

# California University JOURNAL

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## Cal U Still 'Military Friendly'

For the fourth consecutive year, Victory Media and *G.I. Jobs* magazine has named California University one of the nation's top Military Friendly Schools®.

"Cal U continues to set the bar for campus military support," said Capt. Robert Prah, director of the University's Office of Veterans Affairs.

"Cal U has a long tradition of helping our military members and their families. It's part of our campus culture."

The magazine's 2013 Military Friendly Schools list honors the 15 percent of colleges, universities and trade schools that are doing the most to embrace America's military service members, veterans and spouses as students.

The list was compiled through extensive research and a data-driven survey of more than 12,000 schools nationwide, according to *G.I. Jobs*.

Each year schools taking the survey are held to a higher standard as methodology improves. Criteria and weightings are developed with the assistance of an Academic Advisory Board consisting of educators from schools across the country.

Founded in 2001, Victory Media is a service-disabled, veteran-owned small business focused on military personnel who are transitioning into civilian life.

"Inclusion on the 2013 list of Military Friendly Schools shows California University's commitment to providing a supportive environment for military students," said Sean Collins, director for *G.I. Jobs* and vice president at Victory Media.

"As interest in education grows, we're thrilled to provide the military community with transparent, world-class resources to assist in their search for schools."

The 1,739 colleges, universities and trade schools on this year's list prioritize the recruitment of students with military experience. The magazine recognizes them for offering scholarships, veterans' clubs, full-time staff and other services for military veterans. *G.I. Jobs* also includes peer reviews provided by veterans on campuses across the country.

At Cal U, the Veterans Affairs Office  
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## 'Cal Clean and Sober' Meets

Cal U's Counseling Center is using the Thursday common hour to help students resolve problems or reduce anxiety that might affect their educational performance.

Led by Dr. John Massella, assistant professor and clinician, a group called Cal Clean and Sober meets each Thursday at 11 a.m.

"Any student looking to maintain abstinence from alcohol and drugs or problematic usage is welcome," Massella said.

Each week the group meets for a general discussion about abstinence or to discuss a specific topic such as gambling, which Massella identified as a growing problem on college campuses.

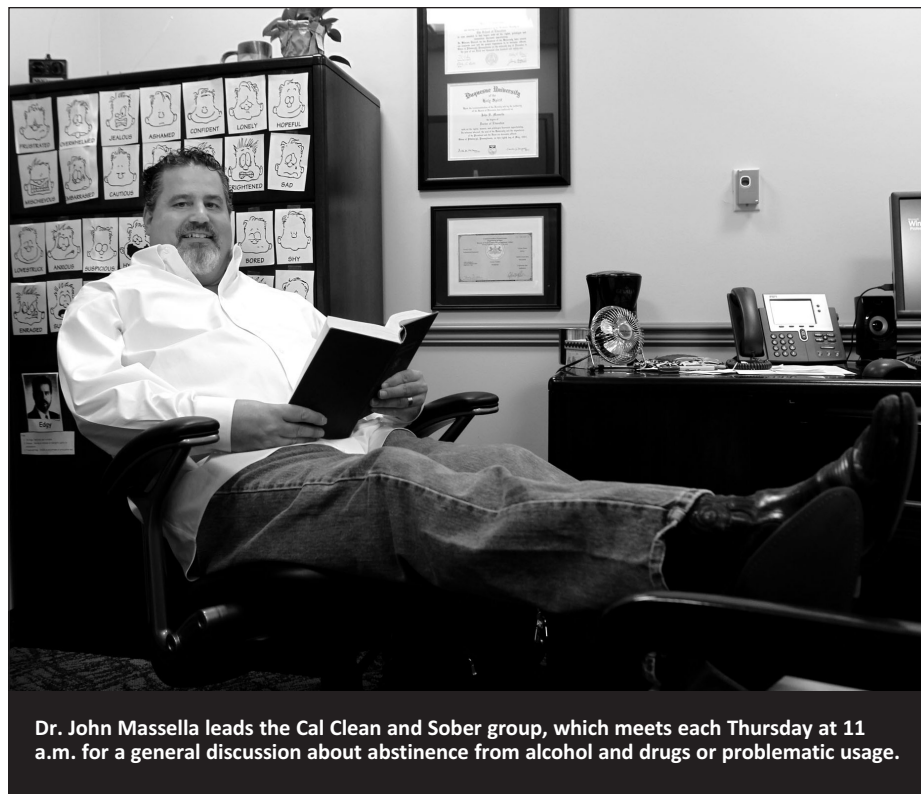
Nationwide, only 22 percent of colleges have programs to address problem gambling, he said.

