

Athletic Training Honor for Meyer

Dr. Linda Platt Meyer, a professor in Cal U's Department of Exercise Science and Sport Studies, began the new year with a distinguished honor as a new member of the Eastern Athletic Trainers' Association '49 Club.

She received the honor at the 72nd annual EATA Conference, which was held Jan. 10-13 in Mashantucket, Conn.



Linda Platt Meyer

Formed in 1949, the EATA consists of more than 8,000 athletic trainers and athletic training students from Maine to Delaware. EATA provides educational sessions, scholarships and research grants to athletic trainers in Districts 1 and 2 of the National Athletic Trainers' Association.

The '49 Club recognizes EATA members who demonstrate sustained leadership and reflect positively on the EATA and their home districts. Their work advances the profession of athletic training as a result of their exceptional accomplishments and dedication to sustained service and leadership.

Meyer teaches in the online master's degree program in exercise science and health promotion. She was a member of the state Board of Osteopathic Medicine and is involved with the Pennsylvania Athletic Trainers' Society.

For the past 30 years, Meyer has volunteered as an athletic trainer for Special Olympics Pennsylvania (SOPA).

Her vision was to create an interdisciplinary sports medicine team, where physicians, athletic trainers, nurses, and emergency medical services personnel work together to provide coverage for Special Olympics events. Today, all SOPA state level events have interdisciplinary healthcare teams providing coverage at competitions.

Meyer traveled as one of two athletic trainers with Team USA for the 1993 World Winter Games in Salzburg, Austria, and was the only athletic trainer with Team Pennsylvania for four other World Games — Minneapolis, Minn., in 1991; New Haven, Conn., in 1995;

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Social Work Professor Provides Hospital Training

Dr. Azadeh Block, associate professor of social work at Cal U, recently provided cultural humility training to employees at Jefferson Hospital, part of the Allegheny Health Network.

The training is part of the hospital's Front Door Initiative for Social Emergency Medicine, which received a four-year grant from the Jefferson Regional Foundation.

Block presented face-to-face training to employees in the hospital's Emergency Department, and work is underway to develop online training modules that will be available to all employees at Jefferson and, potentially, at other Allegheny Health Network locations.

Cultural humility training is meant to foster an understanding about how personal life experiences shape the way people view others.

"We know that social risk factors may not be the primary reason someone visits our Emergency Department, but social risk factors — where you work, live, and play — are underlying reasons why someone might be a recurring visitor," said Gretchen North, program manager of the Front Door Initiative.

"Once we get a holistic health picture, we can connect and refer patients to community-based resources and supports."

Understanding the unique circumstances and needs of the significant population of refugees and immigrants from Bhutan and Nepal who live in the South Hills of Pittsburgh, an area served by Jefferson Hospital, is critical.

"We focused on the life of people who are refugees and their experiences," Block said of the training. "It builds empathy to understand what it's like to be forced



Dr. Azadeh Block, associate professor of social work, is providing cultural humility training to staff at Jefferson Hospital.

to leave your country, only to eventually make it to the United States and not be welcomed.

"And then, being a refugee can impact things like access to nutritious foods for a period of time. Knowing that can inform some of the issues that people might see in the Emergency Department."

North said 60 members of Jefferson Hospital's Emergency Department took the training.

"Azi definitely tailored the training not only to the population she was teaching but also to the populations we see most frequently," she said. "We want to target our most vulnerable patients, and among them are refugees and

immigrants who have access and literacy issues. They're not the only population, but they are a major one.

A pre- and post-training assessment indicated the presentation was a success.

"I was born in New Castle, Pa., and grew up in Pittsburgh; Southwestern PA is my home, but because I have a parent who is an immigrant, I can personally relate to both experiences: born here and immigrant," Block said. "This coupled with my professional training as a social work educator is the recipe for success in making it a training that is relatable.

"I'm happy to be helping people with this. I think it's really necessary."

