

CLARION

magazine

SUMMER | 2024



PennWest University – Clarion



LETTER FROM THE PRESIDENT



Golden Eagles and friends,

Since becoming president of western Pennsylvania's second-largest public university, I, along with my wife, Kristy, and our son Bryce have been warmly embraced by an amazing community of educators, students, alumni and community members. We are humbled and touched by what we can only describe as a uniquely western Pennsylvania welcome.

I already know that the power of PennWest is in its people and in this special place we now call home.

As a business strategy professor by training and an academic at heart, I stepped into this role enthusiastic about the work that has been done to establish PennWest. Because the previous administration budgeted appropriately, PennWest will continue to see infrastructure improvements and a commitment to student outcomes across all three campuses.

Our students are caring for others through charitable projects. Our educators are putting their talents to work on campus and in the community. Our alumni are making a difference through career success and civic engagement.

The impact of service and achievement among the people who make up PennWest is brought to life in this edition of the Clarion Magazine.

Built on the solid foundations of three historically significant institutions, PennWest is poised for a future that is intentional, sustainable and student-focused. I look forward to continuing this important work together.

In our short time here, we have marveled at the splendor of western Pennsylvania and the beauty of the Clarion campus. As my transition committee begins its work, I hope you'll join me as I begin a conversation. Follow me @PennWestPresident on Instagram and stay tuned for details on a new podcast.

We are already feeling a buzz on campus in anticipation of every new student. They are the beating hearts and unmistakable power of PennWest.

With gratitude,


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CLARION

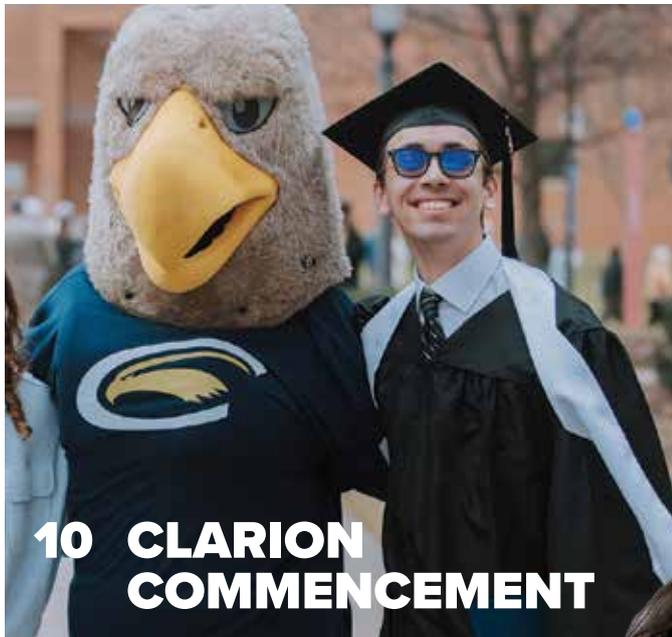
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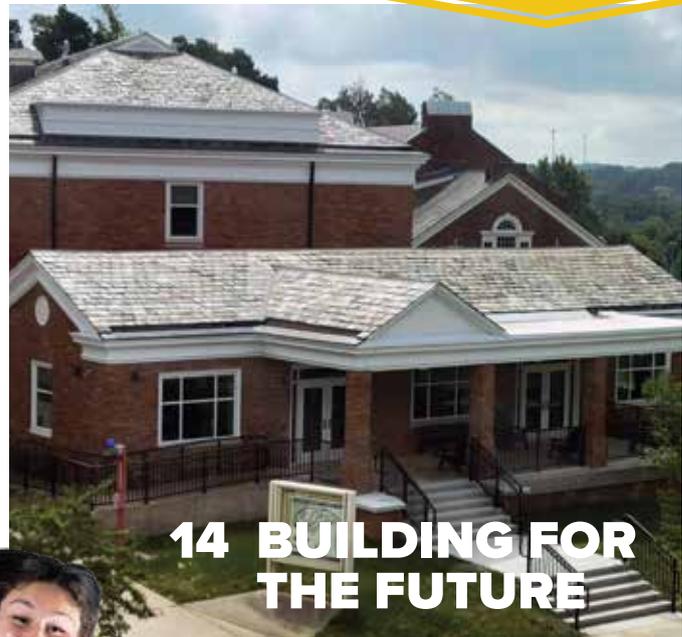
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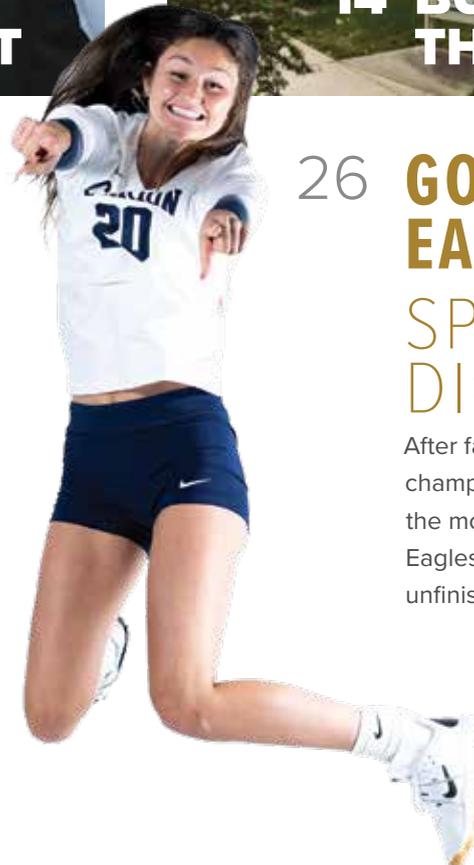
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After falling in the Atlantic Region championship match in 2022, the mood around the Golden Eagles volleyball team was one of unfinished business.

CLARION STUDENTS AWARDED OVER \$6K IN BIZPITCH COMPETITION

Imagine a one-stop animal care facility that provides veterinary, grooming, boarding, training and rescuing services for all animal species.

PennWest Clarion senior pre-veterinarian major Gage Gray won \$3,000 with his idea for such a facility – called Animal Buddy Care – during the 6th annual Student BizPitch Competition Nov. 15.

“Ever since I was able to talk, I have said I want to be a veterinarian,” Gray said. “This passion for animals and the drive to be a vet had encouraged me to one day open my own clinic. While going through the logistics of what I really wanted to do with my own clinic and what I wanted to offer, I came up with a very large project to treat any animal for any problem they may have,” Gray said. “Over the years, this plan developed into ‘Animal Buddy Care.’ ABC is more than just a veterinary clinic. It is a service to treat any animal for any problem, A through Z.”

Although Gray had the idea for ABC and the passion to make it a reality, he didn’t have the business knowledge to get it off the ground.

“After working closely with the (PennWest Clarion) Small Business Development Center – specifically Hailee Liptak and Cindy Nellis – I was able to make the idea look more like reality.

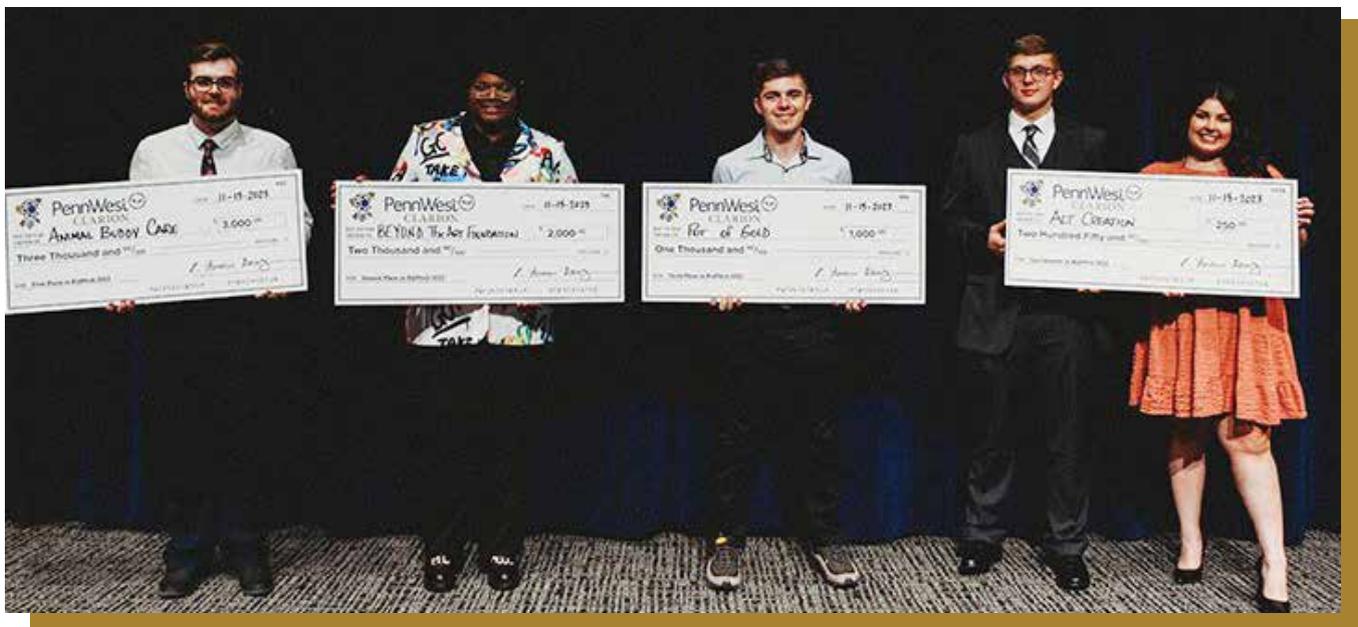
Honestly, I wouldn’t have been able to accomplish what I did without the help of Hailee and Cindy,” Gray said. “I am beyond grateful for all the knowledge I gained from this competition and for the opportunities this provides me with for the future.”

In its sixth year, BizPitch is open to part-time and full-time students at PennWest Clarion. Students develop and deliver an effective, professional business pitch presenting an innovative and marketable business concept that is both technically and economically feasible and profitable.

Second place winner Samurah Curry is a senior communications major. For BizPitch, she developed B.E.Y.O.N.D the Art Foundation, a nonprofit that provides community art classes for ages 5 and older. Her \$2,000 prize will go into a business startup fund.

Third place winner Giovanni Catalone, a senior environmental biology major, developed The Pot of Gold, a flower pot and an app that will monitor the health of a plant so it will be easier to take care of. He received a \$1,000 prize.

The \$250 Fan Favorite prize, which is decided by the audience, was awarded to juniors Mackenzie Schwerzler, a marketing major, and PJ Wheaton, an accounting major, for Alt. Creations, a service that makes home-cooked meals for college students.





Croskey, Watson highlight MLK legacy at annual breakfast

PennWest Clarion hosted the 12th annual Martin Luther King Jr. Community Breakfast Jan. 15. The theme “The King Legacy: Progress Through Peace,” was selected to commemorate the 60th anniversary of King’s Nobel Prize for Peace. Dr. Joseph Croskey, Clarion professor and director of PASSHE’s Frederick Douglass Institute, delivered the keynote address. Secondary education/English major Bupe Watson was the student speaker; Watson said at Clarion, she is living King’s dream of little Black boys and little Black girls holding hands with little white boys and little white girls.

Seifert Series brings Tamburitzans to campus

The Pittsburgh-based Tamburitzans kicked off the 2024 programming of the endowed Mary L. Seifert Cultural Series with a public performance Feb. 9 on campus and visit to Clarion Area Elementary School to perform for the students. The folk dance and music ensemble preserves and celebrates international cultural heritages through artistic performance, while awarding performers with scholarships for their contributions to the arts.

