

Penn College

Spring 2017

MAGAZINE

All the flowers of
tomorrow are in
the seeds of today

Inside: Planting seeds of service
in Ecuador, Guatemala, Florida,
Europe and our own backyard



Penn College Magazine, a publication of Pennsylvania College of Technology, is dedicated to sharing the educational development, goals and achievements of Penn College students, employees and alumni with one another and with the greater community.

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Contents

VOLUME 26 NUMBER 1



Even when it rains cats and dogs, some 'Cats stay dry.



Comfort Food

Anecdotal evidence, referrals from vigilant faculty and results of a student questionnaire prompt Dining Services to establish a free-food pantry for students who might otherwise go hungry.



A Job to Do

Being in a war is like hell on earth, says World War II airman Raymond Eck, '41, but he had a job to do and crewmates who depended on him. At 93, his bond with fellow airmen remains strong.



Moral Code: Give back to what you love

Author Rick Bass, an activist who spoke during the college's Technology & Society Colloquia Series, encourages young people to stand up for the environment and communities they cherish.



2016's Deadliest Earthquake

Ecuador resident Patrick Watts, '09, helps those affected by the 7.8 magnitude earthquake that rattled the nation's coast.



Nursing in a New Culture

The college's first short-term study-abroad program for nursing students takes them to a clinic in a small Guatemalan town.



Feeding Healthy Lifestyles

Juliette Yeager, '10, is the nutritionist at a Biggest Loser Resort. There, she provides knowledge, encouragement and a healthy menu while she coaches clients to steady health gains.

REGULAR FEATURES

Campus News	2
Sports Replay	6
Niche	28
Class Notes	30

degrees that work.

ON THE COVER

A group of "Links," students who staff the college's Connections orientation sessions, stage a fun photo with a favorite new campus landmark: vertical planters that were added by the college's horticulturalists near the Field House's outdoor basketball court in 2015.

GO PAPERLESS

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ATTENTION, ALUMNI

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Students part of National Guard's flood response

Penn College students serving with the Army National Guard were among those called to help northcentral Pennsylvania residents affected by October's flash flooding. One of those students, Shakeem J. Thomas, said his unit was initially activated on Friday, Oct. 21, after early-morning thunderstorms dumped several inches of rain, to conduct presence patrols in neighborhoods hit hard by rising water. "But by Saturday morning, our mission had changed to go into the Hillsgrove community (of Sullivan County) and work alongside first responders and firefighters."

Thomas, a student in the emergency management technology major, and his colleagues were deployed to a site near Loyalsock Creek that didn't have telephone service. They were tasked with knocking on doors of houses that were left standing and making sure no one was trapped inside those that were washed off their foundations.

"We also helped members of the community clean up and did some damage assessment of the area," Thomas added.

Other students involved in the operation were Preston A. Emert, pre-nursing; Troy B. McBride, diesel technology; John A. Gondy, architectural technology; and Kyle L. Kott, civil engineering technology.

National Guardsmen – including several Penn College students – assess road and bridge damage caused when flash floods ate away roads and lawns and swept several homes off their footings in Sullivan and northern Lycoming counties.



PHOTOS COURTESY OF SHAKEEM J. THOMAS



Plastics professionals converge at workshop

Plastics and polymer engineering technology student Noah L. Martin (third from left, in blue shirt), works closely with participants in the Thin-Gauge/Roll-Fed Thermoforming Workshop at Penn College. The 32 participants, representing 21 companies, experienced presentations and hands-on sessions during the three-day workshop, one of several offered each year to industry professionals by the college's Plastics Innovation & Resource Center.

Student transforms trash to fashion



Industrial design student and “trashion” designer Ashley E. Mahaffey, left, introduces “runway” model Samantha M. Via, also an industrial design student.

As part of her senior project, industrial design student Ashley E. Mahaffey devised a “Trashion Fashion Show” featuring her own handiwork.

Mahaffey employed materials such as discarded newspapers, magazines, feed bags and candy wrappers to create five outfits and 10 accessories.

“I basically saved any item that had some type of plastic in it in case I found a use for it,” Mahaffey said.

“Something like this has never been done in our program,” said Thomas E. Ask, professor of industrial design. “It’s an effective means to highlight creative use of discarded materials.”

The senior project is a core component of many Penn College bachelor’s degrees, including industrial design. The program prepares students to become designers of marketable products and systems. Students combine creativity with technology to transform ideas into practical designs for products that are optimized and customized for human use.



College community helps food bank fulfill critical mission

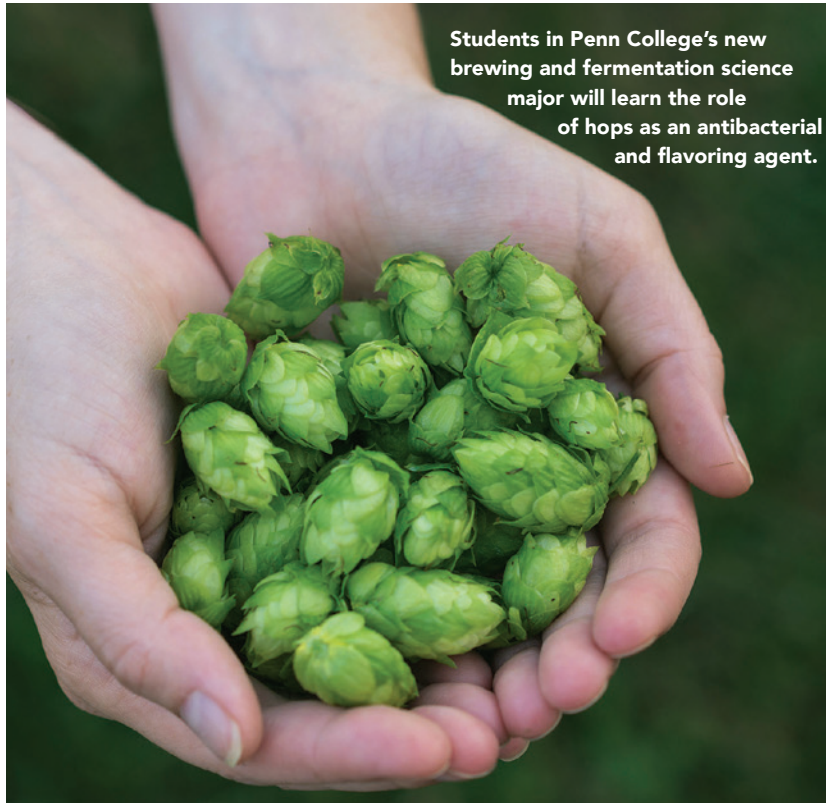
ROTC cadet Austin S. Weinrich (center), a residential construction technology and management: building construction technology concentration student, helps prove the adage, “Many hands make light work.” Helping neighbors in need, Bison Battalion cadets from Penn College and Lycoming College prepared boxes at the Central Pennsylvania Food Bank’s Williamsport site.



College ranked 7th among Regional Colleges North

Penn College earned its best-ever ranking in the U.S. News & World Report Best Colleges compilation.

Penn College is ranked seventh among public colleges (and tied for 13th overall, when private institutions are included) in the Regional Colleges North category of the magazine’s 2017 rankings.



Students in Penn College's new brewing and fermentation science major will learn the role of hops as an antibacterial and flavoring agent.

Brewing, fermentation science degree launched

An associate degree in brewing and fermentation science – the first of its kind in Pennsylvania – will combine the science, technology and management skills required to meet the growing consumer demand for unique craft beers.

Penn College's brewing and fermentation science major officially launches in Fall 2017, with program courses taking place in a state-of-the-art instructional space that aligns with industry standards.

"The professional brewer's toolkit requires mathematical and analytical science skills to assure commercial success," said Jaime Jurado, director of brewing operations for Abita Brewing Co. He is among industry experts offering input to the college.

According to the Brewers Association, craft brewing is a \$22 billion industry in the U.S.

"It is a great business to be in right now," said John Callahan, brewing manager for D.G. Yuengling & Sons. "The passion is second to none. The complexities, challenges and varieties keep the brewer striving for the perfect beer. It is an endless game. The key is to have quality, purity and cleanliness, and above all, enjoy what you're doing."



Board approves master's degree in physician assistant

Penn College's Board of Directors approved a Master of Science in Physician Assistant Studies – the first graduate-degree program ever to be offered at the institution.

Penn College plans to begin offering courses leading to the five-year combined bachelor's and master's degree in the fall of 2017, with conferring of degrees to begin in 2022.

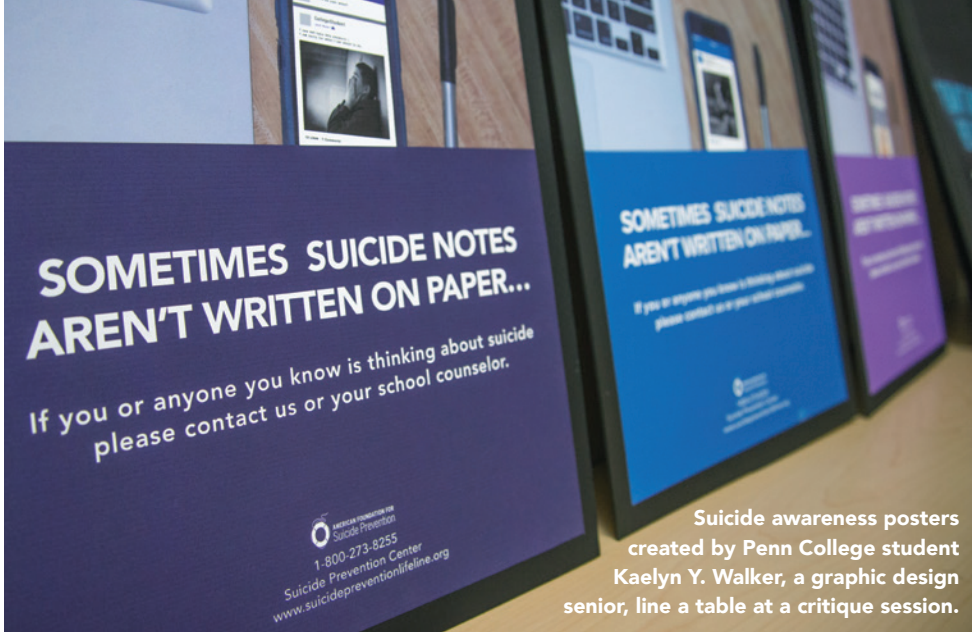
Penn College currently offers a Bachelor of Science in physician assistant. Conferring a master's degree will fulfill requirements specified by the Accreditation Review Committee on Education for the Physician Assistant.