Black History Month Events Planned

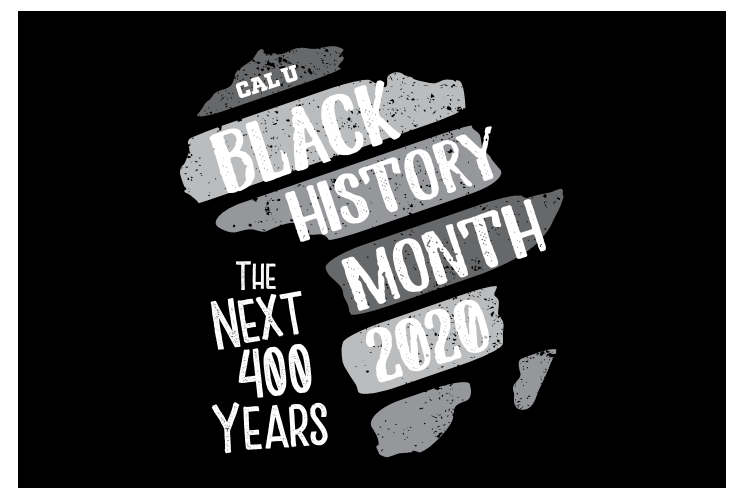
Slavery in America dates to 1619. Reflections on those 400 years of history — and a look to the future — will highlight "The Next 400 Years: Recognition, Restoration, and Resilience," as Cal U celebrates Black History Month in February.

A special four-part "What's the T? Thoughtful Discussions About National Narratives" series, developed by the Student Affairs Diversity Committee, will highlight the month. The conversations will be at 11 a.m. in Vulcan Theatre, on the first floor of the Natali Student Center, on the following dates:

Feb. 3: Dr. Paul Spradley, founder of the Care Based Leadership Collaborative, will conduct a one-man performance, "The Day Civil Rights Got Old," followed by a discussion. The presentation explores how one moment from the 1960s has impacted a man in the present day.

Feb. 10: Jessica Spradley, a Frederick Douglass Institute scholar in sociology at Cal U, and vice president of research and assessment for the Care Based Leadership Collaborative, will lead a presentation and discussion titled "Educational Places as Racial Places."

Feb. 11: Dr. Rodney Taylor, FDI scholar in English,



will discuss "Post-Bellum, Pre-Harlem: African American Authors & the Remembered Plantation."

Feb. 17: The full "I Have a Dream" speech that was delivered by American civil rights activist Dr. Martin Luther King Jr. during the March on Washington

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Faculty members Dr. Darla Timbo (left) and Dr. Ayanna Lyles work on a project at a writers retreat organized by the Frederick Douglass Institute at Cal U.

A Retreat for Writers

More than a dozen faculty members gathered at SAI Farm on Jan. 16 in search of a precious commodity: Time. Uninterrupted time to focus on writing and scholarship before the start of the spring semester.

They found it, along with the support of their colleagues, at a writers retreat organized by the Frederick Douglass Institute at Cal U.

“The intention of the retreat was to foster a culture of collegiality amongst academic departments of Cal U,” said Rodney Taylor, a Frederick Douglass scholar in the Department of English, who was the lead organizer. “And to understand that while each discipline is unique, we all have to write.”

Faculty members’ goals for the day included working on syllabi, dissertations

and journal articles; applying for grants; drafting lines of poetry; preparing manuscripts; and writing lyrics and music. They were instructed to dress comfortably, to have realistic goals, and by all means to bring “creature comforts,” like coffee, of course.

“It’s an opportunity to have a time slot to get this type of work done,” said geology professor Dr. Tom Mueller. “Getting a research article out there in a journal takes a lot of time and dedication. There is always something else that seems to take priority when you’re trying to write your research.”

The institute designs programs that honor the legacy of Frederick Douglass and his belief in education and equality, said director Dr. Ayanna Lyles.

“The FDI seeks to amplify the intellectual vitality and potential of

all faculty, staff, and students at the University,” she said. “One way to foster intellectual growth is to allow space for faculty to take the time to work on individual professional goals.”

