

## ALVERNIA UNIVERSITY



### Daytime Classes & Activities

### Mid-Year 2020

January 8 - February 28

610-796-8357

Or visit us on the website:  
[www.alvernia.edu/academics/seniorscollege](http://www.alvernia.edu/academics/seniorscollege)

Explore your world. Expand your horizons.

## Alvernia Seniors College

### Seniors College Administration

Daria Tecco LaTorre, J.D., *Dean*  
Sally Reading, *Director*  
610-796-8357

Membership is open to individuals age 55 and over with an interest in learning. Seniors College is a cooperative where members have an opportunity to support its objectives through participation on planning committees or by serving as course instructors. Members are also invited to attend Seniors College social events and activities.

Call 610-796-8357 for information on membership or activities.

Alvernia Seniors College members may take classes at any location. We reserve the right to cancel classes due to insufficient enrollment. Classes may also be cancelled due to inclement weather. Every attempt will be made to schedule a make-up class.

Active membership extends one year from the time of payment. To assist individuals in keeping their membership current, mailing labels contain membership expiration dates located above addressees' names. Dates do not appear above the name of inactive members. Annual membership categories are:

**Basic Membership** • \$50 annually

**Basic Membership PLUS** • \$100 annually

**Friends** • \$150 annually

**Benefactor** • \$1,500 (lifetime)



### Seniors College Clubs

#### Lunch Bunch Discussion Club

Every TUESDAY 11:15AM (lunch) – 12:30PM (program)  
Alvernia University, Student Center Dining Hall/Seminar Rooms

Shuttle Service available for Lunch Bunch from the Upland Center.

#### PROGRAM BEGINS JANUARY 8

**January 21**— Sneak Preview of Upcoming Classes

**January 28**— “Emerging Infectious Diseases” - Jim Klucsarits, Associate Professor of Biology

**February 4**— “How to Cook Nutritious Meals for 1 or 2” - Matt Lykens, Director of Food Services, Aladdin @ Alvernia

**February 11**— “From Mr. Ed to Mr. Beast: The Evolution of Pop-corn Culture” - Dr. Matthew Prudente, Assistant Professor of Mathematics

**February 18**— “Green Criminology: The Problem of Legal (vs. illegal) Harms to the Environment.” – Dr. Spencer Stober, Professor of Biology

**February 25**— “Oral Health; the Oral-systemic Connection. Your Mouth is a Window into your Overall Health.” – Brian Schwab, DMD, F.I.C.D.

#### Book Review Club

First Wednesday of every month  
Resumes January 8

11:30AM – 1:00PM  
Student Center, Private Dining Room  
Call Dianne Walker — 610-413-0790

Review January 8 - “Beloved” by Toni Morrison  
Review February 5 - “Lilac Girls” by Martha Kelly  
Review March 4 - “Ordinary Grace” by William Kent Krueger

#### The IPAD Club

Third Wednesday of every month resumes January 15  
11:30AM – 1:00PM  
Upland Center, Community Room 103

This is a time for iPad users to share iPad knowledge. Meetings will discuss iPad user problems, frustrations, and fun. Moderator Jon King. Call Karen Focht - 610-777-9305.

### MONDAY

#### The African Prospective of Women’s Role in Society - 3 Weeks

Sister Digna Chuwa, C.P.S., M.Ed

What place should women have in society? Traditionally, a woman’s place has been inferior to that of the average man. Anything valuable in society is controlled by men and women must care for the rest. The world media coverage on African women usually is a one-sided image which centers on issues of oppression such as female circumcision in East Africa, Islamic fanaticism in West Africa, or rape in South Africa. To generalize the role and status of women in traditional African societies is complicated, since Africa is home to many and the place of women varies in different African societies.

Dates: 2/3,10,17 Time: 10:00AM – 11:30AM  
Place: Upland Center, Board Room 227 Cost: \$30.00

#### Chemical in the Household - 2 Weeks

Dr. Joseph Kremer, Associate Professor of Chemistry

This unique chemistry course for the non-professional investigates the effects of chemicals found in common household products. Molecules presented will include capsaicin, the molecule responsible for the hotness of chili peppers; Bisphenol A, a leachable from plastic water bottles; FD&C No. 6, a component in Sunset Yellow food coloring; nonyl nonanoate, orange flavoring, and sodium benzoate, a preservative against bacteria and fungus. How are these chemicals affecting us and our health? Are they good or bad?

Dates: 2/3,10 Time: 11:30AM – 1:00PM  
Place: Upland Center, Board Room 227 Cost: \$25.00

Technology, Globalization and the Restless Heart - 2 Weeks  
Scott Davidson

There appears to be no aspect of human life that remains untouched, either positively or negatively, by the advent of digital technology. In this course, we will investigate how we address the deep desires of the human heart – or neglect to do so – in the digital age.