To practice, physician assistants must graduate from a program accredited by ARC-PA.

The United States continues to face a shortage of health care professionals, and physician assistants can help fill the void. PAs often fill the gaps in medical coverage in rural or inner-city locations, where there are shortages of qualified physicians.

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To find more comprehensive versions of the articles in Campus News – and to read other news stories about Penn College – visit PCToday, the college's news-and-information website, at pctoday.pct.edu



Suicide awareness posters created by Penn College student Kaelyn Y. Walker, a graphic design senior, line a table at a critique session.

College receives grant to boost cyber security workforce

The National Science Foundation awarded the college a \$438,391 CyberCorps grant to bolster the pipeline of information assurance/cyber defense professionals.

The grant will facilitate an after-school program for high schoolers, who will earn college credit for free while being introduced to the academic and professional aspects of the information-security field.

Penn College offers several information technology degrees, including an information assurance and cyber security bachelor's degree.

"The program made possible by the NSF grant will help infuse well-qualified, fresh talent into a career area that is vital for our nation's security," said Sandra Gorka, associate professor of computer science and the college's principal investigator for the grant. "We plan on sharing our model with institutions across the country. ... The benefits of the program will have broad societal impact."

Graphic design students develop suicide-prevention posters

Graphic design students used their skills to mark National Suicide Prevention Awareness Month. Using an 11-by-17-inch poster as their delivery medium, the students were asked to develop the messaging, imagery, call to action and strategy for their projects.

"The project required exhaustive research and a very mature design sensibility," said Nicholas L. Stephenson, instructor of graphic design. "This is arguably the most difficult design project that I have ever assigned, and overall, I could not be more impressed with the work that was produced."

"As a society, we don't talk about suicide, and there is a great stigma that still exists even mentioning the word, but research shows that communicating about this issue allows people to feel safe and talk about their struggles," said Mallory L. Weymer, coordinator of student health services and wellness education/suicide prevention specialist. "The work that these students have done has the potential to save lives and change the way people think about depression and suicide."

Legislator ushered transition from community college to Penn State affiliate



Former state Rep. Alvin C. Bush, who was instrumental in the creation of Pennsylvania College of Technology in 1989 and served as chairman of the institution's Board of Directors for its first decade, died Feb. 8 at the age of 93.

The Muncy-area Republican served in the state House of Representatives from 1961-70 and from 1985-94, sponsoring the groundbreaking (and bipartisan) legislation that gave birth to Penn College as a special mission affiliate of Penn State.

"It was the crowning achievement for me," Bush said, when interviewed as part of the college's oral-history project. "It was unique – and it still is. At the time Penn College was created, I don't think there was anything like it in the country. And I'm not sure that isn't still true."

Accorded "chairman emeritus" status when he left the board, his guiding presence remained: The Bush Campus Center bears his name, and he and his wife, Elizabeth, established the Alvin Bush Family Scholarship to benefit business administration students at the college.



Hall of Fame

The 2016 Athletic Hall of Fame class comprises four inductees: Greg Solyak, Tamara Pavlov, Craig Flint and Bambi Hawkins. They entered the Hall of Fame on Sept. 30.

The 2016 inductees show off their Hall of Fame rings or pendants. From left, Hawkins, Pavlov, Flint and Solyak



AD Change

In August, John Vandevere was hired to replace former Athletic Director Scott Kennell, who resigned to accept the director of athletics position at Madonna University.

Vandevere spent the previous five years as the associate athletic director at Division III State University of New York Canton, where he was responsible for managing a \$45 million athletic facility.

Prior to his time at SUNY Canton, Vandevere was the director of facilities and operations at Division I Florida Atlantic University for two years, and he was an assistant football coach at FAU from 2000-07. He was elected to the FAU Hall of Fame in 2007 as a member of the 2003 football team's coaching staff.

Student-athletes honored

The North Eastern Athletic Conference announced that 49 Penn College student-athletes were named conference scholar-athletes. The Wildcats improved their 2014-15 scholar-athlete total by nine and finished tied for seventh for number of total scholar-athletes among 14 conference schools.

In order to be selected, a student-athlete competing in a conference-sponsored sport must achieve a combined grade-point average of 3.4 or higher for the fall and spring semesters and must have been in good standing on his or her team.

On the air

All home soccer, volleyball, basketball, wrestling, baseball and softball games are streamed live through Stretch Internet's portal, which can be accessed at athletics.pct.edu/live.

Games are free to view. Last year more than 4,000 people watched Penn College home events.

ESPN Williamsport continues to broadcast select soccer, baseball and softball games, as well as all home men's and women's basketball contests.

The radio station has aired Penn College games since 2008. Fans can tune in to 92.7 FM or 1050 AM locally, or listen live at espnwilliamsport.com Stream 2.

Golf

Penn College placed 10th during the fall United States Collegiate Athletic Association National Championships and sixth in the spring North Eastern Athletic Conference Championships during the 2015-16 season. Ned Baumbach and Mike Johnson both earned All-NEAC Third Team honors.



Tyler Marks

Softball

Penn College closed out the 2016 season at 17-21 overall (10-8 in the NEAC), earning a berth in the USCAA National Championships, where it finished 10th. Taylor Brooks and Kelsey Gantz were named to the All-NEAC First Team, while Taylor Krow, Elizabeth Asher and Amanda Kustanbauter were named to the second team.



Kelsey Gantz

Cross-Country

Penn College's men's team finished fifth at the NEAC championship and had two runners named to the all-conference team, while the women placed 12th. Josh Velez earned the Rookie of the Year award and was named to the first team, while Thomas Runner landed on the second team.



Thomas Runner

Baseball

The Wildcats finished the 2016 season at 13-23 overall and 4-8 in the NEAC. Aaron Palmer was named First Team All-NEAC and United States Collegiate Athletic Association Honorable Mention All-America, while Cole Hofmann was named Second Team All-NEAC, and Jeremy Rall reached the 100-hit career plateau.



Aaron Palmer

SPORTS REPLAY



Melissa Stabley

Tennis

The men's team finished the fall season at 1-4 and went 1-6 in the spring of 2016 (0-4 in the NEAC). Ben Leibig earned All-NEAC Third Team. After an 0-4 2015 fall season, the women's team rebounded with a 2-6 2016 spring (2-4 in the NEAC), with Jane Herman earning All-NEAC Third Team honors.



Hailee Hartman

Women's Soccer

The Wildcats finished 11-9-2 overall, 9-4 in the NEAC, and reached the conference semifinals for the first time in program history.

Four Wildcats were honored as All-NEAC selections. Jordan Courter and Lauren Herr were named to the first team, while Hailee Hartman and Jane Herman were named to the second team. The four players represent the highest number of All-NEAC honorees in program history for the Wildcats, who finished the season with a program record-tying 11 wins.



Malcolm Kane

Men's Soccer

Penn College finished 4-16 overall, 3-10 in the NEAC. The Wildcats highlighted their season with back-to-back wins against Bryn Athyn and Summit in September.



Lauren Slater

Women's Volleyball

Penn College rebounded from a one-win 2015 campaign with an 8-23 overall, 4-9 NEAC record in 2016.

– Matt Blymier, assistant director of athletics/sports information director



Comfort Food

THE CUPBOARD HELPS
FEED STUDENTS IN NEED

by Tom Wilson, writer/editor-PCToday

At the heart of every punch line is a kernel of truth,

and there has long been humor in the eating habits of college students.

From the “freshman 15” onward, the road to graduation is seemingly paved with a gut-busting diet of pizza, two-for-\$1 hot dogs, chicken wings, fast food, high-sodium snacks and – the stereotypical standby – Ramen noodles.

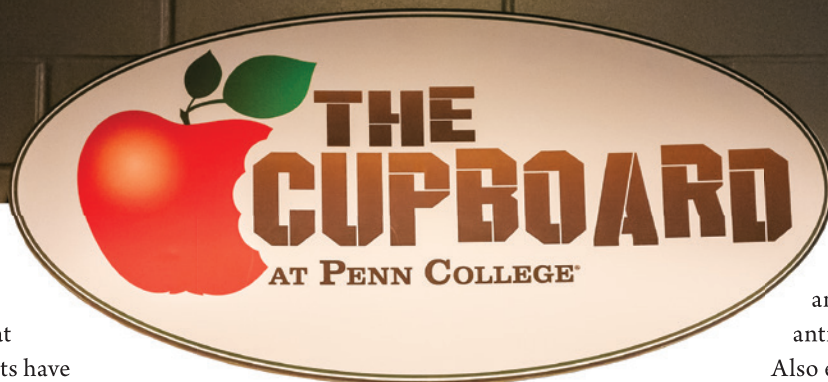
The actuality, given the cost of higher education and everyday demands on the wallet, is heartbreakingly unfunny.

“People joke that they are poor college kids and they don’t eat good food, but I don’t think it should be a joke,” one strapped Pennsylvania College of Technology student said. “I think it is a big deal for college students to have good food to eat.”

Penn College has tried to combat any tendency toward bad nutrition by requiring its resident students to carry a meal plan and by lowering prices on many of its healthier items. But at an institution that includes a great number of off-campus enrollees (veterans and parents, among them) the choice between paying for tuition, housing, gasoline and child care vs. wholesome eating is often no choice at all. >>

A Dining Services employee pulls food from The Cupboard’s shelves for a client to pick up.

A survey by Penn College Dining Services found that **58.9 percent** of respondents have skipped a meal at least once because they did not have the money or resources to eat.



A survey by college Dining Services found that 58.9 percent of respondents have skipped a meal at least once because they did not have the money or resources to eat.

“It’s hard to get healthy, cheap food,” one student said, “so usually, I just end up eating the pizza crust no one wants ... or some white bread and tuna.” Added another, “I have gone without food multiple times this semester because the money I make as a part-time worker only covers my rent.”

The situation is known as “food insecurity” – buzzwords for some and reality for many others.

“Hunger is going without food,” explained Crissy L. McGinness, in charge of 10 campus eateries as director of dining services. “Food insecurity is not knowing where your next nutritious meal is coming from.”

Anecdotal evidence, referrals from vigilant faculty and results of the student questionnaire all confirmed the humbling prevalence of the problem. So early in the Fall 2016 semester, the college opened The Cupboard, a nonprofit food pantry in the Bush Campus Center that provides assistance to students in need.