Jessica Spradley, an FDI scholar in the Department of History, Politics, Society and Law, offered a yoga class at the retreat. The basic poses and breathing exercises are intended to focus the mind, she said, and can be done throughout a busy day when a mental break is needed.

“Rod and I talked about how hard it can be to get in the mental space to write. If we can teach ourselves how to be mindful, how to calm down and relax, we can create 5 or 10 minutes of rest to get our minds to be rejuvenated.”

The writers retreat was funded by the College of Liberal Arts.

Black History Month Events Planned

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for Jobs and Freedom on Aug. 28, 1963, will be viewed. Afterward, Jeffrey Jones, Cal U’s first gentleman, will moderate a panel discussion of civil rights and social justice. Panelists will include Cal U students, faculty, staff, and alumni.

“We’ve tapped into our on-campus resources because this is an ideal time to use their scholarship to go back and talk about some historical perspective, but also to acknowledge what can happen in the next 400 years,” said Sheleta Camarda-Webb, director of Multicultural Affairs and Diversity Education. “I believe these sessions will be poignant, informational and also very captivating.”

Other Events

Multicultural Affairs Night at Cal U Basketball, 1 and 3 p.m. Feb. 1, Hamer Hall. Enjoy Vulcan basketball against Slippery Rock and join the Multicultural Affairs and Diversity Education staff for a chance to win rally towels, T-shirts and other giveaways. An information booth in the lobby will provide information on Cal U’s Black History Month activities. Tickets are \$5 for adults, \$3 for visiting students. Cal U students with CalCards and children under age 12 are admitted free.

Soul Food Luncheon and Dinner, 10:30 a.m.-2:30 p.m., and 4-7 p.m. Feb. 5, Gold Rush Culinary Center. Diners enjoy a menu created from recipes and stories contributed by members of the Cal U community. Cost is \$8.25 for lunch and \$10.60 for dinner for those not on a meal plan. Soul food is a term used for an ethnic cuisine traditionally prepared and eaten by African Americans of the southern United States. AVI Foodsystems is the event sponsor.

Black History Month Trivia, 7 p.m. Feb. 24, Natali Student Center Performance Center. Student teams of 4-6 people will learn and share their knowledge about African history in the United States. Each member of the winning team will receive \$25 shop dollars each added to their meal plans.

A Taste of Africa, 10:30 a.m.-2 p.m. Feb. 27, Gold Rush Culinary Center. Diners will be treated to an African-inspired menu with the Cal U community helping with some of the Nigerian recipes. Cost is \$8.25.

Black History Month is sponsored by the Office of the President, the Office of Student Affairs, the Center for Volunteer Programs and Service Learning, Multicultural Affairs and Diversity Education, the Frederick Douglass Institute, the Department of Criminal Justice, and AVI Foodsystems.

For more information about Black History Month events at Cal U, contact the office of Multicultural Affairs and Diversity Education at 724-938-5758 or made@calu.edu.

Faculty Member Gives Back

Dr. Sean Madden is pictured with a load of baby food he helped to deliver on behalf of 412 Food Recue. The organization partners with food retailers, nonprofit organizations and volunteers to bring healthy food to those experiencing food insecurity in the Pittsburgh area. “Volunteers get notifications for deliveries every day via a phone app,” says Madden, a professor in the Department of History, Politics, Society and Law. “Sometimes I get calls for ‘special deliveries’ like baby food because they need to make sure it happens. I check the app any day that I have a few free hours in the morning or afternoon. I generally try to make one or more deliveries per week, depending if we are in session at Cal.”



Chancellor: State System at Turning Point

Pennsylvania's State System of Higher Education Chancellor Dan Greenstein delivered the annual State of the System address last month by outlining a bold vision for 2020 and called on strategic partners, especially members of the General Assembly, to choose to invest in affordable and accessible public education.

The State System is requesting \$487 million in state appropriations for 2020-21, a 2 percent increase over the current fiscal year. And it also is asking state leaders to support a new, separate \$20 million investment in a 5-year, \$100 million project that will redesign some operations, leading to substantial cost savings and new potential revenues.