The Mary L. Seifert Cultural Series was established to provide the university community with cultural experiences that inspire learning through thoughtful discussions. The series has brought to campus memoirist, poet and civil rights activist Maya Angelou; film director, producer, screenwriter and actor Spike Lee; Tibetan monks; comic strip creator and author Alison Bechdel; Pulitzer Prize finalist poet Martin Espada; Holocaust survivors photographer Lisa Shifren; and renowned poet and visionary Yehoshua November, and many others.



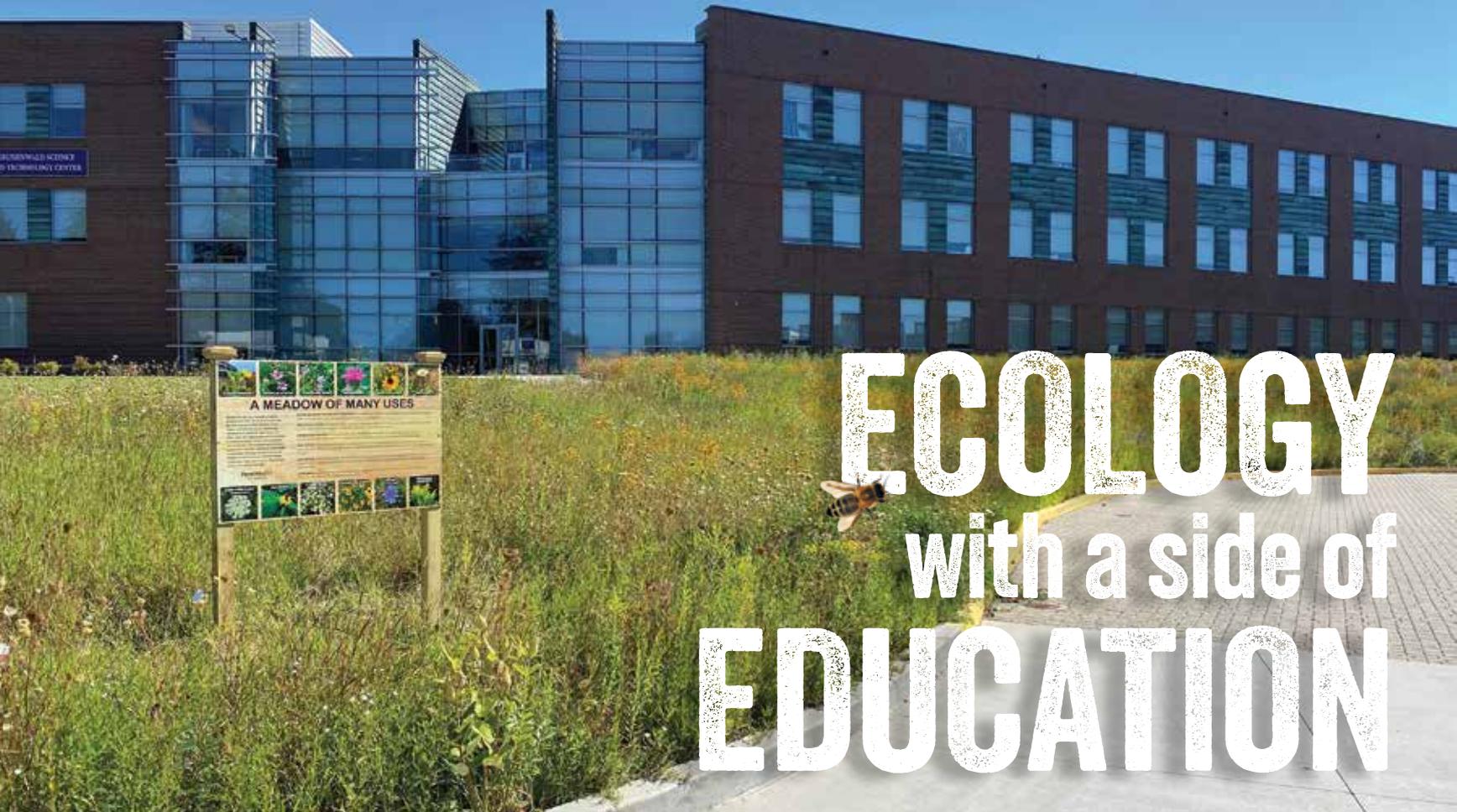
Venango Veterans Club donates flags

Members of Venango Veterans Club donated more than 1,000 American flags that they have collected for their annual Veterans Day programs to the PennWest campuses in California, Clarion and Edinboro.

Last year, the club marked a decade of the Flags for the Fallen service project. Annually, they have delivered Christmas gifts to elderly veterans in Venango County’s nursing homes, raised funds for the Venango County Humane Society and participated in community cleanup days. Club members conducted a Dogs for Dogs picnic April 15. All Venango students received a free hotdog, pop and potato chips, and were encouraged to donate pet food, toys or other items for the animals at Venango County Humane Society.

Club members include: (front row, from left) Vice president Paige Dunkle, Gwyneth Wadding, Isabella Monarch and Britteny McClellan; and (back row, from left) U.S. Army veteran and president Brett Wassink, advisor Mark Conrad, treasurer Thaddeus Wynkoop III and U.S. Army veteran Daniel Theriaque.





ECOLOGY with a side of EDUCATION

On a warm, sunny day last fall, biology professor Dr. Andrew Turner led his class on a field trip. Sort of. They visited a wildflower meadow rather than a field, and the destination was mere steps outside of Grunenwald Center for Science and Technology.

Their assignment was to collect and identify wildflowers. Students selected flowers that appealed to them and used an app to find their common and Latin names. Turner then pressed and cataloged the flowers to be used as an educational tool for future students.

More than an outdoor classroom, though, the meadow is meeting a crucial ecological need.

Meadows once were plentiful, but they've diminished in number in favor of property development. As meadows have disappeared, so have the bees, butterflies

and birds that are essential to pollination. Without this ecological process, the world's food supply is threatened. According to the U.S. Department of Agriculture, 35% of the world's food crops depend on animal pollination: That's one out of every three bites of food eaten.

Clarion's commitment

For the past two decades, Clarion has adhered to a commitment of sustainability for new buildings and renovations. For the structures themselves, that has included choosing sustainable materials, using geothermal heat pumps, designing restrooms to conserve water, and installing motion-sensing lights.

The focus on sustainability extends outside of the buildings to the landscaping.

In 2019, as the renovation of Tippin Gymnasium and Natatorium neared completion, the outside of the facility was being considered. In front of Tippin, native plant species create rain gardens that help to manage stormwater runoff. Between Tippin and the Grunenwald Center for Science and Technology, an intentional wildflower meadow is home to wildflowers and habitat for the insects and animals that provide the pollination essential to the world's food supply.

"The meadow has butterflies, moths and other insects, and dozens of species of native bees," Turner said. "That's one of the goals: to keep the native pollinators healthy."

During winter, when the meadow is dormant, its benefit continues for seed-eating birds.

“One of the wonderful things is there is a lot of biological diversity with a native meadow. There is none with a lawn,” Turner said.

The meadow has garnered curiosity from the campus community and passersby. Turner said it took the plants a while to establish

atmosphere and restores it to soils.

The meadow is mowed once a year in the fall. Additional upkeep is limited to weeding.

“We (weed) mechanically. Students volunteer to come out and help me weed. It helps to chip away at invasive species,” Turner said.

Weeding, too, is educational.

“Ten to 15 students come out. I teach them the names of the plants and how to distinguish native and non-native species,” he said.

Restoration ecology

“There is a field of applied ecology devoted to how we can restore and maintain endangered ecosystem types,” Turner said. “There is a diversity of efforts to restore old growth forests in Pennsylvania, recreating wetlands. Lots of agricultural fields have

been drained; students are going in and flooding the fields, restoring natural hydrology and the plant ecology that would have lived there.”

“There are alternatives to a traditional lawn. You don’t have to have a monoculture lawn; there are more environmentally friendly alternatives,” Turner said. “A traditional lawn is a biological desert. The environmentally friendly options require less time and money, and they have environmental benefits.”

People with minimal outdoor space can still make a difference.

“If you put a container of native wildflowers on your back porch, you’ll see hummingbirds and butterflies there,” Turner said. “If everyone set aside 10 to 20 percent of their lawn as a native meadow, it would be a huge improvement. It would be a tremendous habitat for butterflies and birds.”



themselves, so for a time, no one knew what the meadow was. “Now, it’s more obvious that we have an intentional planting. The signs help a lot,” he said.

Educational signs

Late last summer, the facilities department, headed by Chad Thomas, installed signs at the edge of the meadow. The signs picture the native flowers within and list some ways that meadows are beneficial. His goal was to educate faculty, staff, students and the community about the meadow, and to allay concerns that the area wasn’t being maintained.

“One of the attractive aspects of a meadow is that it requires less maintenance than a lawn,” Turner said. “You don’t need to mow (regularly), you don’t need to water, you don’t need to spread herbicides.”

Turner said a traditional lawn that requires regular mowing contributes to climate change, whereas a meadow removes carbons from the





Morgan's Message™

Removing stigma of mental health issues

by Tina Horner

Stella Chierico, left, sophomore psychology and criminal justice major, and Hailey Fry, a senior communications major, both members of the Clarion swim team

Morgan Rodgers was a bright, tenacious and talented high school athlete. She excelled in the classroom and on the lacrosse field. She was loved by family and friends and was an inspiration to many. Recruited to play Division 1 women's lacrosse in college, she was optimistic about her future.

Before the beginning of her sophomore year, she sustained a knee injury and spent the following 12 months enduring surgery and rehabilitation. Feeling a loss of control over her life, her self-worth took a major blow. She felt isolated from her team and was stressed by other relationship issues.

The anxiety which she had successfully treated in high school returned, along with depression. This time she didn't reach out for support, and she endured the mental health battle alone. She died by suicide July 11, 2019, at the age of 22.

Golden Eagles swimmer Stella Chierico's northern Virginia high school was near the high school Morgan had attended, and

Morgan's name was known in the area. Chapters of Morgan's Message were established in the local area, including at Chierico's school.

Chierico's busy schedule kept her from joining the organization in high school, but she decided to get involved in college. When she began classes at PennWest Clarion, she searched for a Morgan's Message chapter on campus. Finding none, she decided to start one.

Her initial outreach for membership was to her teammates. Among them is Hailey Fry, who offered to help. Together, they co-founded the PennWest Clarion chapter of Morgan's Message. They, along with women's soccer player Alayna Wicker and wrestler Casper Hinckley, are club ambassadors. They host meetings, organize fundraisers and arrange dedication games and meets, which are games or tournaments dedicated to Morgan's Message.



Two such events were held last fall. The first was a women's rugby match which offered spectators temporary tattoos, T-shirts, ribbons and wristbands emblazoned with the Morgan's Message logo, a mosaic butterfly drawn by Morgan with a semicolon – a suicide prevention symbol – added to the center. The second was a November swim meet against Bloomsburg University, which also has a chapter of Morgan's Message. There, swimmers wore swim caps with the logo.

Fry said the dedication events provide an opportunity to tell Morgan's story. They represent teams coming together to fight one cause and break the stigma surrounding mental health issues.

With the support of swimming coach Bree Kelly, who came on board as advisor, membership in PennWest Clarion's chapter of Morgan's Message is growing. Kelly has coached for 16 years, 14 of them at Clarion, and has helped countless students with their mental health issues.

"It most definitely is more prevalent than we may think," Kelly said. "These student-athletes have so much more pressure and stressors than ever before."

MORGAN'S MESSAGE ISN'T JUST FOR ATHLETES

"Anyone can come to the meetings," Chierico said. "We want to increase awareness for mental health for everyone."