As the survey also noted classmates’ concerns over abuse and subsidization, organizers emphasize that the operation does not depend on tuition dollars or student fees. Inventory comes from a variety of sources, including agreements with the Central Pennsylvania Food Bank and vendors, monetary and other

contributions from Penn College employees, and canned-food drives via campus collection bins.

“Seventy-five percent of our starting base came from donations at last spring’s employee picnic,” McGinness said, noting the cartloads of food that her staff ferried to pantry shelves. “What a powerful moment to see such support for our students from the campus community.”

The Cupboard started small in its initial semester, McGinness said, “dipping a toe in the water” before taking a deeper plunge. Housed in space not much larger than its namesake, the pantry only deals in nonperishables for now. Eventual plans include fresh produce, refrigerated items and, perhaps, a change in location.

On a peer-to-peer level, the service has met with selfless support from civic-minded fraternities and liaisons with off-campus students.

“I am always looking for ways for us to give back to the college,” said Austen J. Caron, a student in building automation technology: heating, ventilation and air conditioning technology concentration who chairs the Greek Senate. “So when The Cupboard opened up, I saw it as an opportunity to help out a new service here on campus ... as well as help out students struggling to make ends meet.”

An initial Greek Life food drive resulted in 295 items for the pantry,

and more events are anticipated in coming semesters.

Also embracing the program are Commuter Assistant Noah L. English (landscape/horticulture technology: plant production emphasis) and Community Assistant Stephanie M. Puckly (welding and fabrication engineering technology), part of the team that advocates for off-campus students.

“Due to my involvement in 4-H prior to college, I wanted to give back to the community and felt that the college was a perfect place to start,” Puckly said. “When I was informed about The Cupboard, I figured I could team up with my fellow CAs to help kick-start the program.”

Incorporating English’s inclination toward nature and personal well-being, the duo decided on “Community Yoga” events – a series of classes offered free in return for donations of cash or food items to The Cupboard. Other events are expected during the spring semester, as demand doesn’t seem to be waning.

So it was that, during the ramp-up to Thanksgiving, the facility’s supervisor opened early to accommodate The Cupboard’s population.

“We had a real run last week,” said dining services manager Vicki K. Killian, who supervises pantry operations. “And today, I’m expecting a family of four, a family of five and a couple who won’t be traveling for the holiday.”

The Cupboard is open to students who present valid college identification and complete a brief intake form. The amount

of food received is based on individual needs; single recipients, obviously, receive less product than those trying to support a family. Killian packages the soups, sauces, pasta, cereal and other breakfast food, peanut butter, etc., into appropriate portions for the facility's patrons.

She has developed a rapport with clients, adding another important ingredient to each box of food: empathy. She isn't unmindful of life's occasional challenges – college years, the early days of marriage and parenthood, emergency expenses, etc. – that make other people's travails so painfully and personally familiar.

"This past summer, I was injured and unable to work," a former client recounted. "I was very behind in bills and struggling to keep up in classes because of worry and shortage of money."

While there should be no shame in seeking and receiving help, she acknowledged the stigma attached to having people see her taking boxes of food home from The Cupboard. Killian is sensitive to that, putting her and other students at ease and making arrangements for them to discreetly pick up groceries.

"Every week, she made sure to check with me about whether I would be coming in for a box. Even on the days I couldn't choose the items myself, she continued to provide me with the types of food I told her my son enjoyed," the student said. "That act alone went above and beyond."

After a few weeks, the student was self-sufficient again and resolute about not taking resources from those with ongoing need. And she is very aware that, without The Cupboard, she and her child would have had a much more difficult semester.

"It allowed me to reduce my stress and focus on classes knowing my son had everything he would need," she said. "I am eternally grateful to Vicki Killian and staff for this wonderful program. It gives students and parents the step up they need to succeed." ■

The Cupboard's shelves are stocked via agreements with vendors and the Central Pennsylvania Food Bank, contributions by Penn College employees, and canned-food drives on campus.



To donate to The Cupboard, visit www.pct.edu/give/donate or mail your gift to Pennsylvania College of Technology Foundation Inc. – DIF 65, One College Avenue, Williamsport, PA 17701-5799.

Donations of food can be made by contacting The Cupboard at thecupboard@pct.edu or 570-327-4767. Nonperishables may also be dropped off at the Wildcat Express convenience store in the Bush Campus Center.

'A Job to Do'

WWII vet's bond remains strong with fellow airmen

by Jennifer A. Cline, writer/magazine editor

“Don't tell me that grown men don't cry.”

RAYMOND O. ECK has no shame admitting that he shed tears when he laid a wreath at Madingley American Cemetery near Cambridge, England, on Memorial Day, 2011.

The U.S. cemetery is not far from the former Hardwick Aerodrome, where Eck and other airmen of the 93rd Bombardment Group were stationed during World War II. It holds the remains of 3,812 American soldiers, sailors, airmen and Marines who lost their lives in the war. A wall, termed the Tablets of the Missing, records the names of another 5,127.

“I never experienced such a solemn honor and duty as I did that day when I laid the wreath for the 93rd Bomb Group. There were 112 wreaths laid that day,” Eck said. “I cannot describe my emotions as I thought about my friends, my fellow airmen and taps.”

Together, those friends faced the real chance that each mission could be their last. The experience continues to bind them to one another.

Eck, who will turn 94 in June, has traveled with his wife, the former June Evans, to annual reunions of the 93rd Bomb Group Association since 2010. The group meets annually in the U.S. and has made

four trips to England, including in 2011, when Eck laid the 93rd Bomb Group's wreath.

The 93rd was known as Ted's Travelling Circus for its commanding officer, Col. Ted Timberlake. The unit was the most-traveled bomb group in the Army's Eighth Air Force. As one of the first to arrive in Europe, it flew the most missions, yet it had the fewest casualties.

Eck joined the “circus” when his B-24 crew arrived in Hardwick, England, in August 1944.

Eck had graduated in 1941 from a 500-hour drafting course at Williamsport Technical Institute, a Pennsylvania College of Technology forerunner. The course was taught by Kenneth E. Carl, who would go on to become director of WTI and later the first president of Williamsport Area Community College, which was formed from WTI after Carl's instrumental work drafting Pennsylvania's Community College Act.

When Eck enrolled nearly 76 years ago, he was fresh from his 18th birthday and graduation from Williamsport High School. The class met in the evening in the shop Carl had set up in 1937 in the basement of the high school, which is today's Klump Academic Center.

Before Eck finished, the facility was filled, so his class was moved to the day shift and to shops on Susquehanna Street. Those shops, now reconfigured, are still in use. They house classrooms and labs for automated manufacturing and machining,



Raymond O. Eck, '41



PHOTO COURTESY OF JUNE EVANS ECK

At right, Raymond O. Eck, '41, salutes a memorial for the 93rd Bombardment Group at Hardwick Aerodrome near Norwich, England, where he was stationed during World War II. During the 2011 reunion trip, he participated in a Memorial Day ceremony at Madingley American Cemetery (left) – not far from the former airfield. More than 3,800 American World War II servicemen are buried there.

electrical, automotive engine repair, and physician assistant.

After completing the drafting course, Eck and classmate Howard Cowles traveled to Philadelphia to take the Civil Service Exam. While in town, they decided to stop by General Electric to see whether the company needed draftsmen.

Both were hired, and Eck began work in GE's methods department on Dec. 1, 1941.

Six days later, the U.S. naval base at Pearl Harbor was attacked.

Eck attempted to enlist in the Navy, hoping to be a flier. When he let it slip that he had allergies, the recruiter turned him down. "You can't be flying at 25,000 feet and take off your mask to blow your nose," Eck was told.

Deciding that, if he couldn't fly in the planes, he'd like to work on them, he headed for the Marine Corps recruiting office. But he had to make it from the Navy's office at Philadelphia's 15th and Market streets to Second and Chestnut. When he arrived, he learned that the last batch of recruits for the day had been processed. He decided to wait to be drafted.

Eck continued his work as a draftsman

in GE's methods department, where four engineers developed the machinery to make circuit breakers, until he was drafted in April 1943.

After basic training, he was sent to radio operator school, gunnery school, then to training with his bomber crew. He would fly, after all, in the position of radio operator-gunner in a B-24.

After flight training, the crew of 10 shipped to England, where the 93rd and other Eighth Air Force bomb groups made daylight strikes, and England's Royal Air Force flew nighttime missions.

"When we got there, ... the first thing they told us was, 'All that stuff you learned in the U.S. about aircraft identification, forget it. If an SOB turns and points its nose at you, it's fair game.'"

Because Allied planes were sometimes captured and flown by the enemy, Eck said that friendly fighter pilots were likewise told: "Never point your aircraft at any U.S. or U.K. bomber, as they have orders to shoot if you do so."

Eck and his crew flew 27 missions over France and Germany, delivering bombs that would help to decimate Nazi resources. The B-24s targeted engine-

repair works, harbors, power plants and transportation systems.

Typical missions extended six to 10 hours. Crews awoke at 1:30 a.m., ate scrambled eggs "on ice-cold trays," received the mission briefing, sat in their planes for about an hour, then took off, climbing through dense fog – to 2,000 feet or higher – until they saw sunlight.

"That's a harrowing experience," Eck said. "Think of a 1,000-plane raid – all taking off from fields within a few miles of each other and not having mid-air collisions before they see sunlight."

After several missions, Eck's crew became the lead plane in its group. Like others, the men wanted eye-catching nose art for their B-24.

"We wanted our crew chief to paint a fancy lady on there. He said, 'No, way.' Every plane that he had nose art on, he lost," Eck explained. "He didn't want to paint it, so we said, 'Fine.'"

He's still fine with that, having lived to tell the tales of many close calls.

On one occasion, Eck, because he was behind his crew by one mission due to illness, was assigned to fly with another crew. >>



Eck holds a wreath for the 93rd Bomb Group at Madingley American Cemetery near Cambridge, England. "I never experienced such a solemn honor and duty as I did that day when I laid the wreath," Eck says.

**"Was I scared?
Yes. But I
had a job to
do, and my
crew members
depended on
me as well
as each other."**

"On this mission, we lost an engine over target due to flak (antiaircraft fire)," Eck said.

Lagging behind their formation, they were attacked by two enemy fighters and lost a second engine. Finally, the pilot crash landed in friendly territory near Le Havre, France. Eck told the Williamsport Sun-Gazette in a 2010 interview that the crew counted 150 holes in the parts of the plane that had not been wrecked in the landing.

On another mission, he saw the whites of the eyes of a German pilot flying toward his B-24.

"The Luftwaffe had ordered a Ram Day," Eck said he learned many years later. "They were getting desperate at the end of the war. I was standing between the pilot and copilot. I see this plane coming in: an FW 190. He's coming in and was going to come right at us. He bailed out and his plane kept going."