"So, what is the state of our System?" Greenstein said. "It is fluid, and we are at a turning point. This year, with our partners, the General Assembly, we will decide the course of public higher education in this Commonwealth."

Greenstein's 2020 vision includes showing how students at one university can access courses and programs elsewhere in the system; the execution of budget plans to ensure all



During his State of the System address, Chancellor Dan Greenstein expressed optimism about the future of Pennsylvania's State System of Higher Education.

universities are financially sustainable in five years; leveraging the system's massive scale of 14 universities and more than 95,000 students to achieve cost savings; and to report its progress

meeting clearly identified student and university goals.

The chancellor pointed out how Pennsylvania ranks 48th in the nation in funding public higher education, calling

it a public policy "choice" made by elected leaders for years. A lack of public investment leads to higher tuition, levels of student debt, and struggles to attract public and private investment.

"This has been kicked down the road for many years," he said. "Let me confirm. There is no more road. The State System bears responsibility for this, yes. But our elected state leaders share that responsibility, and so we ask our partners to collaborate with us, to support our efforts, and set this State System up for Pennsylvania's success."

Complementary to the State System's annual general education appropriation is a new line item request for \$20 million to begin a 5-year, \$100 million effort to transform the System's information technology, potential online education, and other office functions by leveraging the System's massive scale. The State System projects \$80 million to \$120 million in cost savings alone during the next five to 10 years.

"Transformative change is not a one-time action item," Board of Governors Chair Cindy Shapira said. "It requires commitment that stretches years into the future. It requires honesty, vision, and leaders to inspire the work of others toward that vision."



Club, Organizational Fair set for Feb. 4

Cal U students can get a firsthand look at the many available extracurricular opportunities on campus during the Spring 2020 Club and Organizational Fair from 11 a.m.-1 p.m. Feb 4 in the Performance Center, inside the Natali Student Center. More than 100 clubs and organizations are expected to be represented. "The fair is an ideal way for new students to find out what's available to them as well as helping clubs and organizations increase membership," said Jamison Roth, director of recreational services. "Extracurricular involvement can look great a student's resume and they might also realize there's an activity that fits perfectly with their interests." For more information email Melissa Dunn at dunn@calu.edu.

3 Open House Programs Scheduled

Cal U has scheduled three Open House programs this spring.

Open House programs begin with Academic Experience Day, which is scheduled from 8 a.m. to 2 p.m. Monday, Feb. 17, beginning at the Convocation Center.

Other Open House events will take place from 9:30 a.m. to 2 p.m. Saturday, March 21, and Saturday, April 18. Registration for both events will be on the third floor of the Natali Student Center.

At an Open House, prospective students can meet faculty and current students, take a campus tour, learn about our clubs and organizations and more.

On Feb. 17, visiting students will have an opportunity to sit in on classes taught by Cal U faculty members.

Campus tours will include the residence halls, classrooms and academic departments, and facilities such as the Herron Recreation and Fitness Center, and the Convocation Center. Students and families can talk with Cal U students, meet faculty members, and learn about financial aid options. All students receive a free Cal U T-shirt at the end of the day.

To register for an Open House date and see a schedule of events, go to calu.edu/visit or call 724-938-4404.

For information about the admissions process at Cal U, visit calu.edu/admissions; and to explore academic majors, visit calu.edu/academics.

Campus BRIEFS

Website Hub for Weather Alerts

Students and employees should register for Emergency Text Alerts and watch the Cal U website.

Weather announcements will be made only if the University's regular operation is disrupted. A red banner on top of the homepage and every page at calu.edu will direct users to the Emergency Information section, where information will be updated periodically, if needed, as conditions change.

Text alerts may be issued for the most significant announcements, such as cancellations or delays. Users must register for text alerts using a campus email address and password; registration must be renewed annually.

