerous awards.

**Steve Beck** holds a B.A. in Urban Studies; M.A. degree in Geography and Environmental Planning. He has over 30 years of professional experience in the use of Geospatial technologies including Geographic Information Systems (GIS) in creating, analyzing, and publishing geographic data in the form of digital maps and webpages. He has over 8 years' experience in teaching fundamentals of GIS and mapping at the college level as an adjunct instructor. He currently teaches at York College of Pennsylvania.

**Tami Biddle** is the Elihu Root Chair of Military Studies at the US Army War College, where she has taught since 2001. Her work focuses mainly on US defense policy, foreign policy, and military history (the latter with a focus on the 20th century). She is the course director for the college's core course "War, Policy, and National Security." Prior to coming to the USAWC, she taught at Duke University. Dr. Biddle is the author of books, book chapters, and articles on the topics she studies. Her Ph.D. is from Yale.

**Lynn Blackston** is a graduate of both Clarion and Lincoln Universities, with a B.S. in Speech Communications & Theater and an M.H.S./ Counseling, respectively. Lynn is also a Certified Teacher Artist through the University of the Arts. She has combined her professional experience and her creative endeavors in workshops and presentations. As a workshop facilitator, Lynn has conducted workshops at schools, colleges, and for community organizations.

**Galen Buckwalter** is a graduate of the Graduate School of Psychology at Fuller Theological Seminary. He is a CEO of psyML - a company that uses personalized psychological data to help people better understand themselves and their teams.

**George Dillman** is the Consumer Outreach Specialist with the Pennsylvania Department of Banking & Securities. His agency regulates financial services in the commonwealth. In his role George conducts presentations on saving, investing, and protecting what you save and invest. He specializes in educating older adults and protecting their finances. Older adults have "big red targets" on them when it comes to scam artists and identity thieves.

**Glen L. Dunbar** has a M.P.A. from the Center for Aging Studies at the University of North Texas and is a Certified Senior Adviser. His primary career was as a social gerontologist and policy specialist for State and Federal entities devoted to Aging matters. After retiring, he has continued his dedication to purposeful aging with an encore career of teaching at area colleges and senior venues. He has previously conducted numerous well-received sessions for Pathways Institute.

**John W. Eby** directed service programs for several Mennonite Church agencies and taught at Eastern Mennonite University and Messiah University. He has a Ph.D. from Cornell University and was there during the occupation of William Straight Hall by Black students. He taught college courses on race, ethnicity, and gender and worked in cross-cultural service programs in the US and internationally.

**Robert Frick** served 45 years in the Lampeter-Strasburg School District as an elementary teacher and as an administrator. He spent his last 15 years as Superintendent of Schools. A graduate of Millersville University of Pennsylvania with both a Bachelor of Science and Master of Science degrees, Dr. Frick holds a Doctorate in Educational Administration from Temple University.

**Chuck Gaston** has only six patents, but has been inventing and creating all his life. He particularly enjoys solving difficult multidisciplinary technical problems. Dr. Gaston may be the only person in the world with three degrees in Engineering Science from three different universities. Pick a technical field, and there is a reasonable probability that he took a related course, worked in the area during his 28 years with IBM, and taught a related course during his 24 years at Penn State's York Campus.

**Roger Godin** retired from Franklin & Marshall College in 2016 after more than 30 years of service. He taught film and media studies courses at the College for over 15 years. He was also an assistant Dean of the College and the Dean of Brooks College House at F&M. Although Roger'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 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 Lester Harris**. A grandmother, mother, daughter, and business owner, Martha has been serving as a chaplain intern at Lancaster General Health/Penn Medicine during her final year at Lancaster Theological Seminary as she is pursuing ordination as an Episcopal priest. She holds a Master's in Public Administration Degree from Harvard Kennedy School, and is a graduate of Dickinson College. She and her husband are both senior citizens who enjoy living and working in downtown Lancaster.

**Randolph J. Harris** is a former journalist, now self-employed as a consulting historian, with a special focus on African American heritage and the Underground Railroad. A partner in the National Underground Railroad Network to Freedom, a program of the National Park Service, Randolph has been responsible for the designation of 21 of the approximately 55 PA sites included in the National Underground Railroad Network to Freedom.