"When you look at problems with pathological gambling, the population that is very susceptible is young, competitive males. Maybe only 5 percent have a problem, but that average quadruples if you are close to casino, such as we are here."

Massella believes these informal meetings will help students see the benefits of the Counseling Center, open from 8 a.m.-5 p.m. weekdays on the first floor of Carter Hall. The Wellness Center and other University alcohol and other drug awareness and education programs are housed in the same area.

The Counseling Center is staffed by Massella and two other clinicians, Dr. Mary Ann Salotti and Dr. Dawn Moeller, plus two graduate-level interns.

The center serves an average of 300 to 350 students a semester. Students



Dr. John Massella leads the Cal Clean and Sober group, which meets each Thursday at 11 a.m. for a general discussion about abstinence from alcohol and drugs or problematic usage.

### Stop In

The Cal U Counseling Center is open from 8 a.m.-5 p.m. Monday through Friday. Students may walk in or make an appointment. Cal Clean and Sober meets at 11 a.m. Thursdays. For the location, please call 4808. All students are welcome to attend.

may walk in or receive referrals from faculty members, nurses or staff in other campus areas, such as the Office of Student Conduct.

"We can help with something as

simple as giving students some guidance on where to go to learn certain skills or even find information on housing," Massella said. "We also address more in-depth psychological symptoms and even crisis interventions."

The center also offers a Light Box Therapy program for students with symptoms of the wintertime depression known as Seasonal Affective Disorder, or SAD.

Used for just minutes each day for two to four weeks, light therapy has been shown to relieve SAD symptoms in many patients. This program, which began last spring, will resume next month under Salotti's direction.

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## Senior in Harrisburg for Semester

Ross Nietert, a senior sociology major, is working for the state Department of Aging as part of a 15-week internship sponsored by the Pennsylvania State System of Higher Education (PASSHE).

Niertert, of Washington, Pa., and a graduate of Trinity High School, is one of 15 students participating in The Harrisburg Internship Semester (THIS) program, which gives students the opportunity to work in all areas of state government while earning a full semester's worth of credits.

THIS invites students from each of the 14 PASSHE universities to participate.

Niertert and the other students participating in the program will attend several academic seminars during their fall semester internship. Each of the students also will complete an individualized research project as part of the program's requirements.

Niertert already has met many state officials, and he appreciates the hands-on learning experience.

"As a sociology major, much of what we are taught is theory," he said. "After coming to Harrisburg and working with the Department of Aging, I have seen how theory



Ross Nietert

blends seamlessly into real-world applications.

"I also have the ability to see what goes on behind the scenes of public policy and all of the work that it entails. This experience is one that I'll cherish for the rest of my life."

More than 500 students from PASSHE universities have gained valuable insight into the workings of state government since the THIS program began in 1989. Interns have worked with dozens of state agencies, as well as in the offices of the governor, the speaker of the House of Representatives and the attorney general.

"The Harrisburg Semester is a unique opportunity for Cal U students to learn about policymaking in the Pennsylvania government," said Tracie Beck, Cal U's Internship Center director.

"Students are given incredible networking opportunities with legislators and administrators in both the executive and legislative branches and other related agencies. THIS is truly a life changing and career-building experience for our students."

Students interested in participating in THIS may obtain information from the Cal U Internship Office or by calling the Dixon University Center at 717-720-4089. More information on the program also is available at [www.passhe.edu/this](http://www.passhe.edu/this).



At left, AVI dietitian Michelle Apple (left) observes Cal U nursing major Rachelle Diyanni trying on the 'fat suit,' with some help from friends at the 25th annual Cal U Health Fair, which was held Sept. 12 in the Convocation Center. The suit adds an extra 20 pounds of fat. Above, Hayley Maraugh, a sophomore psychology major, gets her blood pressure checked by registered nurse Mary Lickert of Canonsburg Hospital.

## Students Flock to 25th Annual Health Fair

More than 1,800 people visited the Convocation Center Sept. 12 for Cal U's 25th annual Health Fair, "A Wealth of Health."