For details and answers to frequently asked questions, visit calu.edu/inside/campus-safety. For quick links to register, look for "Text Alerts" on the resources pages for current students (calu.edu/students) or faculty

and staff (calu.edu/faculty or calu.edu/staff).

Notice of cancellations or delays also may be available on local TV stations and on the Cal U hotline at 724-938-4507 or 800-422-5639.

Faculty-Staff Convocation Feb. 18

Following a new format, the Spring Faculty-Staff Convocation will focus on the "Campus Master Plan: A Blueprint for the Future." After University President Geraldine M. Jones delivers the opening presentation, Robert Thorn, vice president for Administration and Finance, will provide an update on the plan for campus buildings. A question-and-answer session will follow.

All University employees are welcome to attend the program, set for Feb. 18 in the Cal U Convocation Center's South Conference Wing. The convocation will be held during the common hour, beginning at 11 a.m.

Cal U Supports Stock Market Challenge

California University of Pennsylvania is partnering with the Pennsylvania Council on Financial Literacy (PennCFL) to sponsor stock market competitions for elementary, middle and high school students in a five-county region.

Cal U is supporting PennCFL's Stock Market Challenge in Allegheny, Fayette, Greene, Washington and Westmoreland counties. The challenge is open to public and private school students in grades 3-12.

The competition is designed to teach students and teachers how to invest and trade in stocks, analyze markets and build a portfolio. More than \$2,800 in prizes will be awarded in the five-county region. The Spring Game starts Feb. 10.

"It's never too soon to begin building financial literacy," says Dr. Paul Hettler, chair of the Department of Business and Economics at Cal U. "Our university is proud to support PennCFL and the Stock Market Challenge."

PennCFL's mission is to provide K-12 students with economic, personal finance and entrepreneurship skills that elevate their standard of living, quality of life and professional success. It sponsors financial games and programs, with the participation of over 10,000 students in 45 counties. In partnership with colleges and universities, PennCFL offers entrepreneurship conferences and competitions.

For more information about the Stock Market Challenge, visit PennCFL.org or call 570-975-5149.

Johnson Snares Hall Induction

Editor's Note: The 2020 members of Cal U's Athletic Hall of Fame will be honored at the second annual Bow Ties and Pearls Ball on Saturday, May 2, at the Convocation Center. The event benefits Cal U scholarships for Cal U students and legacy projects on campus. To purchase tickets and for more information about the event, visit calu.edu/bowtiesball.

Before he played in the National Football League, Terrence Johnson was a cornerback for the Vulcans. Soon he'll also be a member of the Cal U Athletic Hall of Fame.

For the 2006-2009 football seasons, Johnson was a starter in one of the game's most challenging positions. A three-time all-conference selection, he earned multiple All-America honors during his final two years at Cal U.

Johnson finished his career with 178 tackles, including 133 solo takedowns. With 16 interceptions and 32 pass break-ups — including three interceptions in the 2009 postseason — he led the Vulcans in interceptions in each of his four years with the program.

When he caught the ball, he ran. Fast. A championship runner in the off-season, Johnson chalked up a total of 693 return yards, highlighted by an 82-yard kickoff return for a touchdown in the 2008 NCAA Division II Playoffs.

During his time at Cal U, the shutdown corner helped the Vulcans compile a 44-10 cumulative record and 25-1 PSAC-West mark, with four consecutive PSAC-West titles and three straight appearances in the NCAA Division II national semifinals.

"We had a bunch of great WPIAL players, along with record-setting guys from Ohio," Johnson said. "We took nothing for granted, worked hard, the coaches managed us right and it all just came together."

With his induction May 2 at the 2020 Bow Ties & Pearls Ball, Johnson will become the sixth Hall of Fame member to have played for head coach John Luckhardt, who



Former cornerback Terrence Johnson will be the fifth player from Cal U's 2007-2009 national semifinalist football teams to be inducted into the University's Athletic Hall of Fame.

also will be inducted that evening.