Dates: 2/10,17 Time: 1:00PM – 2:30PM  
Place: Upland Center, Board Room 227 Cost: \$25.00

TUESDAY

The Unique Services of Women During the Civil War - 2 Weeks  
Hallie Vaughan

The history of the Civil War includes stories about women who disguised themselves as men and fought for freedom. Some even served as spies. Surprisingly, women served in many other capacities. Learn about Berks County's own Rosa Muhlenberg Nicolls.

Dates: 2/4,11 Time: 10:00AM – 11:30AM  
Place: Student Center, Seminar Rooms Cost: \$25.00

From the Reservation to the University – 2 Weeks  
Dr. Peggy Bowen-Hartung

The life story of Dr. Peggy Bowen-Hartung as she recounts her experience from the Oklahoma reservation to the Hallowed Halls of Alvernia University. She will share some of her highlights through her personal and professional journey including her experience at the Murrow Building and the World Trade Center.

Date: 2/18,25 Time: 2:30PM – 3:30PM  
Place: The Highlands of Wyomissing Cost: \$25.00  
2000 Cambridge Ave. Wyomissing PA 19610

WEDNESDAY

It's a Man's World .... Unless You're a Woman – 4 Weeks  
John Kissinger

The role of women in human history has often been hidden, neglected, and misunderstood. We will survey the ways in which current research and emerging scholarship are revitalizing the place of women in history, in science, and in literature. We will also decide whether or not a man can adequately teach this course.

Dates: 2/5,12,19,26 Time: 10:00AM – 11:30AM  
Place: Upland Center, Board Room 227 Cost: \$40.00

High Altitude Countries - 3 Weeks  
Kathy Sassaman

This course will share some history and culture, as well as my experiences in Peru, Colombia, and Tibet. (And you won't have to worry about altitude sickness.)

Dates: 2/5, X,19,26 Time: 11:30AM – 1:00PM  
Place: Upland Center, Board Room 227 Cost: \$30.00

Silencing the Whistle Blower: Ag-Gag Laws in Animal Agriculture – 3 Weeks  
Dr. Janae Sholtz, Dr. Victoria Williams, Dr. Donna Yarri

The treatment of farm animals in the animal agricultural industry raises significant concerns with the pain and suffering we are causing these creatures. Currently, there is a movement in this industry to criminally punish those who report on these abuses. This talk will provide background on the ethical treatment of animals, report information on the condition of factory-farmed animals, address the role of the whistleblower in society, explore the "ag-gag" laws that attempt to silence the whistleblower, and consider ethical ways to move forward.

Dates: 2/12,19,26 Time: 1:00PM – 2:30PM  
Place: Upland Center, Board Room 227 Cost: \$30.00

THURSDAY

Natural Medicine's Role in an Evolving Healthcare Paradigm - 3 Weeks  
Thomas Staverosky

This course will investigate the true nature of disease and discuss the limitations of the pharmaceutical approach to health and wellness. The human organism fueled by its inherent energy of homeostasis has tremendous capacity for repair, recovery and adaption ...it's time to understand and honor homeostasis.

Dates: 2/6,13,20 Time: 10:00AM – 11:30AM  
Place: Upland Center, Board Room 227 Cost: \$30.00

How Our Neighbors Talk to God - 3 Weeks

Rabbi Brian Michelson; Rev. Roger Ulrich, M.Div.; Julianne E. Wallace, D.Min.

We each have our own way of talking with God. Some of us pray as we have been taught, some of us pray as we have discovered ways to communicate with God. In this course, we will examine how we and our neighbors talk to God, and how He talks to us.

Dates: 2/6,13,20 Time: 11:30AM – 1:00PM  
Place: Upland Center, Board Room 227 Cost: \$30.00

FRIDAY

Watershed Basics (Without Tears) – 1 Session

Alfred Guiseppe, P.G.

An introduction to watershed concepts intended to prepare residents to live in stewardship within the watershed community.

Date: 2/14 Time: 11:30AM – 1:00PM  
Place: Upland Center, Board Room 227 Cost: \$20.00

Application & Registration — Mid-Year 2020

Name (Dr./Sr./Mr./Mrs./Ms.):

Cell Phone

Address:

City:

State:

Zip:

Home Phone

Email Address

Course	Day	Time	Cost
Membership Fee			
<input type="checkbox"/> Basic \$50 <input type="checkbox"/> Basic PLUS \$100			
<input type="checkbox"/> Friend \$150			
<input type="checkbox"/> Benefactor \$1,500			
\$			
Total Course Fees \$			
Total \$			
I understand that Alvernia University has no legal responsibility for my physical welfare while I attend Seniors College classes or events.			

Please make check payable to Alvernia University and mail to:  
Alvernia Seniors College • 400 Saint Bernardine Street • Reading, PA 19607

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Name (Dr./Sr./Mr./Mrs./Ms.):

Cell Phone

Address:

City:

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\$			
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