Attacks could come from enemy planes or antiaircraft flak towers. Even the weather, at times, was a serious threat. Near the end of the war in Europe, instead of forming over the English Channel, the group flew into France and formed over a transponder.

"It was a bad day – bad weather," Eck said. "We were trying to get above the clouds. We climbed to 28,000 feet – as high as we could go with a full bomb load and fuel.

"As we came out of a thick cloud bank, a flight of B-17s came at us head-on. Pilots had no time to react, as we were that close to one another. The two formations mixed, and all escaped a mid-air collision. God was with all of us during that moment."

By April 30, 1945, the Eighth Air Force had run out of targets. On May 8, German troops surrendered. Not long after, Eck and his crew returned to the States.

"When we flew back, there is a spot in Maine where I kissed the ground, and I wasn't the only one," he said.

He was discharged in October 1945 as a technical sergeant, decorated with a Distinguished Flying Cross, Air Medal with three oak-leaf clusters, Eastern Theater Offensive ribbon and others.

"When I came back in '45, I ended up going back to Philadelphia," Eck said. "GE was supposed to rehire us. The problem was they offered us 87 and a half cents an hour. The 4Fs who worked through the war were



A B-24 flies over Friedrichshaven, Germany. The B-24 was employed in operations in every combat theater during World War II.

B-24 AND CEMETERY PHOTOS COURTESY OF U.S. AIR FORCE

now making a dollar and a quarter.”

He took a job instead with Westinghouse Electric in Lester. In 1947, he married the late June L. (Bloom) Eck, with whom he would have four daughters, and, with thanks to the GI Bill, began study toward a bachelor’s degree in aeronautics at Parks Air College, part of Saint Louis University.

“When I graduated (in June 1950), I had a diploma, a wife and two children,” he said.

“Before graduation, I was interviewed by Eastern and American airlines, but the best offer I could get was \$200 a month in New York City. The Air Force offered me a commission and \$350 a month.”

With a family to support, he returned to active duty in September 1950 as a second lieutenant in the Air Force. He was assigned first to Texas, then California and Illinois before he spent three years in Brazil.

From Brazil he was sent back to California, then Korea, where he was a maintenance officer for both aircraft and automotive. His tour was to last 18 months. “They cut me short,” he said. “They only ‘let me’ stay a year, and I was very happy.”

From Korea, Eck was assigned to the Reserve Officers Training Corps at Johnstown College (now University of Pittsburgh at Johnstown), where, for five years, he taught aerospace science.

He spent the remainder of his 28-year Air Force career in Montana

and Nebraska as part of Strategic Air Command. At Malmstrom Air Force Base in Montana, Eck took on his favorite job: commander of the 564th Strategic Missile Squadron.

Eck’s squadron had five underground missile-control capsules. The Minuteman II intercontinental ballistic missiles they controlled were a product of the Cold War.

“Here I am, sitting on 50 intercontinental missiles, all with nuclear warheads,” Eck said. “Each had 10 targets: 10 atomic bombs on each.”

During a test by inspectors, each of his 130 officers and 25 enlisted men passed. “It was the first time any missile squadron came out with 100 percent,” he said.

In June 1972, Eck retired from the Air Force as a lieutenant colonel.

Two years later, he graduated from Penn State with a master’s degree in counselor education. He spent several years at South Hills Business School in State College, then went to Castle Heights Military Academy, a K-12 school in Lebanon, Tennessee, where he was the assistant superintendent and taught math to students from all over the world.

In 1985, Eck retired, and he moved back to Williamsport shortly after.

He continues to meet with Korean War veterans locally, who gather for breakfast once a month, and is part of the Pennsylvania chapter of the Eighth Air Force, based in State College. The 93rd Bomb Group Association meets annually

in a U.S. city and has made return trips to Hardwick, England, in 2005, 2007, 2011 and 2015. At the gatherings, stories are told – and retold – with veterans, their children and grandchildren.

Eck is among 93rd veterans who shared their memories for a documentary being developed by Michael Sellers, the grandson of a 93rd Bomb Group vet, and narrated by “Band of Brothers” actor Michael Cudlitz.

“Second- and third-generation members are keeping our history and reunions alive as our veterans return to dust,” said Eck, who is one of two still-living members of his plane’s crew. He still talks by phone with fellow crewmember Ernie Perez and was able to visit with him at a train stop when an Amtrak voyage took him through San Jose, California, where Perez resides.

It’s important to Eck to connect with others and share memories.

“Being in a war is HELL on earth,” Eck said. “Many of my fellow GIs felt, as I did, if a bullet or shell had your name on it, then that was your fate. Was I scared? Yes. But I had a job to do, and my crew members depended on me as well as each other. This mentality formed an unusual bond among men.

“For those of us that were lucky enough to survive that hell on earth, that special bond was kept alive by keeping in touch with one another. That is why reunions are still going strong after so many years.” ■

by Elaine J. Lambert, special assistant
to the president for creative
development and public relations

Moral Code:

Give back to what you **love**



PHOTO COURTESY OF LOWRY BASS

Says author and activist Rick Bass, young people should research and question what they're told and have courage to speak up when they don't like something.

If, as a Native American proverb suggests, we borrow the earth from our children (rather than inherit it from our ancestors), what are we leaving for future generations?

Activist and author Rick Bass believes it is not enough to tell young people that we care about the environment.

"Apologizing for the fix we put them in, that doesn't go over very well," Bass said.

Instead, we must actively protect natural resources, defend endangered lands and encourage the next generation to do the same – despite what our forebears "borrowed" from us.

"Everybody gets handed something bad," Bass said. "But what you do about it is what separates individuals."

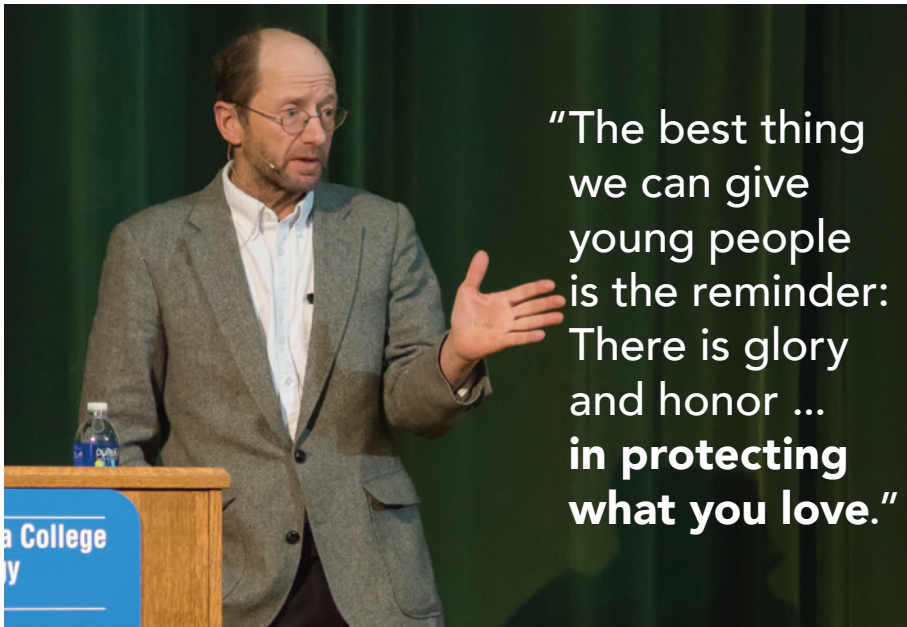
Individuals who have a desire to do something good for the environment are encouraged to consider "green career" options in the latest episode of the "Working Class" public television series, produced by Pennsylvania College of Technology and WVIA Public Media.

"Working Class: Build and Grow Green" features an appearance by Bass, who was described in a New York Times book review as "one of this country's most intelligent and sensitive short-story writers." He visited Penn College as a featured speaker in its Technology and Society Colloquia Series in 2016.

Not only did he borrow my personal copy of his most recent work, "For a Little While: New and Selected Stories," for his reading in the Klump Academic Center, but Bass took time to talk with "Working Class" director Chris Leigh and me about his passion for the environment.

As children, Bass says, we feel an affinity for nature, but often, other priorities crowd out our devotion to preserving it.

"Children have the innate awareness of what's just and what's unjust," Bass explained. "It gets expensive to carry that into adolescence and adulthood. It's a lot easier just to look away from injustice."



Author and activist Rick Bass offers a thoughtful exploration of individual environmental responsibility during Penn College's Technology and Society Colloquia Series.

"The best thing we can give young people," he continued, "is the reminder: There is glory and honor, when the cause is great, in protecting what you love. Don't sugarcoat it; it's not going to be easy. It's not always going to be fun, but it is a responsibility of life. If you love something, you should give back to it. It's a moral code."

Bass speaks from real-life experience. He is a former oil and gas geologist who was arrested at the White House for protesting the proposed Keystone XL pipeline. He feels compelled to write and talk about – and to protest against – the energy industry's impact on nature and the environment.

"A lot of times, these folks are bullies. They'll say, 'You're not American; you're not patriotic,' if you don't support liquidation, and fracking, and liquidation of resources," he said.

He encourages individuals to do their own, independent research about environmental and economic issues facing their communities and to keep in mind the importance of weighing short-term gains against long-term consequences.

"The math of the short-term economy is not complicated. It's not rocket science," he said. "A little bit of digging on our part will

reveal with great simplicity what's really at stake here. ... When the discussions go to jobs and economics, what are the economics of restoration for a Superfund site? ... What are the ramifications of, and economics of, health care when 30 percent of a population is going to have pleural thickening from the residue of mining asbestos?"

Bass grew up in Texas, which he describes as "an oil and gas culture ...

wonderful in the '50s and '60s and even into the '70s. It was patriotic work, finding domestic oil."

After working as a geologist in the late 1970s and early 1980s, Bass moved to Montana and fell in love with the Yaak Valley, an area near the Canadian border that inspired his activism.

"Having the insider's scientific knowledge of the oil and gas industry has enabled me – not enabled – I think it's authorized me to speak up. ... It felt immoral to know what I knew and not speak out about it."

Activism is only one piece of the author's impressive resume. He is "one of the best writers of his generation," according to the late George Plimpton, who served as editor of *The Paris Review* for 50 years. Novelist Carl Hiaasen, whose Newbery Honor winner, "Hoot," was made into a major motion picture, said, "Rick Bass is a national treasure."