Fifty vendors from the health care industry presented information, conducted screenings and offered giveaways at the event, coordinated by the University's Health and Wellness Education Center.

"Our event gives our students, faculty, staff and community a head start on a healthy academic year," said Cal U nurse practitioner Fran Fayish, who thanked the faculty and staff for encouraging students to attend.

"I loved holding the fair in the Convocation Center,"

she added, "and our vendors loved it also."

Senior Bethany Filmeck, a communication studies major with a concentration in radio/TV, arrived wearing a bright red T-shirt with the logo of the Public Relations Student Society of America.

"It's set up really well, with a lot of different groups, and you get a lot of good information here," she said.

Sandra Boyd, a paraprofessional at California Area High School, arranged blood donations while distributing Pittsburgh Steelers magnets at the Central Blood Bank booth. Her school has a blood drive team that runs eight collections with Central Blood Bank each year.

"This one is the most fun, and we've been coming here for years," she said. "This facility is very impressive, and we always get a lot of students to donate blood. They feel good about the fact that 45 minutes of their time can save three lives."

The Health Fair also became a family affair for Mike Conte, Cal U's head baseball coach, who toured the fair with his son, Loudon.

"I come every year, because this is a great opportunity for kids to become more aware of health in their own lifestyle," the elder Conte said.

"Learning to be healthy is a way of life."



Dr. John Massella discusses the Light Box Therapy program with counseling center intern Bethany Novotny in Carter Hall.

## 'Clean, Sober' Meets

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"We (clinicians) each bring different things to the table, which I think is very positive," said Massella, who came to Cal U in 2010 after working for 30 years at Gateway Rehabilitation in Monroeville, Pa.

"I love the work, I love the students, and it's a great population here," he said.

Massella emphasized that each area of the Wellness Center follows privacy regulations outlined in HIPAA, the Health Insurance Portability and Accountability Act.

"We are part of Student Affairs and Student Services, but confidentiality is maintained even for students who come here through the mandated (disciplinary) process," he said.

"Everything that is said in our rooms is confidential, unless a student signs a release form.

"We do what we need to do to give students the services they need," Massella added. "We take people's symptoms very seriously, and I try to assure parents we'll take care of their students. That's what we do."

Dr. Tim Susick, associate vice president for student affairs, oversees the Counseling Center and feels the staff's efforts have a significant impact on student retention.

"A number of young students come to school and believe they are the only ones that have these problems, but they soon find out that a lot of students have these same concerns. They end up staying and completing their degrees here."

## Campus BRIEFS

### Education Majors Explore Alternatives

Career Services will conduct a networking event, "Unique Careers for Education Majors," Thursday in Eberly Hall, Room 130.

Recognizing that not every education major will find a traditional teaching assignment, the gathering will explore employment opportunities outside the classroom. Employers will talk about transitioning careers and how an education major's skills can transfer to other occupations.

Registration for this casual networking event begins at 4:30 p.m. Students may call the Career Services office at 724-938-4413 or register online by going to [www.calu.edu/careers](http://www.calu.edu/careers) and clicking on "events."

The keynote speaker is Cal U alumna Amy Altieri '11, who is the training and development specialist for H.J. Heinz Co. Following her co-presentation with Rhonda Gifford, Cal U's director of Career Services, panel sessions will feature representatives from industries that hire education majors.

Afterward, attendees can speak directly with these employers and with Cal U alumni who majored in education but went on to successful non-teaching careers.

### Cal U for Life Event Thursday

The Alumni Association is inviting Cal U alumni and friends to a gathering from 6-8 p.m. at Atria's restaurant, located in the McDowell Shops at 4059 Washington Road, McMurray, Pa.

Attendees can enjoy complimentary appetizers while they reconnect and learn about what's happening at Cal U.

For more information, contact Montean Dean at 724-938-4418 or email [dean@calu.edu](mailto:dean@calu.edu).

### Fall Student Convocation Oct. 2

Acting President Geraldine M. Jones will host the 2012 Fall Student Convocation at 11 a.m. Oct. 2 in the Performance Center, inside the Natali Student Center.

All Cal U students are encouraged to attend the assembly, which will be held during the University's common hour.

### Tourism Students Recall Conference

Students in Cal U's chapter of the Travel Tourism Research Association gained valuable experience when they attended the association's international conference this summer in Virginia Beach, Va.