"This honor brings back memories of the first time 'Coach Lucky' came to my door with his vision for Cal," Johnson said. "Then we went on that great run. To be honored with him is just something very special."

Johnson recalls his year as a redshirt in 2005, when he would slip on a red shirt and find his way onto the field during practice.

"I would blend right in with the running backs and receivers, and it probably took about three days for the coaches to realize what I was doing," Johnson recalled, laughing.

"I was a small kid, not heavily recruited, and to be at Cal U with all of these great players ... I felt that I had to prove that I was able to fit in. I was really just trying to compete, and I think the coaches took notice of me and appreciated it."

Luckhardt got his message. "This is a guy who was not going to play in any games that year, but that kind of dedication not only tells you what kind of person he is, but why he went on to be an All-American and play several years in the NFL," the former head coach said.

"We'd line him up against the other team's best receiver each week, including some that were supposed to be the best in the country, and he'd just shut them down. ... Terrence is one of the reasons why we were as good as we were."

As a student-athlete, Johnson was tapped for the American Football Coaches Association, AP, D2Football.com and Daktronics All-America teams.

He also played in the 2010 Valero Cactus Bowl, an all-star game for senior football players.

After earning his degree in criminal justice in 2009, Johnson spent three years in the NFL, playing for New England, Atlanta and Indianapolis, where in 2011 he made 37 tackles for the Colts. He also played one season of Arena Football with the now defunct LA Kiss.

"I took everything as a challenge," Johnson said. "If there was an opposing receiver who was supposed to be the best, that's the matchup I wanted every single time."

"Cornerback is one of the most difficult positions to play because it's a guessing game. You have to stop a guy from doing what he does best. ... You have to get in his mix and take pride in it to accomplish that."

Johnson and his fiancé, Wanisha Green '19, now live in Pittsburgh with their 2-year-old son. Johnson owns a construction, home remodeling and landscape business with teammate and former All-American defensive lineman Willie Walker.

"When I was at Cal U, it was a great time," he said. "You had a guys from different areas that lived in the same circles, who were all kicking, scratching and focused on accomplishing the same things. We made the best time of it."

Meyer Earns Athletic Training Honor

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Raleigh and Durham, N.C., in 1999; and Anchorage, Alaska, in 2001.

Since 1990, Meyer has served as the medical coordinator for Special Olympics Pennsylvania's State Winter Games. Over the decades, she recruited hundreds of athletic trainers and athletic training students to volunteer for the Special Olympics Winter Games at Seven Springs Mountain Resort, Champion, Pa.

She has presented at international, national, district and state levels on topics related to athletic training, Special Olympics, and leadership. Some of her

work on leadership, athletic training and Special Olympics topics have appeared in the *Journal of Athletic Training* and *Athletic Therapy Today*.

"The '49 Club is considered the highest honor an EATA member can achieve and is equivalent to Hall of Fame recognition," said Dr. Thomas West, EATA member and Cal U professor in the Department of Exercise Science and Sport Studies. "It is a very impressive honor, and Linda is very deserving."

"She is truly the person that best embodies the personification of professionalism. She has been deeply involved in the profession of athletic

training at the state, district and national level, but her greatest contribution and possibly her greatest passion has been in providing service as an athletic trainer to the Special Olympics here in Pennsylvania, in particular at the Winter Games."

In 2013, Meyer was inducted into the Pennsylvania Athletic Training Hall of Fame along with Cal U colleagues Dr. Barry McGlumphy and Julie Ramsey-Emrhein.

She is proud that she was able to provide a life-changing opportunity for hundreds of athletic training students and athletic trainers as they volunteered for the SOPA State Winter Games

and interacted with Special Olympics athletes.

"It is my hope that many of these athletic training students, now certified, have continued to volunteer for Special Olympics events across the nation and beyond, engaging other athletic training students to experience this incredible population and continuing the tradition of paying it forward," Meyer said.

"While this '49 Club recognition may have my name tagged, I want to share it with all athletic trainers who have volunteered for Special Olympics events, because they make a difference in the lives of these incredible athletes."

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