The nation's history – and how future generations might judge the actions we take today – help to define Bass' commitment to stand up against powerful political and industry pressures.

"Any reading of history will show that the industries take what's there and then leave, and leave a wreck behind," Bass said. "There's always regret. In the civil rights >>



NATURE LESSON

"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

– Chief Seattle

"I think, if you're excited – as a grownup – if you're excited about something, you're going to pass that on. If you're blasé about something, that's going to come through."

So says children's book author and illustrator Henry Cole – who was featured in "Working Class: Build and Grow Green." Cole gets excited about nature. The former elementary school teacher created and collaborated on more than 20 books, including "On Meadowview Street," which he shared with youngsters during a 2016 event at Longwood Gardens.

While in line to have my own books signed at Longwood Gardens, I asked the author to suggest ways adults can nurture children's love and respect for the natural world. He responded – as you might expect from a creative writer – with a story.

"If you're afraid of spiders, your kids will be afraid of spiders," Cole began. "This truly happened to me. I was at a large box store, and there was a woman in the aisle – this wide aisle at the store – and she had her hand gripping her little daughter.

"There was a little spider that was going across the aisle on the floor. I'm thinking, 'Oh, my God, what a terrifying place for a spider to be – at this giant store with all the feet and everything.' Well, the mother went absolutely nutsy crazy, and she screamed, and she stepped on that spider and turned it into molecular particles in no time. I was thinking, 'OK, there's a lesson for that kid about spiders.'"

Cole contrasted the big-box store experience with his own upbringing, influenced by his "wonderful" Aunt Marian.

"I was probably 4 or 6 years old. ... Aunt Marian was in the kitchen talking to my mom, and they were just talking – 'Blah, blah, blah, blah.'"

"Aunt Marian sees a spider on the kitchen floor. Instead of screaming and stomping on the spider, she picked up an envelope – a letter off the kitchen table. Still talking to Mom, she scoops the little spider up, takes it down the hall, out the front door, tosses it on the bush out in the front, comes back in, they keep talking.

"And that registered with me so powerfully. That spider – OK, he was in the wrong place at the wrong time. I'll help him out. I'll take him outside and put him in the bushes. He'll be fine. ... Instead of doing the crazy step-on, step-on, smush, smush thing."



A selection of books by author and illustrator Henry Coles.

ELAINE J. LAMBERT

era, there was regret by people who did not advocate for civil rights enough. You know what's right in your heart, and you don't want to be someone who lives with regret, or having been quiet, while the monster ravaged something beloved – whether landscape or community or whatever."

How can average citizens lend their voices to support environmental issues as part of the conversations about energy, natural resources and the economy taking place in their communities?

"Simple conversations with neighbors," Bass suggested. "Not just with the 'choir,' but speaking up in public. I don't mean in public forums. I mean not being afraid – if you're in a temporarily oil- and gas-dominated economy or in the proverbial café or barbershop, wherever. Say, 'You know what? I don't like what this is doing here. I don't like it.'"

"Just have the courage to speak your heart," he concluded. "Otherwise, you're being censored. You're being imprisoned. You're being a hostage. We think of these great American values, such as democracy and freedom of speech. If you don't have the comfort zone – or you can't build in you the comfort zone – to say, 'I don't like what's going on here' ... then, we're not going to win."

Winning political and public relations battles related to environmental issues is one way to secure a legacy for future generations. Another way is to choose a career that will allow you to positively impact the planet.

Penn College faculty featured in "Working Class: Build and Grow Green" describe a wide range of green careers, from horticulture; forestry; and building science and sustainable design; to electrical technologies; heating, ventilation and air conditioning technologies; building automation; and renewable energy.

"Working Class: Build and Grow Green" is available for viewing on the Working Class website, <http://workingclass.tv>, which presents links to free resources that can assist educators who wish to use the film in their classrooms. The website also features "Working Class: Dream and Do," the first episode in the public television series, which earned a 2016 Telly Award. ■

2016'S DEADLIEST

EARTHQUAKE

Editor's Note: Patrick Watts is a 2009 graduate with a degree in plastics and polymer engineering technology. After three and a half years in the industry, he moved to Quito, Ecuador, to join the staff of Inca Link, a Christian organization for which he served as an intern while a Penn College student. Watts serves as a liaison between volunteer teams and interns from the U.S. and the ministry partners with whom they'll work in Ecuador, Colombia and Peru, coordinating the logistics of their stays.



by Patrick Watts, '09

What were you doing at 6:58 p.m. EST on April 16, 2016?

Allow me to give you a hint: It was a Saturday evening. Maybe you don't remember, but for millions of people in Ecuador, that moment will be remembered for decades. As for me, I had just arrived home to my apartment on the second floor of a five-story building in the mountainous city of Quito, Ecuador. I had just prepared to warm my dinner in the microwave as I loaded the Pirates' baseball game on my computer.

That's what I was doing when my world began to shake. My first thought was, "Another average tremor, no big deal." However, after 15 seconds ... 20 seconds ... 25 ..., the shaking was getting stronger and *not* stopping. "What do I do?... Should I get in a doorway? Run outside? ... Is there time to do either?" I dashed to my tiny bathroom and scrambled into the shower stall. "Is this right? What will happen now?"

After about 45 seconds, the city of Quito stopped shaking from the massive, 7.8 magnitude earthquake that had just rocked the coastal region. The epicenter was about 110 miles from the capital city. >>

PHOTOS COURTESY OF PATRICK WATTS



At left, debris lines a street in the coastal city of Portaviejo, Ecuador, following a 7.8 magnitude earthquake in April. Center, another damaged building in Portaviejo. At right, Ecuadorian military provide security for the transfer of donated goods into a distribution center at Templo Metropolitano Alianza, a church in Portaviejo.



Many took to sleeping in the streets, both to protect their property and to assuage their fears of crumbling walls.



At a garbage dump in Portoviejo, where recyclers made their livings sorting through trash piles, rubble from the crumbled buildings has buried their livelihoods.



Patrick Watts, '09, weighs rice from a 100-pound bag to provide more practical portions for distribution to families.

Texts, phone calls and Whatsapp messages started immediately. My dinner plate would remain in the microwave for the next three hours. The routine of life would be set aside for much longer until the safety of friends and ministry workers could be confirmed. Communication lines between the coastal plains and the rest of the country quickly became clogged as family members, rescue personnel and emergency responders all sprang into action.

Though Quito was marginally affected, those along the coast of Ecuador did not escape the tremendous power of the quake. Diana Avendaño, a member of Templo Metropolitano Alianza church in Portoviejo, was at home at the time, preparing her house to host a weekly, Saturday evening young adults gathering. She and eight other family members live just two blocks from the church. When the clock struck 6:58 p.m., four people were in the house. Her youngest brother had just finished showering on the third floor. Her mother was in the kitchen, just a few yards from Diana as she walked through a doorway to speak with her friend Ronny, the guitarist practicing worship songs to be sung at the meeting.

Diana recalled feeling the first wave from the earthquake and then just darkness. There was a roar after the electricity went out. She thought a wall had fallen on her legs; she was trapped and unable to free herself. Cries for her mother and for Ronny were returned by their screams. They were just a few yards from each other, but yelling was the only way to communicate, as rubble now filled the space between them. Diana reached out and felt Ronny's pant leg, but he was soon overwhelmed by shock and fled the conversation as he'd wished to flee the concrete surrounding him. The entire four-story home had collapsed in a domino-style fashion onto the sidewalk and main avenue.

Thankfully, Diana, her family members, and Ronny were only trapped for a few hours and escaped with minor injuries. Curiously, their house was the only one destroyed in their neighborhood. Just a mile away, Portoviejo's downtown was severely damaged. Stories of miraculous survivals would be told, including a 72-year-old man found alive 13 days later, but by the final count, 673 persons lost their lives as a result of the 2016 Ecuador earthquake. Over 27,000 more were injured. Millions of lives were affected as homes, businesses and families suffered incalculable damages. This earthquake was the deadliest of 2016 and tied for the highest magnitude.

Inca Link, the organization with which I am affiliated, immediately sprang into action. Phone calls and texts flew from Quito to our ministry locations in two of the hardest-hit cities on the coast of Ecuador: Manta and Portoviejo. Were our friends safe? What is the extent of the damage? How can Inca Link help?

Miraculously, all of our contacts were soon accounted for, and the hundreds of lives touched by our sites were all safe! Inca Link leadership jumped into action, forming a plan to address what needs we could. Friends and even strangers from other organizations within Ecuador and in the United States began to call and email, inquiring how they could help our coastal locations. Teams and donations were gathered and deployed to Manabí province, the area most severely affected.

In Portoviejo, Templo Metropolitano Alianza, a church where an Inca Link missionary is on staff, quickly became a place of refuge and a key distribution center for donations. Here, Diana was one of 30 displaced

persons who sought safe housing after their homes were destroyed. The church also housed over 100 emergency volunteers over the coming months. Church members used the small church kitchen to prepare meals daily for emergency responders, firefighters, and the victims still living inside of the cordoned off “Zona Cero” (Ground Zero). Volunteers helped recover belongings from destroyed businesses and homes like Diana’s to prevent looting. One day, we moved thousands of paint cans out of a store scheduled for demolition so the owner could salvage some inventory. Some volunteers also helped search for survivors while delivering aid and donations to victims in the surrounding neighborhoods.