Active since 2004, Cal U's Travel Tourism Research Association is the only student chapter of TTRA, an international organization of both academic and practicing tourism professionals.

"Our students did an excellent job representing our University," said Dr. Susan Ryan, program coordinator for the tourism studies concentration at Cal U.

"They also volunteered at the conference, so they had additional professional development experience in event management, which also relates well to their majors in tourism studies."

### Setting the Record Straight

Oct. 30 is the last day to apply for a civilian absentee ballot (which is due at the County Board of Elections on Nov. 2) for the Nov. 6 general election. An incorrect application deadline was published in the Sept. 17 print edition of the *Journal*.



## Back to School Job Fair

Cal U student Paige Neville (left) speaks with PLS Logistics Service employee Samantha Burney '12 about potential job placement at the Back to School Job Fair on Sept. 6 in the Performance Center. Coordinated and hosted by Career Services, the job fair attracted nearly 40 employers who discussed job or internship opportunities with Cal U students.

# Cal U Still 'Military Friendly'

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provides resources for active-duty military members, reservists and members of the National Guard, as well as military veterans and their families.

In addition, the University has joined forces with GoArmyEd, a gateway to higher education for soldiers stationed anywhere in the world. Through the GoArmyEd portal, soldiers and their families have easy access to bachelor's and master's degree programs offered by Global Online, Cal U's Internet-based learning community.

Free employment services also are available to military veterans through the Veterans Affairs Office, Cal U Career Services and Pennsylvania CareerLink Mon Valley.

Even after they graduate from Cal U, service members and veterans have free, lifelong access to the University's Career

Services office, which offers one-on-one career and job-search planning for all Cal U alumni.

The *G.I. Jobs* website includes a profile of Cal U student Joseph Lee, a sport management major, an Army infantry veteran and a member of the Pennsylvania National Guard.

"The G.I. Bill has helped me finance my pursuit of a college degree," Lee wrote.

"I've had a truly enjoyable experience so far at Cal U. The faculty and staff are tremendously helpful and accessible. The school has an outstanding veterans' outreach program, as well.

"The curriculum is challenging, but Cal U gives you all of the opportunities and tools you need to succeed."

*The complete list of 2013 Military Friendly Schools, plus interactive tools to assist military members and veterans with their decisions about higher education, can be found online at [www.militaryfriendlyschools.com](http://www.militaryfriendlyschools.com).*

# Earth Scientists to Present Research to GSA

Two Cal U students and one faculty member in the Department of Earth Sciences will present research at the Geological Society of America's (GSA) 124th annual meeting and exposition.

Dr. Kyle Fredrick, along with students Bryan Nicholson and Matthew Miller, will represent Cal U from Nov. 9-12 in Charlotte, N.C. About 6,000 scientists are expected to attend "Geosciences: Investing in the Future."

Established in 1888, the Geological Society of America provides access to elements that are essential to the professional growth of earth scientists in academia, government, business and industry.

"The meeting, with a broad array of field trips, technical sessions and short courses, will surely be a good investment in your career and in the education of the next generation of geoscientists," said John Diemer, professor of Earth Sciences at UNC-Charlotte and the GSA committee chair.

Nicholson will discuss a project, currently under way, to acquire baseline water quality data and monitor changes in tributaries of the Monongahela River near California Borough. Water quality within these local watershed areas is affected by historic coal mining, increased development, and the potential impact of shale gas exploration and extraction.

Miller's presentation will describe how acid mine drainage treatment ponds impact the water quality at Lake Arthur, the centerpiece of Moraine State Park in Butler County, Pa. In 1996, a passive wetland treatment system was established as a potential remediation effort for an area affected by coal mining.

Fredrick also will give a presentation about how the program "The Math You Need" was implemented in Cal U hydrology courses, first in fall 2011 and again in 2012.

The program has given students the opportunity to work through basic skills in a low-pressure, discipline-specific manner, Fredrick said. Self-confidence and aptitude increased, and enrollment of both earth science majors and minors has continued to increase, as well. Class time that previously had been set aside for building basic, prerequisite skills was freed up for introducing higher-level concepts and more hands-on and field activities.

In addition to Nicholson and Miller, six other GSA students will attend the conference to explore GSA offerings, visit with officials from graduate schools and network with earth scientists from around the country and the world.