The Morgan's Message organization stresses that ambassadors should not be giving advice.

"Our job is to connect people with resources," Chierico said.

For information about the Clarion chapter, email morgansmessageclarion@gmail.com and follow on Instagram at [@MorgansMessageClarionU](https://www.instagram.com/MorgansMessageClarionU).

More information and merchandise are available on the organization's website, MorgansMessage.org.



PENNWEST COMMENCEM



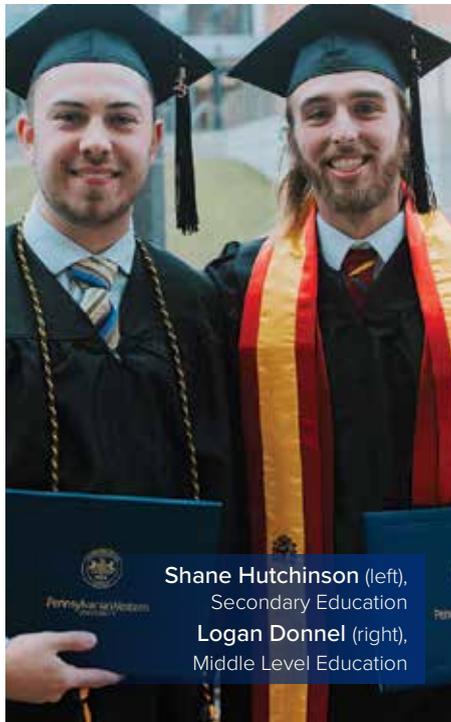
Makayla Guzik, Speech Language Pathology
Sabrina Swetoha, Speech Language Pathology
Victoria Swetoha, Speech Language Pathology



Kenneth Rose
Biology



Bearer of Mace Jeanne M. Slattery
Professor, Psychology



Shane Hutchinson (left),
Secondary Education
Logan Donnel (right),
Middle Level Education



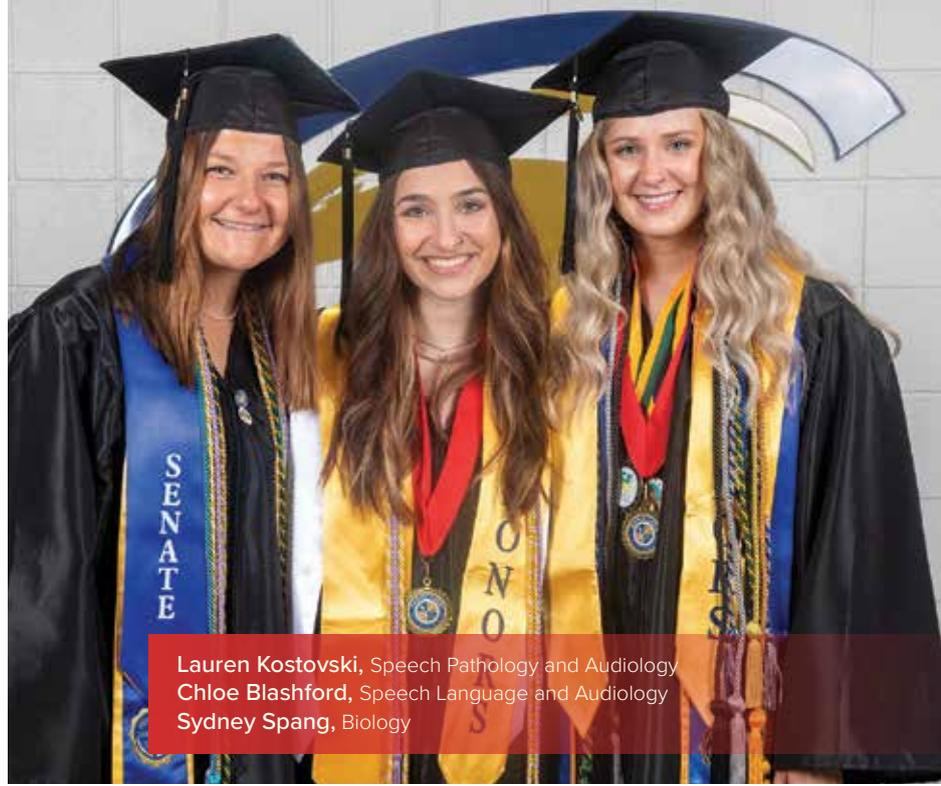
Sam Santangelo
Tech Theater



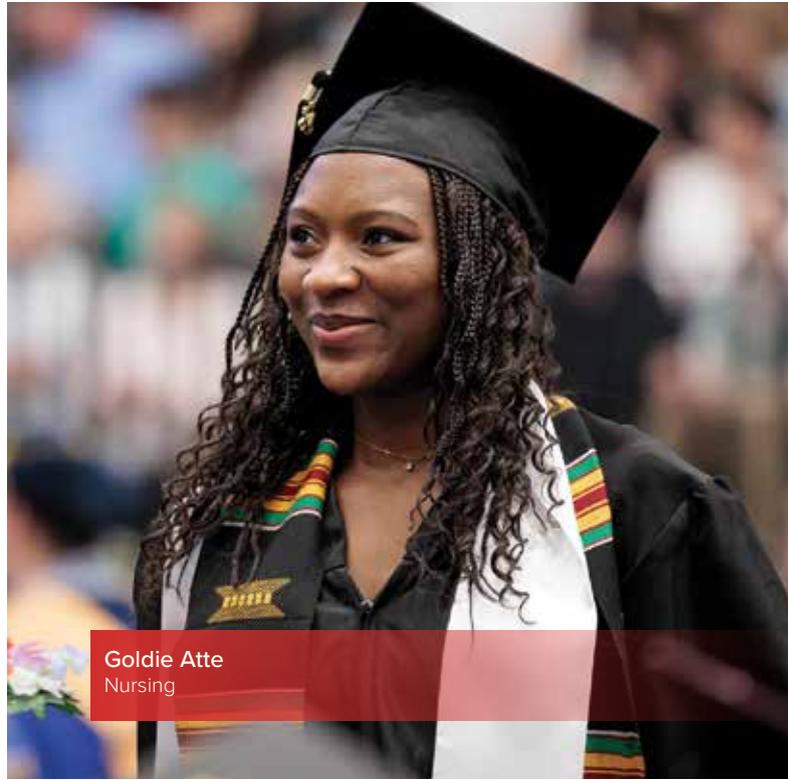
London Fuller
Interdisciplinary Studies
and Biology

FALL 2023

CLARION STUDENTS



Lauren Kostovski, Speech Pathology and Audiology
Chloe Blashford, Speech Language and Audiology
Sydney Spang, Biology



Goldie Atte
Nursing



Bearer of Mace Anthony J. Vega
Professor, Geosciences



Emanuel Bowden
Exercise Science



Isabelle Cellucci, Business/Corporate Communications
Charli Smith, Accounting

SPRING 2024

We're Better Together.

At Pennsylvania Western University, we believe that collaboration fuels growth and that together, we can create something greater than ourselves. PennWest isn't a one-size-fits-all institution. It's where potential is nurtured, where paths are crafted according to our students' passions, and where the knowledge they gain becomes a platform for lifelong success.

With expanded resources, diversified programs and a strong support network, PennWest has opened doors to infinite possibilities. Here are just a few examples of how students are benefiting from our combined strengths:

PENNWEST LEADERSHIP ACADEMY EMPOWERS LEADERS OF TOMORROW

Emerging student leaders at the California, Clarion and Edinboro campuses are engaging in personal and professional development training workshops as part of the PennWest Leadership Academy.

Led by faculty, staff and community experts, a blend of in-person and virtual sessions focus on communication strategy, conflict resolution, time management, increasing efficiency,



career development, wellness, emotional intelligence, team building and leadership styles. Students also have access to cross-campus networking opportunities through the two-year program.

More than 160 students have participated in the program since its founding as the President's Leadership Academy at Clarion in 2019. Each campus now has two 15-student cohorts.

STUDENTS RETURN FROM ITALY FULL OF PASTA AND LESSONS IN SUSTAINABILITY

Veni, vidi, vici! PennWest students traveled to Italy in August and returned home to complete coursework relevant to their summertime adventure. Students could earn up to six credits by taking two three-credit classes, including Special Topics in Business, taught by Dr. Chad Smith, and Special Topics in Atmospheric Science, taught by Dr. Anthony Vega. Both professors are based at PennWest Clarion.

Upon their return, groups of students created mock businesses with an environmental sustainability component. Teams presented their projects “Shark Tank”-style, and outside experts served as judges. Since 2015, Clarion students have traveled to destinations such as Belgium, Italy, New Zealand, Portugal and Iceland. The 2023 trip was open to students at all three PennWest campuses.



PENNWEST ADVANCES TO FINAL PHASES OF FINANCIAL PLANNING CHALLENGE

A team of three PennWest finance and personal financial planning students advanced to the final phases of the nationwide Financial Planning Challenge, hosted by the Financial Planning Association, Ameriprise and the Certified Financial Planner Board of Standards.

After preparing exceptional comprehensive financial plans for two hypothetical clients in round one, Sarah Keating (Edinboro), Olivia Lewandowski

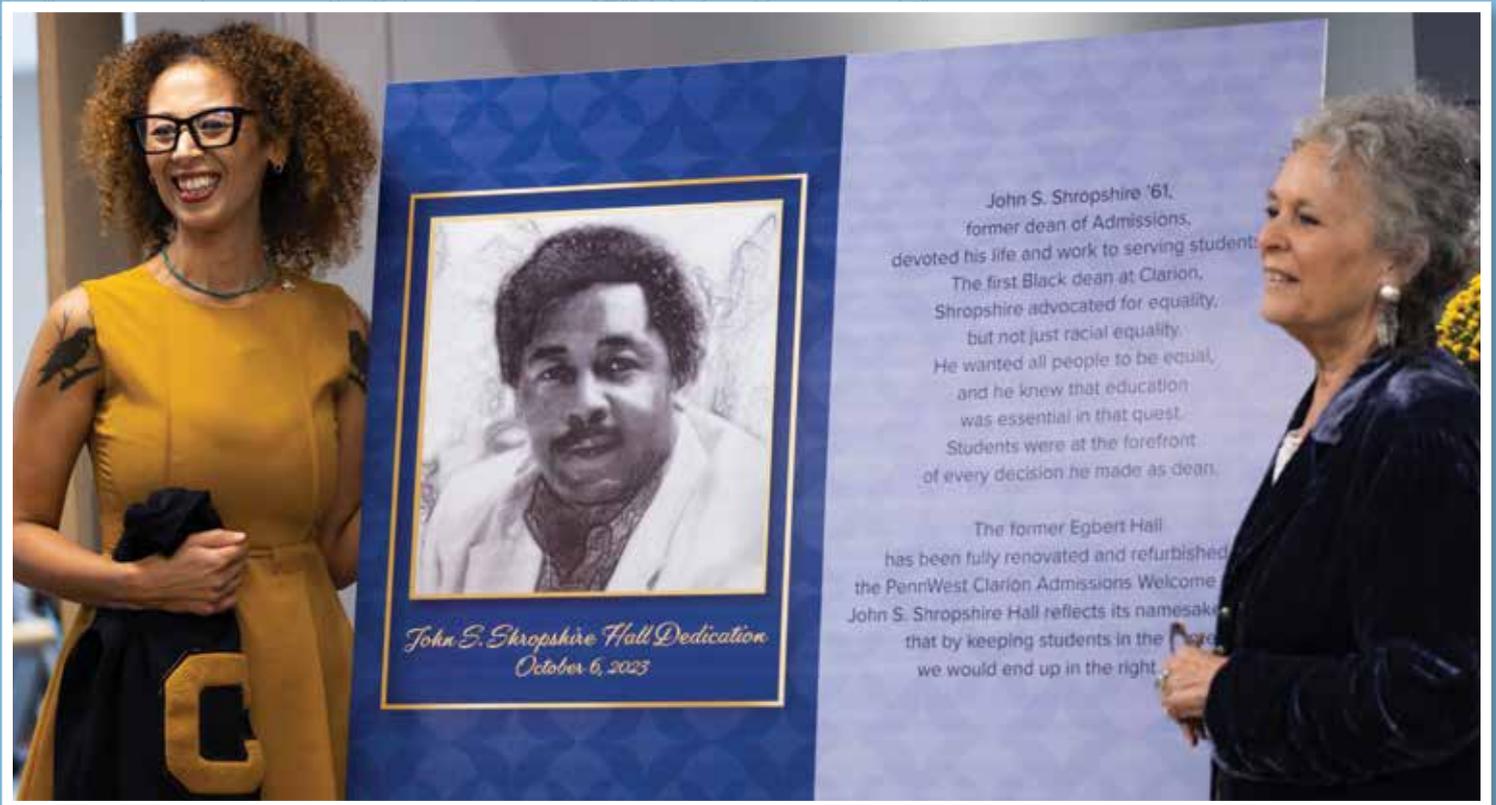
(Edinboro) and Jacob Campbell (California) competed in the finals alongside teams from Texas Tech University, the University of Arizona, the University of Akron, the University of North Florida, the University of Denver, Ohio State University and the University of Illinois Urbana-Champaign.