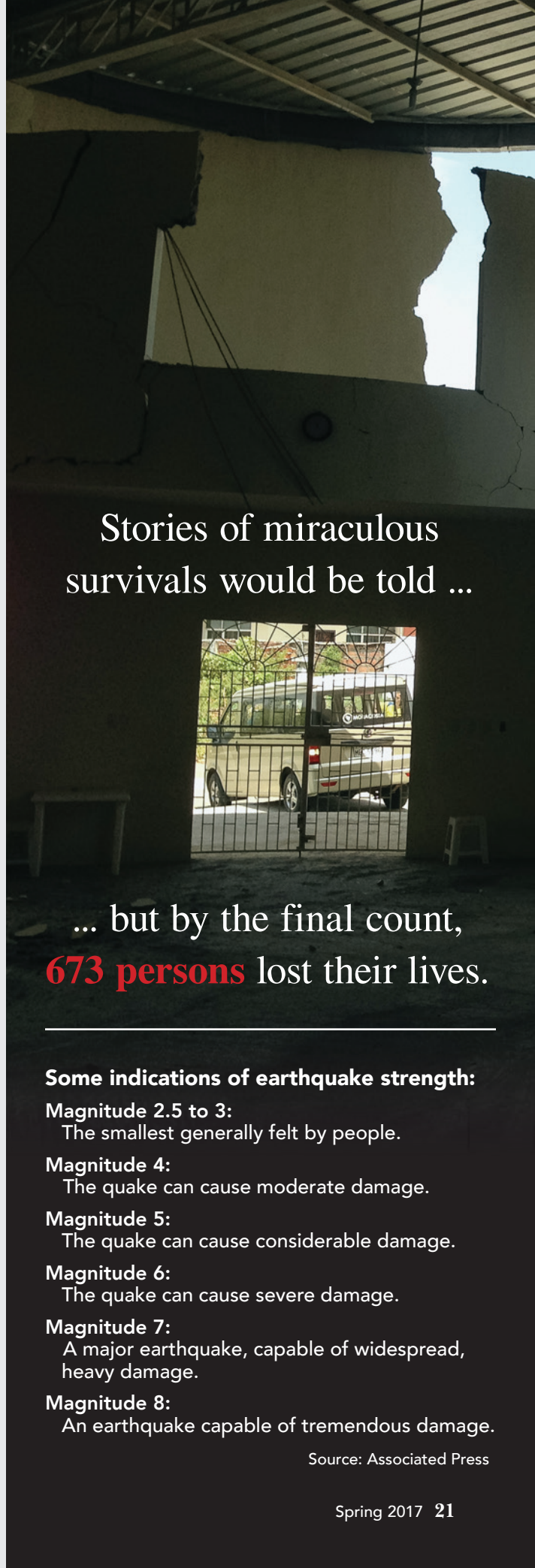
Inca Link has started a new ministry for the children of Portoviejo’s garbage dump. Their parents work as recyclers sorting through the trash piles. The city government has decided to place all of the rubble from the collapsed and demolished buildings within the dump, making it nearly impossible to sort through the garbage. Inca Link is supporting these children with a meal three days each week, teaching songs, good health habits and spiritual health, and assisting with school work.

In Manta, our missionaries were visiting the U.S. at the time of the quake but quickly returned to join the relief effort. They were able to house at their apartment a retired American couple whose apartment was destroyed. An aid distribution center was set up at the damaged Iglesia Biblica Bautista de Manta, where Inca Link’s Bonsai children’s program is hosted. Volunteers from the church and youth group helped sort donations and repackaged food essentials into smaller portions to share with families in need. Since the earthquake, Bonsai has expanded from eight children to 20 and has been able to hire three former volunteers, all of whom were financially impacted by the earthquake.

Inca Link brought 150 youth leaders from the affected region to Quito for a leadership conference in May. This training has given them the resources to assist others in their neighborhoods during the emotional roller coaster since the earthquake struck. There have been thousands of aftershocks. Fear floods back into the hearts and minds of the people with each new movement of the earth. Now, even a mild tremor causes great concern. People return to sleeping on their mattresses outside. To them, the threat of falling buildings is worse than the fear of mosquito-borne illnesses, cold temperatures or being robbed – the dangers of the night. The people live with constant uncertainty.

Donations poured in from across the globe. Inca Link’s location in Quito collected goods from local churches, while a donation link was established on Inca Link’s websites for North Americans to give. Over \$75,000 has been raised to assist Inca Link’s small portion within the relief efforts. One of the most unexpected donations was a shipment of fortified rice meals that would feed 272,000. This donation came via the organizations Feed My Starving Children and World Compassion Network.

There is still so much recovery work to be accomplished. Inca Link is thankful to God to have a small role in this process. The network of Inca Link contacts established in Ecuador prior to April 16, 2016, has allowed for thousands to receive aid and compassion when it was needed most. Please continue to remember the people of Ecuador as the rebuilding road will continue for years to come. If you have questions or would like to know how you can be involved through Inca Link, please contact me at watts@incalink.org or visit www.incalink.org. ■



Stories of miraculous survivals would be told ...

... but by the final count, **673 persons** lost their lives.

Some indications of earthquake strength:

Magnitude 2.5 to 3:

The smallest generally felt by people.

Magnitude 4:

The quake can cause moderate damage.

Magnitude 5:

The quake can cause considerable damage.

Magnitude 6:

The quake can cause severe damage.

Magnitude 7:

A major earthquake, capable of widespread, heavy damage.

Magnitude 8:

An earthquake capable of tremendous damage.

Source: Associated Press



PHOTO COURTESY OF CHRISTINE B. KAVANAGH

NURSING in a New Culture

College's first study-abroad experience for nursing students takes them to Guatemala

by Jennifer A. Cline, writer/magazine editor

From northcentral Pennsylvania, where even the modest city of Williamsport includes in its limits two hospitals and a pair of bachelor's degree-granting colleges, a group of students traveled to meet the medical needs of a community whose nearest major hospital is almost two hours away.

Five students – all pursuing bachelor's degrees in nursing – traveled to the small community of Nueva Santa Rosa in Guatemala to experience firsthand what they had read about in textbooks.

“During classes, our textbook has a section on cultural diversity,” said H. Alex Simcox, of Montgomery. “We actually got to experience that.”

Experiencing it with Simcox were Kelsey L. Maneval, of McAlisterville; Christina M. Mossman, of Wellsboro; Ashley M. Otto, of Lehighton; and Katherine Santoianni, of Williamsport.

The students were accompanied by Christine B. Kavanagh, instructor of nursing programs, and joined a larger group of volunteers from Glens Falls Medical Mission. Twice each year, the group from Glens Falls, New York, operates a weeklong medical

clinic in a Nueva Santa Rosa church compound.

When they arrived at the clinic, the students found a line of patients waiting to be seen. During their stay, the volunteers would see 1,300 patients, most often communicating through translators.

The students took turns in five areas of the clinic: triage, where they directed patients to appropriate specialists; dental, where they provided fluoride varnish to children; pediatrics, where they measured the children's height, weight and head circumference to help indicate their nutrition status and state of health; women's health, where they assisted with exams and treatment; and general medicine, where they helped with treatment and provided basic education.

Many of the patients, Maneval observed, were not sure of the issues behind the medical instructions they received. She'll use that in her nursing career.

“Every patient that comes to see me, I am going to realize that they might not be educated,” she said. “I am going to take the time to explain to them what we're treating them for and why.”

The Penn College group reaches the summit of a volcano. From left, Kelsey L. Maneval, Katherine Santoianni, H. Alex Simcox, Ashley M. Otto, Christina M. Mossman and instructor Christine B. Kavanagh.

The students were enrolled in a study-abroad course, the first in Penn College's nursing program. In addition to the work they did on-site, they spent time learning about the culture they would see, completed online modules to prepare for their dental duties, and kept a journal of their experience. Shanin L. Dougherty, coordinator of international programs for Penn College, hopes to continue to offer the course and accompanying service trip each fall.

Not only were the students the first to complete a nursing-specific study abroad experience, but they had to prove themselves to the experienced crew from Glens Falls, who had never before accepted so many nursing students to join them.

"They proved themselves, just by being flexible and positive," Kavanagh said. "There was nothing beneath them."

The students' attitude was no doubt affected by that of their patients.

"People had a world of issues, medical and otherwise," Otto said. Many of those issues were more complicated in Guatemala, where medications and treatment are not as accessible, than in Pennsylvania. "But they were so positive." ■

Right, Simcox takes the blood pressure of a patient.

Below, Otto bonds with a child in the courtyard outside the clinic.

About Guatemala's economy

- More than half the population is below the national poverty line
- 23 percent of the population lives in extreme poverty
- Nearly half of Guatemala's children under age 5 are chronically malnourished, one of the highest malnutrition rates in the world

SOURCE: CIA WORLD FACTBOOK



"People had a world of issues, medical and otherwise ... but they were so positive."

Penn College offers short-term study abroad experiences to:

FRANCE AND ITALY to study new collision repair processes and techniques

EUROPE AND THE U.K. to study historic art and architecture alongside modern sustainable building practices

CENTRAL AND SOUTH AMERICA to study the mathematical systems of the Maya

DOMINICAN REPUBLIC to provide dental hygiene education to the public and participate in clinical training

GUATEMALA to complete a clinical nursing experience at the Glens Falls Medical Mission



Feeding Healthy Lifestyles

Nutritionist adds the right ingredients at **‘Loser’** resort

by Tom Speicher, writer/video editor

THE STUDENT EMBRACED

her writing assignment. She knew the topic. She knew the steps for crafting a successful paper. She knew how to dedicate the time for its completion, despite several campus commitments.

What didn't she know? The project would portend her future.

On this spring day, that assignment is a distant memory for Juliette Yeager. She's typing at her computer in a cramped office accented with yellow walls. Rays of sunshine filtering through the palm trees outside the window provide sufficient natural light for the current task.

Recipe names – California turkey wrap, Korean chicken with kale and kimchi, and niçoise salad with ahi tuna and mango vinaigrette – consume her screen. Yeager confidently manipulates the content as she plans breakfast, lunch, snacks, dinner and dessert for the remainder of the week. Down a flight of stairs are anxious clients who will rely on that menu and her expertise to improve their health and enhance their lives.

Nearly seven years after earning her associate degree in physical fitness specialist – later renamed exercise science – from Pennsylvania College of Technology, Yeager is devoting her career to a cause and facility spawned by that fateful paper's subject: the television series “The Biggest Loser.”

Yeager is the nutritionist for the Biggest Loser Resort at Amelia Island, Florida, one of four facilities in the nation inspired by the NBC reality show. The 2010 Penn College graduate was one of the first hires when the resort opened about three years ago.

“I enjoy exercising and eating well, so it's not really like work,” she says prior to leading a class focusing on food labels. “It really helps me to sleep at night knowing that I'm trying to help these people.”

Nutritionist Juliette Yeager, '10, helps clients add healthy eating to their lifestyles.





GRILLED CHICKEN

with Quinoa Tabouli and Beet Turnip Slaw

Chicken

4 portions organic chicken breast,
6 ounces each

Brown chicken in nonstick pan
with 1 teaspoon oil

Quinoa Tabouli

(serving size: ½ cup)

3 ounces dry quinoa
3 ½ ounces vegetable broth
1 tablespoon lemon juice
½ clove garlic, minced
3 tablespoons extra virgin olive oil
½ small seedless cucumber, diced
2 baby heirloom tomatoes, halved
¾ cup Italian parsley, chopped
1 tablespoon fresh mint, chopped
3 tablespoons green onion,
chopped

Cook quinoa in vegetable broth
until tender. Let cool slightly and
add all other ingredients. Mix well.
Check seasoning and let stand for
one hour or make the day before.