## GRANTS AWARDED

The Office of Grants and Contracts reports these grant awards:

- Dr. Katherine Mitchem and Dr. Kalie Kossar, of the Early, Middle and Special Education Department, have been awarded \$85,496 from the U.S. Department of Education. This is the fourth year of funding for their project, *HQ-TEEMS (Highly Qualified Teachers in Exceptional Education, Math and Science)*.
- Mitchem was also awarded \$101,166 from the Department of Education through the University of Missouri-Columbia. This is the second year of funding for *Development and Testing of an Electronic Performance Support System with Modeling for Students with High-incidence Disabilities (Picture Tools-Mobile)*.
- Dr. Michael Brna, of the College of Education and Human Services, has been awarded a \$200,000 continuation grant from the U.S. Library of Congress to continue the Teaching with Primary Sources project, which he directs.
- Dr. Thomas Mueller, of the Department of Earth Sciences, has been awarded a grant in the amount of \$23,500 from America View. He will continue to direct the State View program and development for the Commonwealth of Pennsylvania.



Dr. Katherine Mitchem



## GACO Wins Defense Logistics Agency Grant

Acting President Geraldine M. Jones presents a cooperative agreement for \$189,175 from the Defense Logistics Agency of Fort Belvoir, Va., to Deborah Wojcik, director of the Government Agency Coordination Office (GACO) at Cal U. Effective through Aug. 31, 2013, the federal grant will support GACO's efforts to assist regional businesses as they pursue federal, state and local government contracts and subcontracts. Sponsored by Cal U, GACO was established in 1985 as a Procurement Technical Assistance Center. For 27 years the Defense Logistics Agency has been providing funding for the program, which now provides contracting assistance services to 1,635 businesses in western Pennsylvania. Since GACO's inception, these businesses have reported receiving more than 36,795 contracts and subcontracts totaling over \$2.8 billion. For more information about GACO's services, contact Tracy Julian at 724-938-5881 or visit [www.calu.edu/business-community](http://www.calu.edu/business-community) and click on 'Business Owners and Employers.'

The Office of Grants and Contracts serves faculty and staff by providing comprehensive resources related to external funding for sponsored projects. The OGC provides support in developing proposals for funding from federal, state and local grants, contracts, foundations and related associations. For more information call 724-938-1662 or e-mail [vogrig@calu.edu](mailto:vogrig@calu.edu).

# Barker-Collins Spikes Way into Hall of Fame



Katie Barker-Collins (at top) was the first women's volleyball player to register 500 or more digs in a season and the only Vulcan to accomplish that feat in three consecutive years. Above, she is shown with her husband, Jeremy, and 10-month-old son, Ryder. Barker-Collins has enjoyed a successful teaching and coaching career in Maryland following her Cal U days.

*Editor's Note: Cal U will hold its 18th annual Athletic Hall of Fame Banquet Oct. 12 at the Performance Center in the Natali Student Center. For reservations, contact Montean Dean at 724-938-4418. Throughout the fall, The Journal will profile each of the 2012 Hall of Fame inductees.*

**K**atie Barker-Collins played a valuable role in the rise of the Cal U women's volleyball team, which has won five of the past seven Pennsylvania State Athletic Conference titles, beginning with her senior season.

An outside hitter for the Vulcans from 2002-2005, Barker-Collins was a three-time American Volleyball Coaches Association (AVCA) All-Region and All-Conference selection. She also received Academic All-District honors twice.

She becomes the third women's volleyball player to be inducted into Cal U's Hall of Fame, joining Jacqueline Wilson '93 and teammate DingDing Lu '04.

"This is very exciting, something I honestly never thought about, and I am extremely honored," she said. "I was very blessed to have such wonderful teammates to learn from and play with."

A four-year starter, Barker-Collins also lauded her coach, Melissa Myers, who left Cal U after the 2007 season and now is the head coach at Illinois State University.

"I had a great experience at Cal U for all four years I played there, and I loved playing under Melissa," she said. "I learned so much from her. She was a great coach who always promoted the team and her players."

Myers said Barker-Collins was one of the most memorable players she's ever coached.

"She was a leader, a fighter, and many times she put the team on her back, took over a match and carried them to victory," Myers said. "Katie thrived and excelled under pressure. Her attitude and determination helped lay the foundation for the

success the California teams have enjoyed."