CENTER FOR FACULTY EXCELLENCE PROMOTES COLLABORATIVE LEARNING, PEDAGOGICAL INNOVATION

PennWest’s Center for Faculty Excellence, a faculty resource that supports high-impact learning practices, scholarship and academic innovation, is fostering collaboration through cross-campus workshops, professional development funding, guest speakers and a book club.

Recent events include a presentation by Dr. Jane Thierfeld Brown, assistant clinical professor at Yale and director of College Autism Spectrum. The presentation focused on two topics: Supporting neurodivergent students through effective academic advising and a discussion on class assessments and promoting academic success for neurodivergent learners.

BUILDING FOR THE FUTURE



Clarion dedicates Admissions Welcome Center as John S. Shropshire Hall

Former dean of admissions **John S. Shropshire '61** was known as an advocate for equality. Having broken ground as the first Black dean at Clarion, the first Black person elected to public office in Clarion County and the first Black head coach of high school athletics in central Pennsylvania, racial equality was important to him. More important

to Shropshire, though, was equality of opportunity among all people, and he knew that education was how it could be achieved.

Last fall, PennWest Clarion completed a \$9.4 million renovation of the former Egbert Hall, transforming it into a state-of-the-art admissions welcome center where prospective students

will be introduced to the opportunities inherent in a PennWest Clarion education. The building was dedicated Oct. 6 as John S. Shropshire Hall, an architectural representation of Shropshire's encompassing warmth that said "you are welcome here."

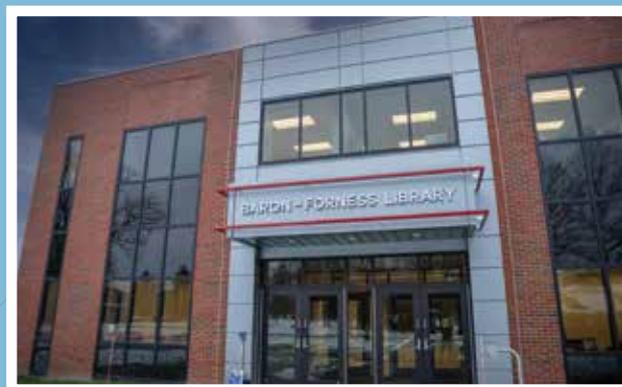
The building – completed in 1939 – was named for Dr. Walter Egbert, an accomplished and noteworthy dean of men. Initially, Egbert Hall was a dormitory – a home away from home where students transformed from kids into confident, respected professionals. More recently, this building has housed administrative offices. It’s fair to say that thousands of students’ lives have been impacted by the work that was done within these walls.

The Admissions Welcome Center will continue to be a place where students’ lives are transformed through education. Staffed by a full admissions team, John S. Shropshire Hall reflects its namesake’s belief that by keeping students in the center, we would end up in the right place.



California Science Building

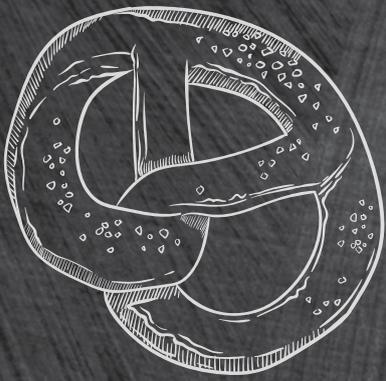
A 67,000-square-foot building will be constructed to house the chemistry, biology and physics programs at the California campus. In addition to state-of-the-art laboratory spaces, there will be a computer classroom lab as well as collaborative work, study and meeting spaces throughout the building. Construction is tentatively scheduled to begin in fall 2024 and end in late fall 2026.



Baron-Forness Library

Edinboro’s Baron-Forness Library reopened in January, marking the completion of major renovations. In addition to upgraded elevators, HVAC, electrical, plumbing and fire suppression systems, the library now features expanded seating, 28 group study rooms, seminar space, a 3,000-square-foot art gallery and a brand-new entrance.





RECIPES for SUCCESS

PENNWEST GRADS BAKE, BREW AND GRILL THEIR WAY
INTO SUCCESSFUL CULINARY VENTURES

Pretzels. Coffee. Burgers.

Not only does that sound like an appetizing menu to satiate the hungry stomach, but the trio is also a sign of successful experiential ventures from graduates of Pennsylvania Western University campuses.

Each of these menu items comes with its own story of PennWest grads who found their calling in the culinary arts through grit and determination – and some delicious taste testing.

Following her graduation from Edinboro and a career in higher education, **Katie Spangenberg '16** found her calling serving homemade munchies and piping hot coffee at Bean & Bear Café.

While a student at California, **Jonathan Sakaguchi '23** saddled up the barbecue and won a statewide burger competition among three grill masters.

Edinboro graduate **Amanda Sanko '13** and Clarion faculty member Marc Sanko, who earned his master's degree from Edinboro in 2013, found support – and a captive audience – from family and friends to open a pretzel shop in their town.



Katie Spangenberg '16 and Jason Spangenberg '14 established Bean & Bear Café in Edinboro in 2023.

Spilling the beans with a new coffee shop

Katie Spangenberg hasn't always been in the coffee business. But she has been around a segment of the population most reliant on the caffeinated beverage: college students.

Katie and her husband, Jason, are both graduates of Edinboro with degrees in business administration and management and business administration/accounting, respectively. They live in the Edinboro area and witness the hustling college students scurrying to class and study halls.

That's why it made sense for Spangenberg to open Bean & Bear Café within walking distance of Edinboro's campus.

"It was a big jump for us, but we didn't hesitate," she said. "We were just looking to fill a gap that existed in Edinboro, and we're doing just that."

Named after the couple's pets Muenster "Bear" and dog-in-law Fletcher "Bean," Bean & Bear, located at 222 W. Plum St. in Edinboro, features a small-plate, niche menu with homemade baked items and an array of coffee from Happy Mug, an Erie-area coffee wholesaler.

After opening during Homecoming Week 2023, Spangenberg noticed that the coffee shop has become an extension of campus, with students studying and taking virtual courses from its tabletops.

Spangenberg said that she created a cozy, dark academia vibe in the shop with an interior that reflects a bookish and intellectual study.

"We've had a very positive reaction from the students and the customers who have become regulars," she said. "It's a little off the beaten path but close to campus and very walkable."

A self-proclaimed "Type A" personality and business owner, Spangenberg not only runs business operations and staffing, she also throws on the apron to cook and serve her customers. She has also become a job creator in Edinboro with a staff of 14 – mostly high school and college students.



While a student at California, Jonathan Sakaguchi won the 2023 Giant Eagle Ultimate Tailgreatness competition.

Best burger in the business

Making the perfect burger is more than just slicing onions, crisping the perfect strips of bacon, collecting a small pool of barbecue sauce for the dippers and molding the perfectly seasoned patty.

Cooking, for Jonathan Sakaguchi, is an opportunity to pay tribute to his late father, Jeff, who was instrumental in molding the California grad's love of food. During his stint in the Navy, Jeff Sakaguchi traveled to Germany, Spain and Australia to explore the local cuisine. He would bring stories and recipes back to Jonathan. And a love for cooking was established.

"When I got to a certain age, my dad said to me, 'You're old enough to start learning how to cook. Here's how

you do it.' And it kind of just went from there," said Sakaguchi, who studied English at California and also pursued a minor in music.

This family arrangement and a newfound obsession with cooking led him to discover the Giant Eagle Ultimate Tailgreatness competition in October 2023.

When he arrived at the competition, Sakaguchi found his flat-top grill, cast-iron skillet and ingredients to make his signature smash burgers. When his plate was finished and he observed the entries from the two other grill masters, the novice chef Sakaguchi felt the pains of being an imposter.

Then the announcer called the name of the winner: Jonathan Sakaguchi.

"When the announcer called my name, my jaw hit the stage," he said. "And when I won the contest, knowing my dad's birthday was coming up, my first thought was I wish my dad could be here for this."

Now Sakaguchi, who was honored as 2023 California Homecoming Court royalty, can add grill master to his resume as he took home the \$2,500 Giant Eagle prize for the best-burger competition and tickets to a Pittsburgh Steelers game.

"This has been an absolute wild ride for me – like the ups and downs of a roller coaster, emotionally," Sakaguchi said. "This was one of life's incredible moments."



A local business that's well-kneaded

What do you do when the tasty snack you enjoy can't be found anywhere you look?

Marc and Amanda Sanko, two pretzel-loving academics living in Morgantown, West Virginia, found the salty delights weren't prevalent in their new town.

The answer to this dilemma was simple: Make them yourselves. Little did the Sankos know this concept would turn into a new business venture.

"Marc loves cooking, so he decided that he was going to figure out how to make them himself for me," Amanda said. "After he made them a few times at home, we started taking them to friend gatherings, and they quickly became a hit there as well."

Fast-forward to moving to Clarion and having their son, Grady, and twin daughters, Mara and Cora, Marc and Amanda implemented their pretzel creations for birthday party menus.

"We finally decided that enough family and friends had told us that the pretzels were good enough that people would buy them," Amanda said. "So, I started doing my research and proceeded to take the steps to start a business. "

After the idea sprouted for the Sankos, the husband-wife team approached Clarion's Small Business Development Center, which provides entrepreneurs with the education, information, and tools necessary to build successful businesses.



Amanda (Morley) Sanko '13 and Marc Sanko M '13 serve up gourmet pretzels at Penns Woods Pretzel Company in Clarion.

With the paperwork finalized and the business plan in place, it was time to find a location to produce the pretzels for the new Penns Woods Pretzel Company. Since both Marc and Amanda work full time, their ideal location needed to be cost-effective and convenient.

That's when they found Clarion Modern Markets, located at 606 Main St. in Clarion, a collection of rentable space and kitchens for local entrepreneurs to produce and sell their goods.

"We were very excited about the potential to get into that space," Amanda said. "It was the perfect space at the perfect time."

With all the missing pieces falling into place and continued confidence boosts from family and friends, the Sankos confirmed that their decision to start the business was the right one.

"The idea came from a love of a tasty treat," Amanda said.

"But our family and friends' words of encouragement and the help of local organizations and the community really brought the idea to life."

So far, the response from the community has been wildly positive. During the company's soft opening, a line of customers wrapped around the building and down the block, waiting for a mouthwatering delight.