Beet Turnip Slaw

¼ cup fresh beets, julienned
¼ cup turnips, julienned
¼ cup carrots, julienned
1 tablespoon orange juice
1 tablespoon lemon juice
1 tablespoon hazelnut oil
Pinch sea salt

Peel the beets. Julienne all
vegetables using the thin blade on
a mandolin. In a mixing bowl, add
the vegetables with the oil and
fresh juices and season with a pinch
of salt. Let stand at least one hour
or make the day before.

Tzatziki Sauce

(serving size: 2 tablespoons/1 fluid ounce)

2 ½ cups seedless cucumber,
peeled and chopped
8 ounces nonfat Greek yogurt
Zest and juice from one lemon
2 tablespoons fresh dill weed
1 clove garlic, peeled and minced
Sea salt to taste
Ground pepper to taste

Combine all ingredients in a
blender.

Serving the Combination, Servings: 4

Place the tabouli on a plate, followed by the sliced chicken.
Top the chicken with the beet
slaw and drizzle with 2 tablespoons of Tzatziki sauce.

Nutrient information per serving:

351 calories, 16 g fat, 16 g carbohydrate, 36 g protein, 3 g fiber

(Recipe from Biggest Loser Resort nutritionist Juliette Yeager, '10)

There are many people to help. During a typical week, Yeager sees approximately 20 guests, who have paid a minimum of \$2,400 for seven days of fitness training, nutritional education and stress-reduction strategies. Clients with a wide range of needs and body types come from throughout the country and the world for stays that can last several months.

“We’ve had a huge population of guests who are doctors and nurses,” Yeager says. “We’ve had NFL players. We see everyone from the day-to-day person to someone who’s on television shows and in movies.”

Situated on a barrier island about 30 miles north of Jacksonville, the resort is part of a lush, 1,350-acre plantation consisting of golf courses, restaurants, boutiques, a renowned tennis training facility, villas and an upscale hotel. The Biggest Loser staff utilizes office, fitness and instructional space adjacent to the sleepy, tree-lined street that snakes through the plantation. The sun-kissed Atlantic Ocean and a pristine beach are just a short stroll away.

Before enjoying the amenities, guests’ first stop is Yeager’s office, where they step on a high-tech scale that reveals more than pounds. She employs the plethora of data generated, including muscle-to-fat mass and basal metabolic rate, to craft weekly individual meal plans, ranging from 1,500 to 1,900 daily calories.

Yeager is the diet dictator, yet motivational sayings displayed in her office – “Progress, Not Perfection,” and “Baby Steps ...” – reveal that she’s a benevolent one.

“I want to give everyone the chance to live a healthy lifestyle,” Yeager says.

She’s embraced such a lifestyle since growing up on a Christmas tree farm outside of Hamburg, a small borough between Harrisburg and Allentown. Yeager refers to herself as “the only toddler who preferred to eat raw onions and vegetables.”

When it was time to ponder potential careers, the multi-sport athlete knew she wanted an active job requiring social >>



Juliette Yeager, a 2010 Penn College graduate, leads a practical nutrition course at The Biggest Loser Resort Amelia Island.

interaction. Fun trips to the dentist prompted her to pick dental hygiene as a major. One visit to Williamsport convinced her to enroll at Penn College.

“The campus was so beautiful. Walking up to it, I instantly loved it,” Yeager says. “I was even sick with the flu that day, and I still loved it.”

Within a year, however, her “weak” stomach didn’t love the smells, mucus and occasional drops of blood that confront dental hygienists. A friend enrolled in exercise science informed her of that major. One peek inside the exercise science labs – loaded with cardiovascular equipment, resistance-training gear and free weights – convinced Yeager to rekindle her passion for fitness.

It was obvious to her new instructors that the major was a perfect fit.

“Juliette knew where she was heading right from the very beginning,” recalls Judy Quinti, assistant professor of exercise science. “I found her to be one of my most dedicated students.”

“She just came in and liked the whole atmosphere,” says Paul “Babe” Mayer, professor emeritus of exercise science. “Juliette was very motivated. She was very mature and had a great personality. When you talked with her, you knew that she was headed in the right direction by entering a field in which she was going to interact with people.”

The opportunity as a student to relate abstract health and fitness concepts to the everyday needs and goals of individuals appealed to Yeager.

“We actually dealt with real clients,” she says with a smile. “The major was really hands-on.”

It still is. The exercise science degree requires 215 hours of fieldwork, in addition to semesterlong experiences requiring students to devise and implement fitness programs for faculty and staff clients.

A strong classroom component complements that extensive firsthand experience. The challenging courses range from Human Anatomy and Physiology Survey to Cardiovascular Programming.

Yeager fondly remembers those classes and numerous writing assignments, including the paper on “The Biggest Loser” TV show. She laughs at the irony of that project today while glancing down at her black, short-sleeve shirt brightened with the Biggest Loser Resort logo. Yeager’s report expressed positive and negative feelings about the TV series.

“It gave people motivation, and it allowed individuals to realize that weight loss and changing their lifestyle was an option. The negative was that it’s unhealthy and unrealistic to lose 10 or 20 pounds in a week. Someone motivated by the show might have been discouraged

when they only lost three pounds instead of 20 pounds in a week,” she says.

In recent years, “The Biggest Loser” has been criticized for emphasizing rapid, extreme weight loss under conditions that contestants can’t realistically duplicate long-term at home. A National Institutes of Health study published last spring found that 13 of 14 past contestants tracked over six years had regained their weight.

Yeager emphasizes that she wouldn’t be working at the resort if it mirrored the same quick-fix drama of its namesake TV show.

“We are promoting a healthy, sustainable weight-loss program. We teach the science behind weight loss. We teach quality eating habits. We teach meal planning and label reading. We keep in touch with the majority of our guests and find that they are very successful when they go home,” she says.

In fact, Yeager began today at 9 a.m. by answering emails from past guests and providing them with continued support and encouragement. Current clients have been up for at least three hours, enjoying breakfast and various fitness activities. Soon Yeager will be conferring with the resort’s chef regarding the lunch entrée – salmon with herb vinaigrette – before reviewing content for future presentations on portion sizes and healthy habits.

It's obvious that Yeager relishes contact with the guests. She's a warm presence at lunch, sampling and soliciting feedback on the salmon. Between sessions, she lends an empathetic ear as clients pepper her with nutritional and fitness questions, even if they were initially wary of seeking such advice.

"They come here and a lot of them are scared, nervous or anxious," Yeager explains. "They will have sort of a wall up and don't want to listen to you. It takes a little bit of time to break through that. After they've gone through a few really tough workouts, they are usually pretty good because, by then, they're hungry."

They're also hungry to learn from someone who practices what she preaches. With her thin, athletic figure and zest for life, Yeager is a healthy role model. The CrossFit training devotee often shares and demonstrates recipes that nourish her home menu. She relies on that obvious personal dedication to her message to connect with the guests.

That and her education.

"I don't know if I'd be here right now without my Penn College education," she says. "They need people here who are well-rounded."

The encompassing nature of the exercise science major provides students with multiple pathways for success beyond careers as personal trainers, according to Emily B. Miller, instructor of exercise science and department head.

"There is a great demand for our graduates in metropolitan areas," she says. "Graduates can become wellness coaches in a clinical setting. They can be fitness facility managers and owners. They can work alongside physical therapists and chiropractors. About 25 percent immediately go on for a bachelor's degree in a more concentrated field of study, such as sports medicine or exercise physiology."

Or in Yeager's case, nutrition. She determined that within the first week of her initial nutrition class as an exercise science student.

"I really like food," she laughs. "It was just so interesting to learn how food

"It was so interesting to learn how food affects your body. It is much more than just getting full or being hungry."

actually affects your body. It is much more than just getting full or being hungry."

She learned well. Juggling her roles working at the college fitness center, serving as a community assistant, and playing for the women's soccer team, Yeager was a mainstay on the dean's list.

"She was a great student. I was impressed that she could really look ahead," Mayer says. "Some students gravitate to only what's already in existence. Juliette saw that nutrition would be a wide-open field."

Yeager earned a bachelor's degree in nutritional science at Penn State, where her exercise science background put her "three steps ahead" of her classmates. A summer stint working as an instructor at a weight loss camp for kids revealed how her nutrition advice could produce measurable, healthy results.

"I still keep in touch with some of those kids today, so I like to think that I made a difference," she says. "There are so many avenues you can go down with a nutrition degree. I was thinking sports nutrition before that camp. That got me into the weight loss realm, and that's what I've stuck with."

A few months after graduating from Penn State, Yeager relocated to the Sunshine State and took a nutritionist job for the Duval County Extension Office at the University of Florida. She traveled throughout the region to low-income schools, teaching students nutrition basics and introducing them to fruits and vegetables.

"We would show just even a picture of a vegetable, and they would have no idea what it was," she says. "It definitely gave me a different perspective of life from my experience growing up. It definitely brought me down a notch."

Five months later, she was dispensing advice to a much more affluent community at the Biggest Loser Resort. The company discovered Yeager online via her LinkedIn profile and recruited her for the role of nutritionist at the fledgling operation.

Her smile and bright eyes reveal that she remains thankful for her position. During the next few hours, her enthusiasm and energy endure as she fulfills multiple facets of her job. She seamlessly transitions from demonstrating how coconut oil, Medjool dates, nuts and dried fruit can be combined to make sweet and healthy snack bars, to meeting privately with guests, to planning a grocery-store shopping field trip, to leading a series of interactive classes.

In those sessions, Yeager employs a nonjudgmental tone in discussing the pitfalls of artificial sweeteners and the deceptive information contained on food labels. Alternating between the guests' workbook and her PowerPoint slides, she describes the benefits of eating small, frequent meals rather than one big one at night.

Guests seem surprised when she tells them that they should consume over half of their daily caloric intake by the end of lunch. Their eyes remain wide while Yeager shows proper portion sizes.

"I really do think a lot of them go home with life-changing information that they use," she says. "It really just motivates me to continue to do what I do."

As she prepares to depart for her Jacksonville Beach home at the end of the day, Yeager admits that she doesn't remember the grade she received on that "Biggest Loser" reaction paper from her Penn College years.


But it's obvious that she knows her career grades out to an "A." ■

Dental Hygiene Clinic

Dual monitors at each station allow a student to show patients images of their mouths, taken by the students using intraoral cameras, while they update charts on the other monitor.

"The brightness of the clinic and the setup is much more realistic of a true private-practice, real-world experience," says Tammy Clossen, '92, left, who is going on her 16th year as a dental hygiene faculty member. "I'm so proud of the clinic." Even Clossen's 8-year-old son said, "Wow, Mom! This is pretty awesome."