**Timothy Hojnicky** has been the rector of Holy Apostles Parish in Mechanicsburg for the last 14 years. Father Hojnicky is a 2005 graduate of St. Tikhon's Orthodox Theological Seminary in South Canaan, PA.

**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, with a B.S. in Art Education & M.Ed., Barbara enjoys opportunities to share knowledge with others.

**James Jekel, M.D.**, is a physician who has studied ancient Greek and found that useful in understanding medical terminology. He has taught brief courses in medical terminology at Yale University. Dr. Jekel has also been interested in the subject of scientific progress and belief in God since the 1950s, which has allowed him to study the different trends over that time. Dr. Jekel was also a Presbyterian elder.

**Craig Jurgensen** was born in Trenton, NJ. He completed higher education at Rutgers University, New York Medical College, and Penn State College of Medicine. Dr. Jurgensen practiced clinical neurology for 40 years until retirement in 2008. He and his wife Joan raised three healthy children.

**Donald Kautz** is a native Lancastrian and amateur photographer who has spent many hours photographing scenes along the Conestoga River. He has recently written a book outlining the history of the Conestoga illustrated by his photographs.

**Mark Kelley** is a retired journalist and journalism professor, now living in Lancaster. He holds a Ph.D. in journalism and mass communications from Syracuse University (2004). Dr. Kelley served as the main anchor for WNDU-TV in South Bend, Indiana, and as Director of Journalism for the New England School of Communications in Bangor, ME.

**Liz Kielley** has been a librarian at Messiah University since 1999, serving as liaison to several departments, including Psychology and Communication. She is passionate about Media Literacy and helping students understand how to critically evaluate information sources.

**John H. Kraybill** was born and raised on a farm in West Donegal Township, Lancaster County, where he witnessed the preparations for the proposed government projects that were suspended and never developed further. In later years, John served as pastor of Mennonite churches in New York City, Johnstown, PA., and Springs, PA. He is now retired and lives in the Lancaster area.

**Sherwood Lingenfelter** earned a Ph.D. in Anthropology from the University of Pittsburgh in 1971. He served as faculty at SUNY Brockport (1969-1983), Biola University, La Mirada, CA (1983-1999), then at Fuller Theological Seminary as Professor of Anthropology (1999-2019). His best-known books include: *Ministering Cross-Culturally* (1986, 2016), *Transforming Culture* (1992, 1998), and *Leading Cross-culturally* (2008).

**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 global culture. He was an adjunct history instructor at York College of Pennsylvania. He is now a popular presenter of cultural and historical programs at libraries, retirement centers, and other community venues.

**Sarah Myers** is Public Services Librarian at Messiah University’s Murray Library. She has worked at the National Archives, Library of Congress, Gettysburg National Military Park, and George Washington’s Mount Vernon. She is a graduate of Susquehanna University, Clarion University of PA, and Pace University. She is a native Pennsylvanian who loves local history and genealogy. She also enjoys paper crafts and cake decorating.

**Kristen Nebel** has been a geriatric primary and specialty care physician for over 17 years. She approaches each patient in a holistic way (emotional, physical, spiritual, etc.). Dr. Nebel recently opened her own practice to deliver in-home care to adults 50+ with the goal of supporting aging in place. She acts as a care navigator and advocate for their health needs in a system that is often overwhelming. Dementia care is her specialty within senior care. Dr. Nebel held the role of senior care medical director for LGH and UPMC.

**Sherry V. Ostroff** is the author of *The Lucky One*, a memoir, and award-winning *Caledonia*, a historical novel. Ostroff earned a Bachelor's in education from Temple University and a Master's in history from Millersville University. She taught all levels: elementary, secondary, and college. Ostroff devotes her time to writing, family, reading, and traveling. She lives with her high school sweetheart in Lancaster County, Pennsylvania.

**Charles Palmer** serves as the Program Chair for the undergraduate bachelor's degree in Interactive Media and the Executive Director of the Center for Advanced Entertainment and Learning Technologies at Harrisburg University overseeing the design and development of ventures in new and emerging technologies.