"We are very thankful for our little community," Amanda said. "It feels good to have such a supportive community behind our business."

As the business continues to grow and ideas for new recipes and products pop up, the couple has their eyes set on bigger goals for the business.

"Our little dream is to one day walk into a local ballpark, stadium or zoo and Penns Woods Pretzel be the pretzel you see in their warmers and people walking around with," Amanda said. "Maybe one day that will be us."

NEW MURALS HIGHLIGHT ENDURING CAMPUS LEGACIES

One-of-a-kind murals were installed in prominent locations at California, Clarion and Edinboro. Featuring iconic images that celebrate the history, capture the spirit and embrace the culture of each campus, the photo-ready works of art were carefully crafted in a casual, illustrative style to welcome visitors and inspire the next generation of learners.

Funding for this mural was donated by Clarion University Foundation, Inc.





ALL WRAPPED UP

Aspiring athletic trainers in MSAT program



Two Pennsylvania Western University students are having the time of their lives working alongside seasoned athletic trainers for Division I college football teams.

Gillian Romanchok is at North Carolina State and Emily Lodge is at the University of Georgia, completing what is known as an immersion rotation in PennWest's Master of Science in athletic training curriculum. Students are required to fulfill two semesters of hands-on training during the second year of the MSAT program.

"An immersion rotation is a practice-intensive experience that allows the student to experience the totality of care provided by athletic trainers," explained PennWest's MSAT Program Director Rich Patterson. "This allows students to participate in the day-to-day and week-to-week role of an athletic trainer."

PennWest faculty members had connections to each program, but both women had to interview and earn their spots.

"I was looking for an opportunity with a Power 5 football program because I want to pursue an athletic training position in either Division 1 football or within an NFL organization," Romanchok said.

Lodge plans to apply for NFL internships for next year, but she also wants to experience different clinical settings and to advocate for women's rights and gender equality within the athletic training profession.

Gillian Romanchok

The National Athletic Trainers' Association reports that approximately 56% of members are female, but some professional organizations, such as the National Football League, have fewer female athletic trainers than men. Patterson said the NFL has made "significant efforts to increase opportunities for females in both full-time positions and internships."

Before they can reach any of these goals, the women have been fully immersed in what it means to be an athletic trainer, which can require long hours. Romanchok's average day starts at 5 a.m.

"The beginning of the day starts with treatment, rehabilitation and pre-practice taping hours before the team heads to meetings. While the team is in meetings, we (the athletic training staff) perform emergency equipment checks, practice emergency CPR and spine boarding situations, or complete game day preparations for the upcoming game," Romanchok said. "After practice, athletes will come into the athletic training room to receive post-practice treatment."

Lodge's typical day starts a little later – at 8 a.m. – for treatment hours with the student-athletes.

"During this time, I am typically assisting my preceptor with treatments and rehabilitation with the athletes. However, I am developing my own patient load and have progressively been given more autonomy," Lodge said.

Lodge explained that preceptors supervise and engage students in clinical education and must be licensed health care professionals and be credentialed by the state in which they practice.

IN D1 FOOTBALL

get hands-on training room experience

“My day ends about an hour after practice, when the players are finished with any post-practice treatment,” Lodge said.

Both women agree their experiences have been vital to their education as they have learned new treatment modalities, how to work with new rehabilitation equipment, and practice innovative rehabilitation techniques.

“During our first game, I was involved in spine boarding of an athlete with a suspected cervical spine injury. Not many athletic trainers can say they have experienced a spine boarding situation, so it was truly an eye-opening learning experience to be a part of,” Romanchok said.

To be part of this major and profession, Romanchok said it takes a person who isn’t afraid to hit the books or spend a great deal of time on the road with a team.

“Students who wish to enter the MSAT program must have a strong science background, specifically in human anatomy and physiology, as the curriculum follows a medical-based education model,” Patterson said. “The most successful students are generally well organized with a good work ethic and a desire to help people return to sport participation or work.”

Lodge added that students in the field must not be afraid of failure.

“In order to gain the most from clinical experiences, you have to step outside your comfort zone to learn and try new things,” Lodge said. “Not everything is going to work the first time or go as planned. The ability to adapt to change is very important in athletic training.”

Before beginning the MSAT, they both had a solid foundation by obtaining Bachelor of Science degrees in nutrition and fitness from PennWest Clarion.

“I chose to receive my undergraduate degree in nutrition and fitness because athletic training requires a strong background in exercises science, physiology and anatomy. Additionally, I also received extensive knowledge in nutrition, which I can use to my advantage to help guide athletes in all aspects of their return to participation,” Romanchok said.

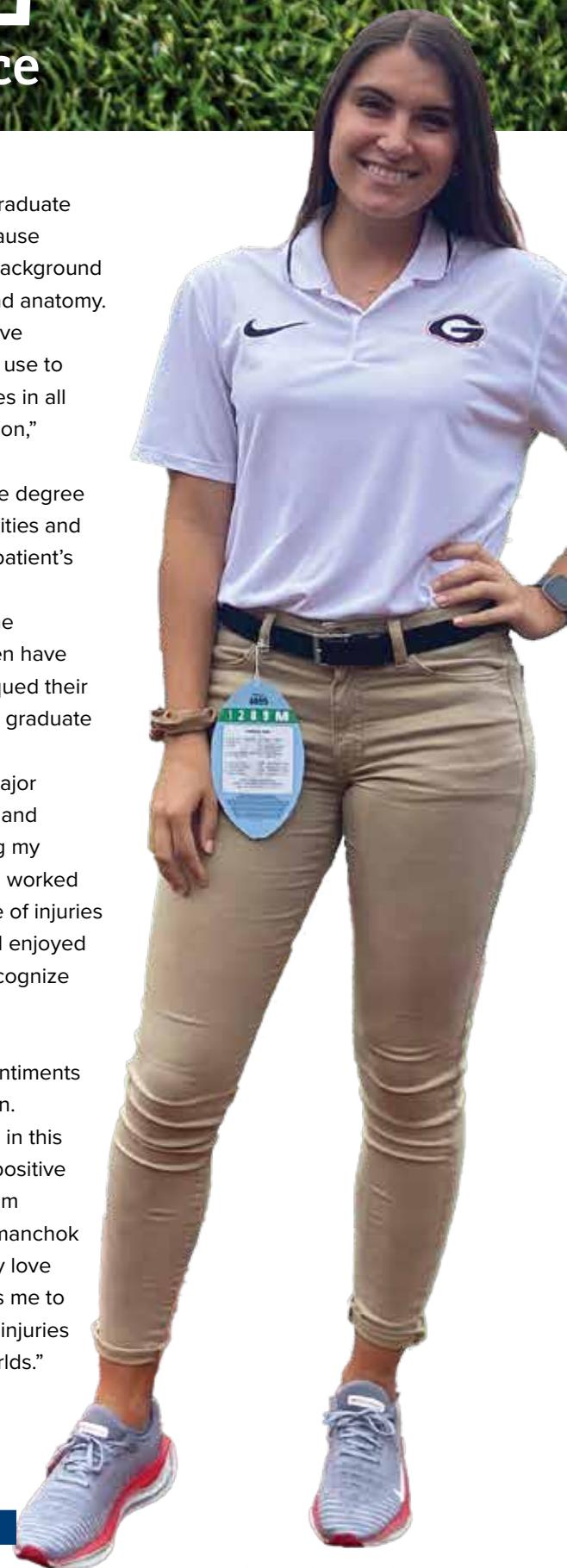
Lodge said her undergraduate degree gave her plenty of career opportunities and helps her address all aspects of a patient’s recovery.

In addition to sharing the same undergraduate degree, both women have backgrounds in athletics, which piqued their interest in their undergraduate and graduate studies.

“I chose the athletic training major because of my interest in anatomy and biomechanics,” Lodge said. “During my career as a track and field athlete, I worked with many athletic trainers because of injuries I sustained during participation and enjoyed learning about ways to prevent, recognize and rehabilitate chronic and acute injuries.”

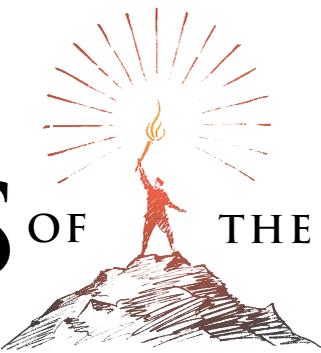
Romanchok shared similar sentiments regarding her love of the profession.

“There is truly no other feeling in this world like knowing I have made a positive impact on a patient and helped them return to something they love,” Romanchok said. “Athletic training combines my love of the sports community and allows me to help athletes treat and rehabilitate injuries perfectly. Truly the best of both worlds.”



Emily Lodge

KEEPERS OF THE FLAME



PACKARD FOSTERS WELCOMING ENVIRONMENT IN CLASSROOM



Dr. Brandon Packard, assistant chair of the Department of Computer Information Science, is PennWest Clarion's recipient of the second annual Diversity, Equity and Inclusion Keepers of the Flame Award from Pennsylvania's State System of Higher Education.

The award recognizes an individual from each of the 14 State System university campuses for their contributions to creating and promoting diverse, equitable and inclusive environments that cultivate a sense of belonging. The award recipients were announced during PASSHE's annual DEI Summit held in November at Shippensburg University.

"Each recipient of the Pennsylvania State System of Higher Education's Keepers of the Flame award embodies the best in humanity – demonstrating a commitment to raising awareness about important issues and advocating for 'doing the right thing,'" said Dr. Denise Pearson, vice chancellor and chief Diversity, Equity, and Inclusion officer at the Office of the Chancellor. "PASSHE university communities have long understood the intersection

between academic excellence, DEI and student success. This year, we are truly pleased to celebrate the contributions of Dr. Packard and the other recipients, and we lift them up as role models to emulate. It is a privilege to honor them."

Packard has a strong connection with PennWest Clarion and the community.

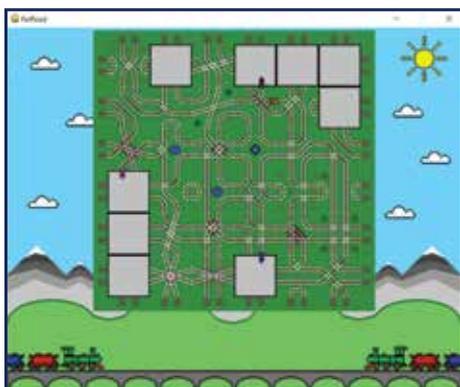
Recognized for his kindness and acceptance of everyone, Packard was nominated for the Keepers of the Flame award by PennWest Clarion students. He is known on campus for creating a welcoming environment in his classroom that allows students to succeed, regardless of their background, and in which every student can feel valued and respected.

Earlier in November, Packard received the Special Equity Award during PennWest Clarion Student

Senate's 29th Annual Equity Dinner and Awards Ceremony.

Packard arrived on campus as an undergraduate student and earned a bachelor's degree in 2013. Following graduation he attended graduate school at Drexel University, where he focused on game artificial intelligence, game design, and machine learning. Packard returned to Clarion to share his passion for computer science and educate the next generation of learners.

In addition to serving as an assistant professor, Packard is an advisor to computer science clubs on the Clarion campus. In this role, he engages with each student to ensure all individuals find inclusion and have a feeling of belonging in the group and on campus.



Screen captures show scenes from Packard's self-made video game, FailRoad. Packard stated that he feels immense pride in its creation, having made all of the code and all of the art himself.