Cal U compiled a 16-14 overall record during Barker-Collins' freshman season, and both she and Lu received all-region honors in 2003 after a 19-14 showing.

"We started off rocky and were very young those first two years I played," Barker-Collins recalled. "However, we had a lot of great recruits coming in, and we were gelling as a team. You could see it."

In 2004, Barker helped the Vulcans make their fourth NCAA Division II Atlantic Regional Tournament in five years, and the team's 28-7 final overall record was the program's best since 1992.

Cal U won two matches at the regional tourney before losing to Lock Haven in the championship finals. Barker-Collins and teammate Aimee Helbig were named to the all-tournament team.

Barker-Collins led the PSAC that season. She ranked ninth among all NCAA Division II players in kills, with 641, a school record that still ranks third in PSAC history.

In 2005, Barker-Collins closed her collegiate career by leading the Vulcans (33-3) to the program's third PSAC championship and its first state crown in 13 years.

After PSAC tournament victories over West Chester and Kutztown, Cal U avenged its only divisional setbacks with a memorable 3-2 triumph over two-time defending champion Lock Haven in the conference finals. The Vulcans dropped the first two games before storming back to stun the Bald Eagles by scores of 30-26, 30-21 and 15-10.

Seven years later, Barker-Collins' memories of the come-from-behind triumph are vivid.

"I can still remember that feeling," she said. "We were down, but we never gave up on one another, and we came together as a team. From the beginning of the season that was our goal, to win PSACs, and we wanted it so badly. We fought point for point with Lock

Haven, and it sure was a great way to finish my career."

Barker-Collins led the 2005 team with 507 kills and 513 digs and was second in service aces with 40.

Barker-Collins finished her career as the program's all-time career leader in kills (1,895) and digs (1,821), now both the second-highest totals in school history.

She was the first Vulcan to register 500 or more digs in a season and the only Cal U player to accomplish that feat in three consecutive years. Her 149 career service aces and 464 games played rank third and fifth, respectively.

Barker-Collins earned her bachelor's degree in special education/elementary education from Cal U in 2006, and she completed her master's degree in early childhood and elementary education online through Edinboro University. At Cal U she also was a member of Phi Sigma Pi and part of the CHAMPS/Lifeskills program.

A Pittsburgh area native, she graduated from Baldwin High School, where she was an all-state volleyball player who also competed in basketball, discus and shot put.

Today, Barker-Collins lives in Eldersburg, Md., with her husband, Jeremy, and 10-month-old son, Ryder. She is a special education teacher at Gorman Crossing Elementary School in Laurel, Md. She coached five seasons at Howard County (Md.) High School and was the head coach for two years.

She credits Cal U for paving her career paths. Even before she graduated, Barker-Collins said, she gained experience in both teaching and coaching in the Peters Township School District.

"I loved my education and had many great professors. Even before my student teaching, our coursework included going into classrooms, which helped to prepare me a great deal. Much of what I learned at Cal U I am able to do with my students now.

"I received a great education."

## PSAC Poised for Expansion Next Year

The University of Pittsburgh at Johnstown and Seton Hill University in Greensburg, Pa. have accepted invitations to join the Pennsylvania State Athletic Conference as full-time members.

Both schools, currently members of the West Virginia Intercollegiate Athletic Conference (WVIAC), will begin their full-time membership in the PSAC on July 1, 2013. They will begin competition as PSAC members during the 2013-2014 academic year.



PSAC Commissioner Steve Murray said the conference's board of directors unanimously supported the additions.

"This addition will strengthen us as a conference and within the region," he said. "It will open up more scheduling and competition opportunities while staying within the NCAA Division II regional-based competition model."

The addition of the two southwestern Pennsylvania schools will bring the PSAC to 18 full-time members. Barring other changes, the league is projected to become the NCAA's largest conference

in terms of membership beginning in 2013-2014.

This is just the second time the conference has expanded its full-time membership. Cal U is one of 14 charter members of the conference, which was established 61 years ago.

Details of the expanded PSAC's divisional setup, scheduling and conference championship composition, and format for various sports will be determined at a later date.

Dr. Karen Hjerpe, interim athletic director at Cal U, said the conference's athletic directors plan to meet next month and pass on their proposals to the university presidents.

The California Journal is published weekly by California University of Pennsylvania, a member of The Pennsylvania State System of Higher Education.

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