Clarissa N. Axe, of Red Lion, loves to travel. "My absolute favorite place is Charleston, South Carolina. I would love to eventually live around there, but I'd like to start out at a general practice near home."



LED lights bring many advantages: They have three intensity settings, including a safe (yellow) mode for working with light-cured materials. They rotate on three axis points, providing the highest level of light ergonomics, and – Dental Hygiene Director Shawn Kiser notes this is his favorite – they operate on 80 percent less energy than the previous lights.

Cabinets and shelving in each unit keep supplies within easy reach while their 72-inch height gives patients a sense of privacy.

While a behavioral health student at Penn State, Kacie L. Burns, of Bellefonte, worked as a research assistant in the university's Stress and Health lab. There she collected saliva samples that would be tested to determine the effects of psychological stress on physical health. "Ultimately, it was the lab that gave me my first taste of one-on-one participant interaction that was just like patient interaction," she says. "So I graduated (from Penn State) in December 2014 and began in hygiene school in August 2015."

"I love being able to see the satisfaction of patients after I provide them with a service they count on us for," says Kayla M. Brensinger. The Slatington native enjoys the outdoors, especially hunting.

Advanced Technology & Health Sciences Center, Room W227

The Dental Hygiene Clinic at Penn College was reborn in August, after college crews gutted the clinic and gave it a top-to-bottom makeover. With the renovation came spacious workstations that provide patient privacy, as well as advanced technology that includes ergonomic controls, multifunction LED lights, updated safety features, digital radiographs and intraoral cameras. The radiographs and intraoral photos can be inserted directly into patients' digital health records. The new space also made room for four more workstations, allowing the college to accept more students into the popular major.

CLASS NOTES

1989 PENNSYLVANIA COLLEGE OF TECHNOLOGY

1965 WILLIAMSPORT AREA COMMUNITY COLLEGE

1941 WILLIAMSPORT TECHNICAL INSTITUTE

1960s

James W. Douty, '66, technical illustration, worked as a technical illustrator for the U.S. space program at General Electric, as a staff illustrator for three safety magazines in the U.S. Air Force, and was an illustrator until 1986 for AMP Inc. He became the primary consultant in developing a worldwide cross-reference database for the company, then became a technical writer until retirement in 2016 after 43 ½ years of company service at TE Connectivity and its predecessor AMP.

1970s

Franklin Stahl, '77, tool design technology, is principal at Mountain View Christian School in South Williamsport. He began his career in education as a high school drafting and computers teacher at Holbrook Indian School in Arizona. He holds a bachelor's degree in theology and education from Walla Walla University. He and his wife, **Kay, '78**, horticulture, reside in Allenwood.

1980s

Lisa K. (Moyer) Weiser, '83, business management, is human resources manager for Albright Care Services in Lewisburg. She recently earned the Certified Professional credential from the Society for Human Resource Management. She resides in Lewisburg.

1990s

Darren McElroy, '99, computer aided drafting technology, is a survey technician II for Herbert, Rowland and Grubic Inc. in Harrisburg. He resides in Elizabethtown.

Eli Z. Person, '99, computer information technology: data communications and networking, is Network Operations Center manager for Wolf Consulting Inc. in Monroeville. He resides in Youngwood.

Happy 50th!

Members of the February 1967 graduating class of practical nursing students shared a photo and other memorabilia from their Williamsport Area Community College days. Their 12-month education included three months of classroom learning at Campbell and West Edwin streets, where they shared a building with the college's machining lab, followed by nine months of clinical training at Divine Providence Hospital. The transition from classroom to clinical was marked by presentation of their nurse caps at a public ceremony. The class's motto became "Wherever there is a human being, there is an opportunity for kindness." A few of the women still occasionally reunite.



Front, from left: Instructor Thelma Morris, Carol (Rice) Spratt, Marie (Roth) Harvey, Nancy (Sprenkle) Lilly, Joanne Bolig, Instructor Regina Hepner. Second row, from left: Sharon Yordy, Evelyn (Readler) Stowell, Mary Jane Hakes, Mary (Winder) Fisher, Marion Curchoe and Penny (Wood) Ohnmeiss. Third row, from left: Sharon (Chamberlain) Foust, Nancy (Wesner) Shoemaker, Linnet McIlwain, Linda Bower, Mary Knittle and Beverly (Messner) Taber.

2000s

Richard V. Baus III, '02, construction management, is a senior estimator/project manager for ABC Construction Co. in Bensalem. He has attained several industry certifications and is pursuing a Master of Science in construction management from Philadelphia University.

Erik Cawley, '04, building automation technology; '01, heating, ventilation & air conditioning technology, is a building automation engineer for Erie Insurance and is a member of the Association of Energy Engineers. He resides in New Columbia.

Kyle R. Rhoads, '05, manufacturing engineering technology, is a manufacturing engineering manager for Volvo Construction Equipment in Shippensburg. He resides in Harrisburg.

Erika Banzhaf, '06, general studies, is a teller for Santander Bank in Montoursville. She holds a bachelor's degree in early childhood education from Bloomsburg University. She resides in Williamsport.

Angela Rymer, '06, business administration: marketing, is a passport specialist for Expedited Travel and resides in Palm Beach Gardens, Fla.

James D. Evans, '08, automotive technology, is an applications engineer for Texas Instruments in Dallas. In 2015, he earned dual bachelor's and master's degrees in electrical engineering technology from Rochester Institute of Technology, where he was inducted to Tau Beta Pi engineering honor society. He resides in Carrollton, Texas.

Tracy L. (Bower) Tomei, '08, graphic design, is a graphic designer for University of Pittsburgh. She resides in Pittsburgh.

Caitlin Girard, '09, mass media communication, resides in Greensboro, N.C., where she is a regional office manager for the American Heart Association. She received a bachelor's degree in public relations from Flagler College in 2011.

Rose (Larsen) Mumbauer, '09, technology management; '05, dietary manager technology; '05, general studies; '05, individual studies; is assistant manager for Air Parts of Lock Haven and director of the Dante Commission/Charitable & Educational Trust for the Grand Lodge of Pennsylvania, Sons & Daughters of Italy. She resides in Lock Haven.

Becky Ulrich, '09, nursing, is a registered nurse for UPMC Susquehanna, where she serves as a clinical documentation specialist. She resides in Williamsport.

2010s

Michael D. Ferraiolo, '11, aviation maintenance technology, is a Life Flight mechanic for Geisinger Health System. He maintains the Williamsport and State College Life Flight bases and helicopters. He resides in DuBoistown.

Austin Lambert, '11, diesel technology, is shop foreman for Freightliner of Hagerstown in Maryland. He resides in Chambersburg.

Brittany A. Meade, '11, surgical technology, is a senior clinical specialist: spine and biologics for Medtronic, a leader in medical devices. She resides in Perkiomenville.

David C. Skiles, '11, collision repair technology, is a cavalry scout in the U.S. Army.

Cody Sollenberger, '13, building science and sustainable design: architectural technology, is a design estimator for Benchmark Construction Co. in Ephrata. He resides in Leola.

Joshua W. Brunk, '14, technology management, is the state association director for SkillsUSA New Hampshire. He is pursuing a master's degree from Johnson & Wales University.

Jessie M. Chronister, '15, applied management; '14, hospitality management, is a manager for Jason's Deli. She resides in Annville.

Nicholas C. Edmiston, '16, heavy construction equipment technology: operator, is a laborer-operator for Allan Myers. He resides in Oakton, Va.

Kendell E. Edwards, '16, health arts: practical nursing, is a licensed practical nurse for Soldiers and Sailors Memorial Hospital. She resides in Wellsboro.

Briana L. Sheehan, '16, engineering CAD technology, is a computer aided design and drafting operator for H.F. Lenz Co. She resides in Windber.

Benjamin L. Thayer, '16, residential construction technology and management, is a project engineer for Harkins Builders. He resides in Baltimore.

Andrea Whitley, '16, surgical technology, is a surgical technologist/office technician for Houser Newman Associates, where she assists with ophthalmic procedures. She resides in Nesquehoning.

Marriages & Births

Angela Rymer, '06, business administration: marketing, welcomed daughter Arabella on July 15. She resides in Palm Beach Gardens, Fla.

Rose (Larsen) Mumbauer, '09, technology management; '05, dietary manager technology; '05, general studies; '05, individual studies; and her husband, Kevin, welcomed daughter Apollonia on July 29, 2016. They reside in Lock Haven.

What are you up to?
Tell us at magazine.pct.edu/cn, or call toll-free (877) PCT-ALUM (877-728-2586).

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We joined a team of nine Student Development Assistants calling alumni and friends to fill you in on the latest campus happenings and ask for your support of our education. Talking with alumni and donors about how much they love the college has been a great experience. Your support through The Penn College Fund is helping students like us earn “degrees that work.” We’ll be calling again this fall and hope to talk to you then. In the meantime, check out our profiles and meet the rest of our calling team by visiting give.pct.edu/phonathon.

 Lauren Crouse  Ryan Monteleone  Jordan Bosselli

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- through-April 20 **Gallery: Virginia Derryberry**
 "Private Domain"
 Reception: April 20, 4:30-6:30 p.m.
- April 8 **Alumni Happy Hour**
 Rusty Rail Brewing Co., Mifflinburg
- April 10-14 **Pride Week**
- April 19 **Student Activities Awards**
 6:30 p.m., Penn's Inn
- April 21 **Williamsport Technical Institute Reunion**
 Lumley Aviation Center
- April 27 **Midnight Breakfast**
 10:30 p.m.-12:30 a.m., Keystone Dining Room
- April 28 **Student Government Association Silent Auction**
 3:30-5:30 p.m., Madigan Library
- April 28 **Wildcat Block Party**
 Vine Avenue
- April 28-May 12 **Gallery: Graphic design students**
 "Design: 2017"
 Reception: April 28, 4-6 p.m.
- May 12-13 **Commencement**
- May 23-July 23 **Gallery: Kay Healy**
 "Vestiges"
 Reception: June 29, 4:30-6:30 p.m.
- June **Penn College Summer Camps**
 Explore "degrees that work" and earn scholarships
www.pct.edu/summercamps
- Aug. 5 **Commencement**
- Aug. 12-13 **Welcome Weekend**
 Alumni, call 1-877-PCT-ALUM
 to help welcome students to campus!
- Oct. 17 **Career Fair**
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Jalil K. Aldridge,
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sustainable design
major, finalizes a
design in one of the
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