PERSEVERE

IS ELFVIN'S MAGIC IN RECOVERY FROM STROKE

It was an otherwise unremarkable Thursday afternoon in December 2021, smack-dab in the middle of wrestling season. With a tri-meet against Stevens Institute of Technology and Messiah coming up in just two more days, Trevor Elfvin was working out with teammates Casper Hinklie and Max Wohlbaugh in the Golden Eagles' wrestling room, getting in an extra cardio session after practice. After a short time on the treadmill, Elfvin started working on the elliptical machine. That's when he first noticed something wasn't right.

"After two or three minutes, I looked over at Casper and told him I thought I needed a drink of water," Elfvin said. "He gave me his water bottle and I remember it just dripping out of my mouth. It just started getting numb. Then I felt it hit my right arm and went all the way down to my foot."

It didn't take long for Elfvin's teammates realized that the situation was serious. They brought him to the athletic training room in Tippin Gym, where head athletic trainer Mike Chesterfield soon realized what might seem an unlikely scenario: Elfvin was exhibiting stroke symptoms.

"Who expects a 22-year-old athlete to be having a stroke?" Elfvin said. "At first, they thought maybe I had gotten hit in the head, but at one point Mike (Chesterfield) said, 'Wait a minute, this seems like a stroke.'"

Elfvin was joined in the hospital by coaches Keith Ferraro and Brock Zacherl, with the former staying by his side until his family could make the trip across the state. More than that, Ferraro provided the comfort and support Elfvin needed during one of the scariest moments of his life.

"I mean, I was scared," Elfvin continued. "I've heard of people having strokes before, but they were all much older, and everyone I've known that's had a stroke has died. So yeah, I was really, really scared."

"When Ferraro got to the hospital, he told me that no matter where they took me, even if it was in an ambulance, he was going and he was sticking by my side no matter what," Elfvin said. "That's when I knew I was going to be alright, because I had someone with me that was going to fight for me and make sure I got what I needed."

Elfvin doesn't remember much of his night at Clarion Hospital, but he does remember that his next trip was a helicopter ride from Clarion to St. Mary Medical Center near Philadelphia the following day. If the gravity of his situation hadn't hit home yet, it did then.

"I had always seen these helicopters flying around and thinking, 'Wow, whoever's in there had something pretty serious happen.' Then I thought, 'Oh crap, something serious happened to me.'"

That's not to say that Elfvin was lacking any of his signature outgoing personality.

"I started chatting with the flight crew, and I remember I kept asking them questions until they knocked me out," Elfvin chuckled. "I woke up when we landed and I started talking to (a crew member) again, and she said, 'Damn, do you ever stop talking?'"

Elfvin spent the next week in the hospital, with many of his friends and family making appearances to check in on him. A battery of tests eventually found that he had a small hole in his heart, one that would require surgery after the start of the new year. When asked to schedule a date, he made sure he took into account the important things: finding a way to cheer on his teammates, as well as his girlfriend, Golden Eagles swimmer Autumn Fortney, in their respective athletic events.

"I figured, well, the wrestling team was going to be 15 minutes away when they went to Rider in February..." Elfvin said with a grin. "But I also realized if I didn't make it to the PSAC Swimming Championships to cheer her on, I was going to be in REAL trouble!"

The latter event came just a few days after his surgery, meaning his brother Nick would be the one driving him from Langhorne to Carlisle. Dealing with the aftereffects of surgery while pacing a pool deck and cheering on the Golden Eagles proved to be a challenge.

"I was dealing with pain the entire time," Elfvin said, citing the incision points in particular. "But I just wanted to be as supportive as possible."

Of course, there was another big question that remained.

RANCE

What would the rest of Elfvín's wrestling career look like? Would there even be a wrestling career after this?

"When I was in Clarion (Hospital), all I was worried about was 'Am I going to live?'" Elfvín said. "Sitting at St. Mary's, I started to have doubts, but then I started to make my peace with it."

"I decided if that was it, and all I was able to do was come back and be on the team and be supportive to my teammates, then I could be satisfied with that."

During follow-up appointments, his team of doctors – including a neurologist and a cardiologist – concluded that Elfvín could try to continue to wrestle. He was able to slowly ramp up his physical activity into August before was cleared to begin training in earnest, and Elfvín decided to jump right into wrestling. It did not go well.

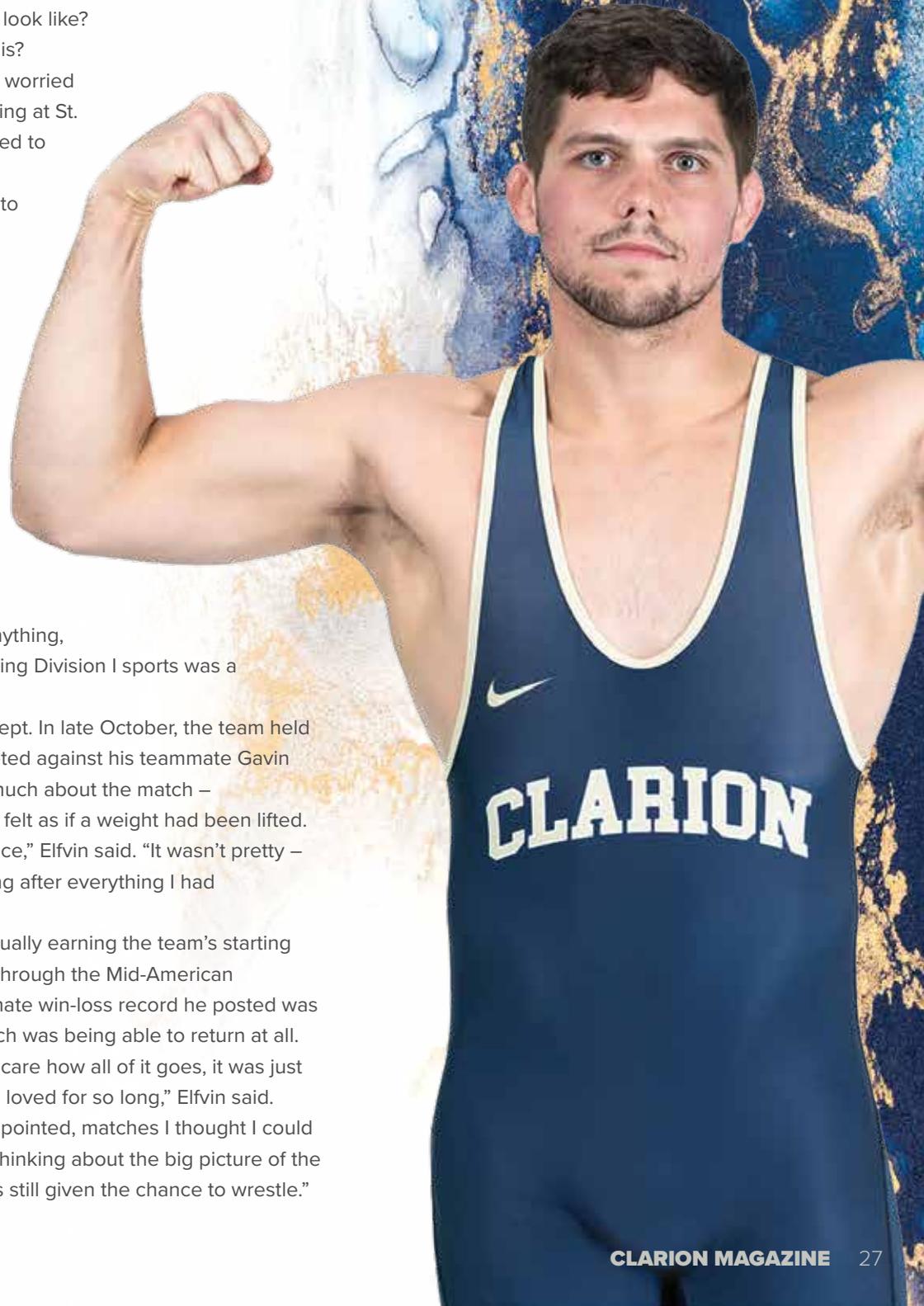
"I got back here August 2 and tried to wrestle right away, and I just died," Elfvín said. "After nine months where I couldn't really do anything, trying to get back into one of the most demanding Division I sports was a huge challenge."

It was a challenge Elfvín was ready to accept. In late October, the team held their annual Blue/Gold match, where he competed against his teammate Gavin Wilmoth in an exhibition. He didn't remember much about the match – "I couldn't tell you a single second" – but Elfvín felt as if a weight had been lifted.

"Once it was over, everything hit me at once," Elfvín said. "It wasn't pretty – none of my matches are – but I it felt so amazing after everything I had been through."

Elfvín finished the 2022-23 season, eventually earning the team's starting spot at 157 pounds and competing all the way through the Mid-American Conference Championships in March. The ultimate win-loss record he posted was secondary to the biggest win he recorded, which was being able to return at all.

"At some point, I told myself I didn't really care how all of it goes, it was just more important to be able to do something I've loved for so long," Elfvín said. "There were times in the short term I was disappointed, matches I thought I could have won that I let slip away. But I wasn't mad thinking about the big picture of the year. I could have been dead, and instead I was still given the chance to wrestle."



DIG DEEP



SENIOR TRIO LEADS VOLLEYBALL TO FIRST ELITE EIGHT SINCE 2010

After falling in the Atlantic Region championship match in 2022, the mood around the Golden Eagles volleyball team was one of unfinished business. Not content to let their volleyball careers end on that note, and with the prospect of the 2023 NCAA Division II Volleyball championship being held in Pittsburgh in 2023, three of the team's seniors – London Fuller, Julia Piccolino and Abigail Selfridge – made the decision to run it back with their teammates one more time.

It proved to be a good decision. The Golden Eagles battled near the top of the Pennsylvania State Athletic Conference standings for much of the season, reaching the conference championship match for the third consecutive season before falling to Gannon in a five-set nail-biter. Undeterred, the team earned a bid to the Atlantic Regional and stormed through the bracket there, pulling off three straight shutout wins, including a sweep over IUP in the championship match Dec. 2.

The promise of the season was fulfilled. The Golden Eagles punched their ticket to the Elite Eight for the first time since the 2010 season, putting them among the nation's best, vying for a national championship. Clarion put up a fight against reigning national champion and eventual 2023 finalist West Texas A&M, falling in the quarterfinal round, but with their heads held high.

"When we walked off the court, it didn't negate the fact that we just had an amazing season," said head coach Jennifer Herron

immediately after the match with West Texas A&M. "This is a group I couldn't be more proud to coach."

"It blows my mind how far this group has come," Herron said of her upperclassmen, who were part of one conference championship, three straight appearances in the conference championship match and back-to-back regional finals. "They're a group of athletes that just decided that they wanted to outwork everybody else, and that group started taking everyone that came into this program and telling them this is how we do it here. That's something as a coach you're always pushing for, but you don't always see it come to fruition, and to see the shift because they decided the work was going to be necessary is special."

The team's success brought on individual accolades as well. Junior outside hitter Cassidy Snider had arguably the best individual offensive season in program history, earning All-American honors from both the Division 2 Conference Commissioners Association and the American Volleyball Coaches Association, taking home First Team and Second Team laurels, respectively. Fuller finished off a Clarion career that made her one of the program's most decorated players, earning AVCA All-America Honorable Mention honors to mark her third straight year as an All-American. Piccolino, meanwhile, finished her career with more than 1,300 career kills, putting her among the best in program history.

**JULIA
PICCOLINO**



**LONDON
FULLER**



**CASSIDY
SNIDER**

Competition meets Camaraderie to benefit Clarion athletes

When two teams engage in competition, a victor generally emerges. Last spring, students were the winners when PennWest Clarion's Sig Tau Gamma and Alpha Gamma Phi – the Sig Taus and the Gammas, for short – went head-to-head in the Athletic Fund Challenge. The challenge generated nearly \$50,000 to support Golden Eagles athletes through scholarships.