**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 B.S. in Education from East Stroudsburg University/University of Phoenix and has held multiple fitness certifications for over 18 years.

**Susan Rimby** is a life-long Pennsylvania native with forty years of experience in history and secondary education. She is the retired Founding Dean of Liberal Arts and Education of Lock Haven University. Susan currently serves as President of the Harrisburg-AAUW. In her retirement she enjoys reading, dancing, and spending time with family.

**Clyde Ross**, While teaching in the English Department of Messiah University, Professor Ross introduced several new courses into the curriculum. Since his undergraduate major was Bible and he had the opportunity to study African-American literature in his graduate studies, he introduced courses that considered literary aspects of the Bible and prose and poetry from the African-American community. For over thirty years he enjoyed teaching about the

poetic qualities of the Psalms, the enticing mysteries of the book of Job, and the heart-gripping literature from our nation's black writers.

**Albert Sarvis** is an assistant professor of Geospatial Technology at Harrisburg University (HU) of Science and Technology. Mr. Sarvis began his career as a geographic information systems analyst before spending 12 years as a project manager. For the last ten years he has been teaching and conducting research at HU. He is also an FAA certified drone pilot and uses drones for research in areas from wildlife biology to archaeology.

**Gregory Scott** is a Fellow of the American Institute of Architects, a partner emeritus at RLPS Architects, a columnist for LNP, WGAL architectural correspondent and twice recipient of the Journalist and Educator Award presented by the Historic Preservation Trust. His past board and community involvements include Samaritan Counseling Center, Hospice of Lancaster County, United Disabilities Service, Pennsylvania College of Art & Design and Lancaster City Council. He is also an Eagle Scout.

**Allan Shirk** taught high school Social Studies for 40 years at Western Mennonite School in Oregon and at Lancaster Mennonite School in Lancaster County. He was born and grew up in Lancaster County. After retiring from teaching in 2010, Alan discovered writing as a new interest. In 2015, he finished his first book, *Ed Nolt's New Holland Baler: Everything Just Went Right*. His second book, *The Story of Victor F. Weaver, Inc.* is being published by the end of 2020.

**Conrad Stanitski, Ph.D.**, received the ACS George C. Pimentel Award in Chemical Education, a national award for Outstanding Contributions to Chemical Education, the CMA Catalyst Award, a national award for Excellence in Chemistry Teaching, and the Gustav Ohaus-National Science Teachers Association Award for Creative Innovations in College Science Teaching. In 2005, he retired as Distinguished Emeritus Professor from the University of Central Arkansas. He is currently a Visiting Scholar at Franklin and Marshall College.

**Michele Stipe** is the Director of Life Enrichment at Landis Homes. She has an M.S. in Health Promotion with a dual concentration in Wellness and Fitness and Wellness Coaching. She is a certified Health Coach through the Institute of Integrative Nutrition. Michele has worked in the wellness industry for almost 20 years.

**Edgar Stoesz** was on the Mennonite Central Committee administrative staff for 35 years. He also chaired the boards of Habitat For Humanity International, the American Leprosy Missions, Heifer Project and Hospital Albert Schweitzer (Haiti). This involved a lot of travel and interaction with some very famous and interesting people. Mr. Stoesz has written numerous books including his own autobiography *Finding My Way*.

**Rich Stuebing** taught African Church History for many years at a theological college in Zambia. His students were required to interact with indigenous churches for one of their assignments, and that

resulted in deeper insights into the beliefs and practices of these independent bodies that still exist across Africa.

**Joyce Wilder** is a retired educator who has kept honeybees for the past 14 years. Locally, she has become known as “The Bee Lady” through her many educational and entertaining presentations to various garden and civic organizations. She holds membership in several beekeeping organizations at the local and state level. Her passion for honeybees and the environment is contagious.

**Bob Wyble** received a Bachelor’s degree from Millersville University and a Master’s degree from Northern Arizona University. He taught biology at McCaskey High School and Penn Manor High School, and was Assistant Principal at Warwick High School. After 34 years as a public educator, he retired in 2004. An amateur photographer, Bob has taught Pathways Institute courses on Costa Rica, the Serengeti Plains, and Western USA parks.



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80-89  over 90

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