The Sig Taus raised \$18,239 through 62 individual donors, and the Gammas raised \$31,209 through 88 individual donors. Neither fraternity has had an active chapter on campus since the 1970s, but the brothers have remained committed to their organizations, to Clarion, and, most importantly, to Clarion students.

Both fraternities collected donations from brothers who had not donated in a while, as well as some brothers who were making their first donation.

The idea for the challenge came from Paul "Hook" Palmer, a Sig brother since he was a Clarion student in the late 1950s and early 1960s.

"He wanted to challenge other fraternities," said Gamma president Dan Wolovich, to whom Palmer initially reached out. "The Sig Taus and Gammas have always been competitive, within intramural (sports), especially."

Wolovich was all for it.

"From what I understand, back in the late '50s and early '60s, the campus was relatively small, but there were three fraternities and four sororities," said Barry McCauliff, who worked with Palmer to organize the Gammas for the fundraising challenge. "They started Greek Night."

McCauliff said much of the history is hearsay, but his understanding is Greek Night evolved into the Greek Olympics 10 or 15 years later.

"Greek Olympics became popular, and fraternities worked pretty hard to outdo each other in a nicely spirited way," he said. "We've enjoyed a very nice camaraderie in a competitive sense for a number of years."

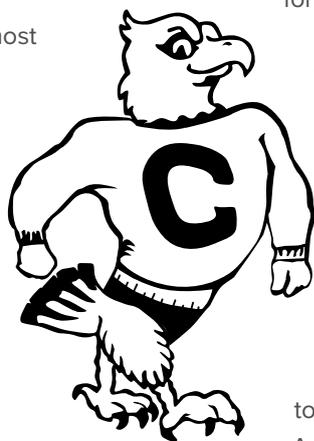
Years later, the competition between the two fraternities is still nicely spirited, but it's purposeful.

Gammas and Taus primarily comprise athletes; around 90 percent of the brothers were involved in college athletics. Both fraternities have scholarships that benefit Golden Eagles athletes. The Gamma scholarship is divided among all of the sports on campus; the Sig Tau scholarship is strictly for football now, but they plan to include other sports in the future.

"The passion we see from these two fraternities to give back to their alma mater is infectious," said Chris Anderson, director of Athletic Giving for PennWest. "I hope that this will spur more alumni groups to consider giving back to their Golden Eagles in the years to come. Not only do these groups have a chance to rekindle bonds from their time at Clarion, they also have an amazing opportunity to make a big impact on future Golden Eagles who will walk on the same grounds as they did."

The coaches are grateful for the efforts. Head football coach Ray Monica said the scholarships benefit student-athletes by helping them reach their academic goal of graduating with a degree. It assists with recruitment, too.

"It helps us keep a competitive edge in the region," he said.





ΣΤΤ



ΑΓΦ

ALPHA GAMMA PHI
If you should ever stray from home,
And find yourself high,
Look to the stars of the sky,
Of Alpha Gamma Phi

Captain
Coach Al Jantz

ALPHA GAMMA PHI
The Gammas
CLARION UNIVERSITY

ALPHA GAMMA PHI
If you should ever stray from home,
And find yourself high,
Look to the stars of the sky,
Of Alpha Gamma Phi

1950s

Dr. Samuel J. Rogal '56

is the author of 92 published scholarly books, the latest of which has been issued as "A Biographical Sketchbook of Nineteenth-Century Methodist Ministers, Preachers, Missionaries, and Exhorters at Work in Great Britain, the Americas, and Other Parts of the World." He was the principal speaker at the North Central Jurisdictional Convocation of the Illinois Great Rivers Conference on Archives and History in July 2023. He delivered a paper, "Bishop Matthew Simpson's Funeral Address to Abraham Lincoln."

1990s



Nick Neupauer '93 has announced that after 17 years as chief executive officer of Butler County Community College, he will retire Dec. 31.



David Gibbons '92 was named president of UPMC Central Pennsylvania, which covers Adams, Cumberland, Dauphin, Franklin, Fulton, Juniata, Lancaster, Lebanon, Mifflin, Perry and York counties. He began his work with UPMC in 2009 as president of UPMC Northwest in Venango County, went on to become executive vice president and CEO of UPMC Hamot in 2012 and was promoted to senior vice president of the Health Services Division and market president for the northwest/north-central regions in 2021. He began his medical career as an oncology nurse.



Mike Kalinowski '92 was the 2023 recipient of the George Heaslip Award which recognizes a media

member for coverage of the conference's student-athletes, coaches and teams. He is known as the voice of Clarion Golden Eagles sports and has spent 36 years broadcasting various sporting events for Clarion.

2010s



Dr. Cecelia Harmon '19

is a mixed animal general practitioner at Drummond Animal Hospital, New Bethlehem. In addition, she educates animal owners through her YouTube page, "Dr. Cecelia Bedelia," and a column she writes for an area newspaper.



Brittany Mealy '19 has joined the medical staff of Penn Highlands Healthcare, DuBois,

as a certified physician assistant in the emergency department and trauma center. She is a member of the American Academy of Physician Assistants and Pennsylvania Society of Physician Assistants.

Karen Pierce '18 is the director of Henderson Memorial Public Library, Jefferson, Ohio. She began in December. Previously, she was director of Erie Public Library.



Gina Mazzocchi '15, a licensed counselor with over six years of experience in the mental health and substance abuse fields, recently opened her practice, Thrive Counseling Services LLC, in Clarion. Her mission is to provide a judgment-free zone for people to process their emotions and unresolved grief, trauma and challenges so that they can have a safe place to heal and grow.



Jennifer Moran '13 is director of Pittston Memorial Library, Kingston, Pennsylvania. She lives in Forty Fort with her husband and two dogs. They have an adult son.



Ariel Venesky '10 is director of admissions and marketing for Clarview Nursing and Rehabilitation Center, Sligo. She is responsible for identifying, developing, and maintaining referral relationships and is responsible for all aspects of the internal admission process.

2020s

John Mozzocio '01 was appointed in November as superintendent of Penn Hills School District, Pittsburgh. With more than 20 years of education experience, he previously was director of pupil services for New Castle School District.



in *memoriam*

1940s

Maxine M. Mong Lauffer '45, May 14, 2023

1950s

William C. Brochetti '50, Aug. 31, 2023
Irene Vobrak Tkatch '52, June 14, 2023
Donald A. Stemmerich '53, April 12, 2023
Charlotte Anne Abbey '55, Oct. 16, 2023
Elizabeth Seybert Shoup '55, April 23, 2023
Joan Parmeter Nolan '56, April 3, 2023
Dora J. Hetrick '57, July 2, 2023

1960s

Doris J. Calhoun Grubb '60, April 16, 2023
Gildo R. Torchia '61, May 7, 2023
Robert J. Cloherty '62, June 28, 2023
Henry J. Sullivan '62, Aug. 5, 2023
Esther L. Behrens Dininny '63, June 21, 2023
Jesse Oscar McKee '63, July 15, 2023
Barbara E. Morgan Mesol '63, Aug. 4, 2023
Martha Kay Haas Karg '64, April 3, 2023
Arthur Richard Broge '65, Aug. 15, 2023
Kenneth James Burgun '65, Sept. 23, 2023

Janice Lee Mitchell '65, April 10, 2023
John J. Berne '66, July 8, 2023
Penny A. Lewis McCleary '66, July 17, 2023
Louis J. Toth '67, April 15, 2023
Dennis C. Lloyd '68, June 21, 2023
Michael J. Zaccari '68, May 18, 2023
Lorna J. Hutton '69, Nov. 23, 2023
Dennis L. McDonald '69, April 4, 2023
Terri L. Dunkle '69, July 3, 2023

1970s

Sally L. Murray Henry '71, July 1, 2023
Cathy S. Stinard Love '71, April 24, 2023
Sharon M. Holleran Porterfield '71, May 27, 2023
Lorraine E. Lach Fitch '72, May 24, 2023
Charles E. McLaughlin '72, Aug. 9, 2023
Sheila Smith '72, March 26, 2023
Gary Lee Lasher '73, April 25, 2023
Dennis P. McMasters '73, May 31, 2023
Vera L. Renwick Evans '74, Nov. 1, 2023
Barbara Jo Sendry Turiak '75, June 20, 2023
Robert T. VanEpps '77, Dec. 4, 2023

1980s

Kimberly Leona Byerly '80, April 18, 2023
Deborah S. Boring Sanderson '80, May 20, 2023
Daniel Guy Bartoli '81, June 10, 2023
Dennis D. Murray '83, May 11, 2023
Robert R. Kollar '84, April 18, 2023
Thomas C. Ramage '85, June 9, 2023
David M. Staskiewicz '85, July 12, 2023
David N. Love '86, Sept. 24, 2023
Mildred J. Hartzell Stahlman '89, July 8, 2023

1990s

Jane E. Allio Detrie '90, Oct. 16, 2023
Mary Jo Hyler Rhode '90, July 1, 2023
Kevin Andrew Seburnia '90, Aug. 12, 2023
Debra Jean Hollis '91, May 28, 2023
Devan Spencer Pippin '94, Sept. 1, 2023
Molly Theresa Preshak Singer '94, June 9, 2023
Gregory Max Stiver '94, April 21, 2023
Brendan Peter George '97, Aug. 19, 2023

2010s

Carol Ann Jewell Bylaska '10, Sept. 6, 2023
Dianne K. Dunlap '13, April 2, 2023
Gregory Thomas Bean '14, May 3, 2023

CLARION BABY EAGLES



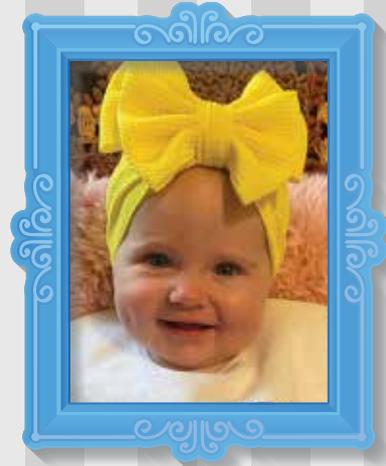
Aurora Kostelnik,
daughter of **Christopher '15**
and **Kirsten Bare '15 Kostelnik,**
born Aug. 2, 2022



Antonio Arthur Barone,
son of **Kelsey Monro '20**
and **Dominic Barone,**
born Sept. 13, 2022



Amelia Rae Wees,
daughter of Tyler and
Amanda Kepler Wees, born
Nov. 11, 2022



Bella Marie Lemasters,
daughter of Kasey and
Lauren Greb '11 Lemasters,
born Dec. 23, 2022



Addison Shae Blevins,
daughter of
Evin Blevins (Cal '13) and
Reanna Buzza '17, '18M,
born July 16, 2023



Aidan James and Liam Francis Hyman,
sons of **Dylan '15** and
Laurel Pierotti '16 Hyman,
born Aug. 9, 2023



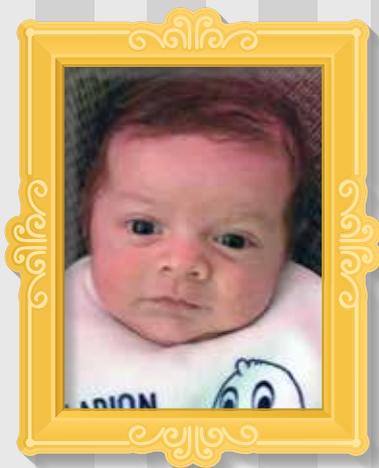
Juliet Louise Conn,
daughter of Nathan and
Elizabeth "E.J." '07 Conn,
born Aug. 22, 2023



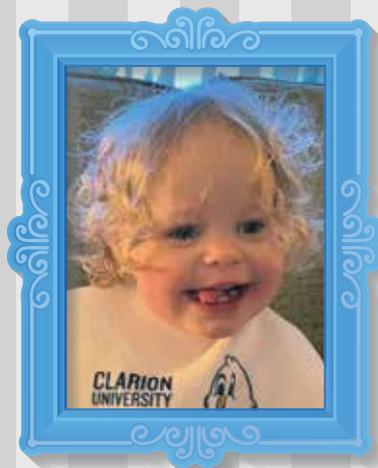
Zoe Grace Slisz,
daughter of John and
Madeline Robinson '15 Slisz,
born Aug. 30, 2023



Otto Pan Maddox,
son of **Katie E. Delp '07**
and **Scott Maddox,**
born Oct. 15, 2020



Grant Michael Berezansky,
son of **Nathan** and
Britney Olsavsky '09 Berezansky,
born Jan. 12, 2022



Verna Rose Bowman,
daughter of **Brian** and
Shanna Bowersox '10 Bowman,
born March 31, 2022



Logan Atlas Aikins,
son of **Gabriella N. Oglietti '16**
and **Devin Aikins,**
born June 27, 2022



Keilian Chapman Keen,
son of **Nathan C. '06** and
Gina M. Miller '09 Keen,
born Jan. 24, 2023



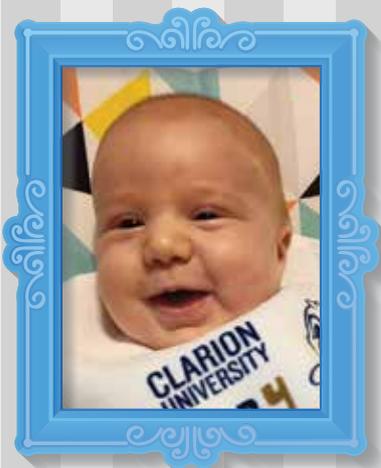
Crew Wilder Allen,
son of **Lucas '11** and
Laura Ferruchie '08 Allen,
born March 10, 2023



Brycen Chase Trithart,
son of **Brett** and
Alyssa N. Trithart '21 Burkett,
born March 23, 2023



Evelyn Leanne Roscoe,
daughter of **Cameron** and
Vanessa Wutter '12 Roscoe,
born March 23, 2023



John Paul Catrillo,
son of **Matthew '15** and
Lisa Kopczyk '14 Catrillo,
born Sept. 20, 2023

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OF CLARION ALUMNI IS A DASHING NEW BIB!**

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call the Office of Alumni Engagement at 814-393-2572.


#WINGSUP
ELI BRINSKY



When the Pittsburgh Steelers exit the locker room and run onto the field, the elite athletes' bodies are ready to perform at optimal levels, capable of explosive strength and speed. The professional athletes have spent their lives training their bodies to do the extraordinary.

Their physical conditioning plays a significant role in the athletes' preparation, but equally important is their nutrition. For the past two seasons, Dr. Kim Schwabenbauer, RD, CSSD, PennWest professor within the nutrition and fitness concentration of the exercise science program, has worked with the team, tailoring their nutritional intake to the specific needs of the professional athletes. During last year's training camp, she employed an intern who knows a thing or two about preparing his body for competition.

Senior Eli Brinsky is a member of the Golden Eagles wrestling team and a nutrition and fitness major at PennWest Clarion.

"I chose this field of study because I have always been interested in living a healthy lifestyle, and I wanted to pursue a career that connected to my background as a student-athlete," Brinsky said. "I chose Clarion because I loved the small-town atmosphere, and I could not pass up the opportunity to continue my wrestling career at a storied program with amazing coaches and teammates."

Brinsky's internship responsibilities included researching nutrition supplements, helping to develop recipes for smoothies and electrolyte popsicles, and assisting in other nutrition-related tasks.

"When researching supplements, we are looking to see if they are approved by NSF Certified for Sport, which is a third-party testing company that ensures the supplements are not contaminated with banned substances," Brinsky said.

When creating recipes for smoothies, the focus is on high-protein and antioxidant-rich ingredients to help the athletes recover properly after their workouts and practices.

"High-protein ingredients like whey protein powder and Greek yogurt assist in muscle building and recovery. Antioxidant-rich ingredients like blueberries and raspberries help prevent tissue damage from free-radicals that are a result of exercise," he said.

Hydration is key for athletes at all times, but especially during training camp because of the extreme heat.

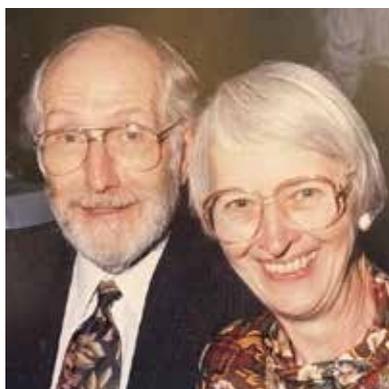
"Electrolyte popsicles are a fun alternative to regular Gatorade and other electrolyte sources," Brinsky said. "We ensure that the popsicles have adequate sodium and potassium to help the athletes prevent dehydration and rehydrate after practices."

After graduating, Brinsky plans to pursue a master's degree in nutrition and obtain registered dietitian credentials.



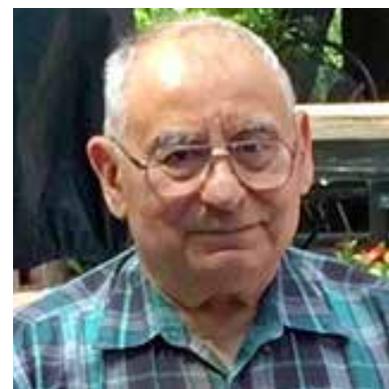
“It takes a noble person to plant a seed for a tree that will one day provide shade to those whom he may never meet.”

~D. Elton Trueblood



DR. HAROLD V. HARTLEY AND CAROLYN J. HARTLEY SCHOLARSHIP

The Hartleys were lifelong supporters of Clarion University. Dr. Hartley was recruited to Clarion in 1963 to teach speech pathology and audiology. He was founding chair and established the graduate program for the Department of Communication Sciences & Disorders. Dr. Hartley was active in faculty governance and in establishment of the faculty union. Mrs. Hartley taught in the College of Education. Both were active in the community. This scholarship is a memorial to them and to the many students they impacted.



DR. NICHOLAS J. BEZAK SCHOLARSHIP

Dr. Bezak was a professor of mathematics at Clarion from 1968 until his retirement in 2001. The oldest of six children, he grew up on a farm in eastern Ohio. He worked at a grocery store to pay for his Bachelor of Arts degree and continued to work on the family farm. He stayed true to living among the working class. Two of his brothers created this scholarship to advance the education of future scientists and to pay tribute to him and the students he taught.

Larry W. Jamison '87 | Director of Planned Giving
814-393-1926 | ljamison@clarion.edu



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STONER FAMILY SHOWS GRATITUDE FOR CLARION THROUGH PHILANTHROPY

John and Jan Stoner met on a Sunday morning in the fall of 1971 when each was walking with a friend to Forest Manor, the coed dormitory where the four then-Clarion State College students lived.

They were from the same part of Pennsylvania – John went to high school in Hershey, Jan in Lower Dauphin. They didn't know each other before college, although their lives seemed destined to intersect: John was a frequent visitor to a farm across the road from where Jan lived.

Although their academic trajectories were quite different – John was a marketing major, and Jan was an elementary education major – they found themselves together in Mr. Leonard's health class the spring of their freshman year.

He asked her out a couple of months into the semester. Having a common love of sports, their first date was at a basketball game.

"I followed sports since I was 11 or 12," Jan said. "I went to swimming, basketball and gymnastics. I particularly loved wrestling."

The couple took advantage of any concerts, plays or activities on campus. They wanted to experience all they could.

They dated throughout college and graduated together in 1975, then returned home to Dauphin County, where they married that fall.

Jan taught elementary school for five years, until the couple was expecting their daughter, Jen.

Around the same time, John, who worked in sales for

Jackson Manufacturing wheelbarrow company, got the idea to open a family-run athletics supplies store.

"I took Jen from the time she was two months old to work at Stoners' Sporting Goods," Jan said. "It was fun because we had Jen in her little walker thing. It worked pretty well."

Initially, Jan's sister was a partner and her parents helped to run the store. The sister left to pursue other interests, so the last five years that they had the store, it was owned and operated by John and Jan. Jan was at the store full time, and John, who continued to work for Jackson Manufacturing, helped when he could.

Jackson Manufacturing eventually was acquired by True Temper, which added John to the marketing staff. He moved through the ranks, becoming director then vice president of marketing, and eventually president of True Temper Lawn and Garden. When True Temper was bought by a private company, which put in its own people, John was fired.

"The day I was fired, I had a call from a headhunter for Steinway's sister company, Conn-Selmer," he said. "After several months, I was the president of Conn-Selmer."

The Stoners sold the store and relocated to northeastern Indiana for the job. The move put them closer to Notre Dame, where their daughter was a student.

Both in Pennsylvania and Indiana, Jan stayed busy with philanthropic work.

"In Pennsylvania, I was very active with the Girl Scouts. I became a leader and was part of the local team that runs Girl



Scouts. I had a friend who was a kindergarten teacher; I helped kids learn the alphabet and worked with those who were behind," Jan said. "When we moved (to Indiana), I went into the schools, first to kindergarten, then I worked with a third-grade teacher to help kids learn math facts. Also, for 12 years, I volunteered at a women's center and helped in the clothes closet."

She stopped volunteering during the COVID-19 pandemic to avoid the risk of exposure.

Around the same time, John retired from Conn-Selmer.

"Our daughter had visited, and she got me hooked on walking to Starbucks for coffee," John said. "I would get up at 6 or 6:30 every morning. I couldn't mow the lawn, so I would walk to Starbucks. One day while walking back, I decided I wanted to spend the rest of my life with Jan and not do this anymore."

Through Conn-Selmer, John had interacted with people such as Alex Van Halen, Maroon 5, Green Day and Rascal Flatts.

"Paul McCartney contacted me and invited me to come to see him when he was playing in Wrigley Field eight to 10 years ago. He asked me to meet with him," John said. Ludwig Drums is part of Conn-Selmer, and John commissioned Ludwig to build a snare drum for McCartney.

"I took it to him," John said. "He really enjoyed it. We had our picture taken with him, and we talked quite a bit."

Although John loved the company and the industry, and had had a great career with them, a few months later, he concluded his career and retired after 20 years at Conn-Selmer.

The Stoners had done well, and they decided they wanted to give back to Clarion, which shaped their lives and careers. They began with a scholarship.

"We want to help students attend college, ones who might not be able to afford it," Jan said. "(Clarion) changed our lives. It truly changed our lives to the good."

They wanted to do more. This year, the Stoners committed to a substantial gift to renovate the Still Hall auditorium.

"We were looking to donate to some project, and (Still Hall) is the business building," said John, who had had many classes in Still as a marketing major. He cited the orange carpet on the walls of the auditorium and the outdated technology as motivation to help with the project. "We thought, 'We have the funds to do it,' so we did."

The renovation is in the design phase. One of the people who gave input about the design was the Stoners' daughter, Jen, a marketing professor at the University of North Dakota. UND just opened a new business building, and one of the outcomes is increased enrollment.

John hopes that the renovation will have a similar effect for Clarion.

"I think when you take people through facilities, if it looks like it's up to date to what it should be, it's a big plus," he said.

The renovation, which includes a full gutting of the auditorium, is scheduled to begin in May 2024 and be completed at the end of July 2024.

"I'm really thankful to Clarion for everything we have."

PennWest Clarion

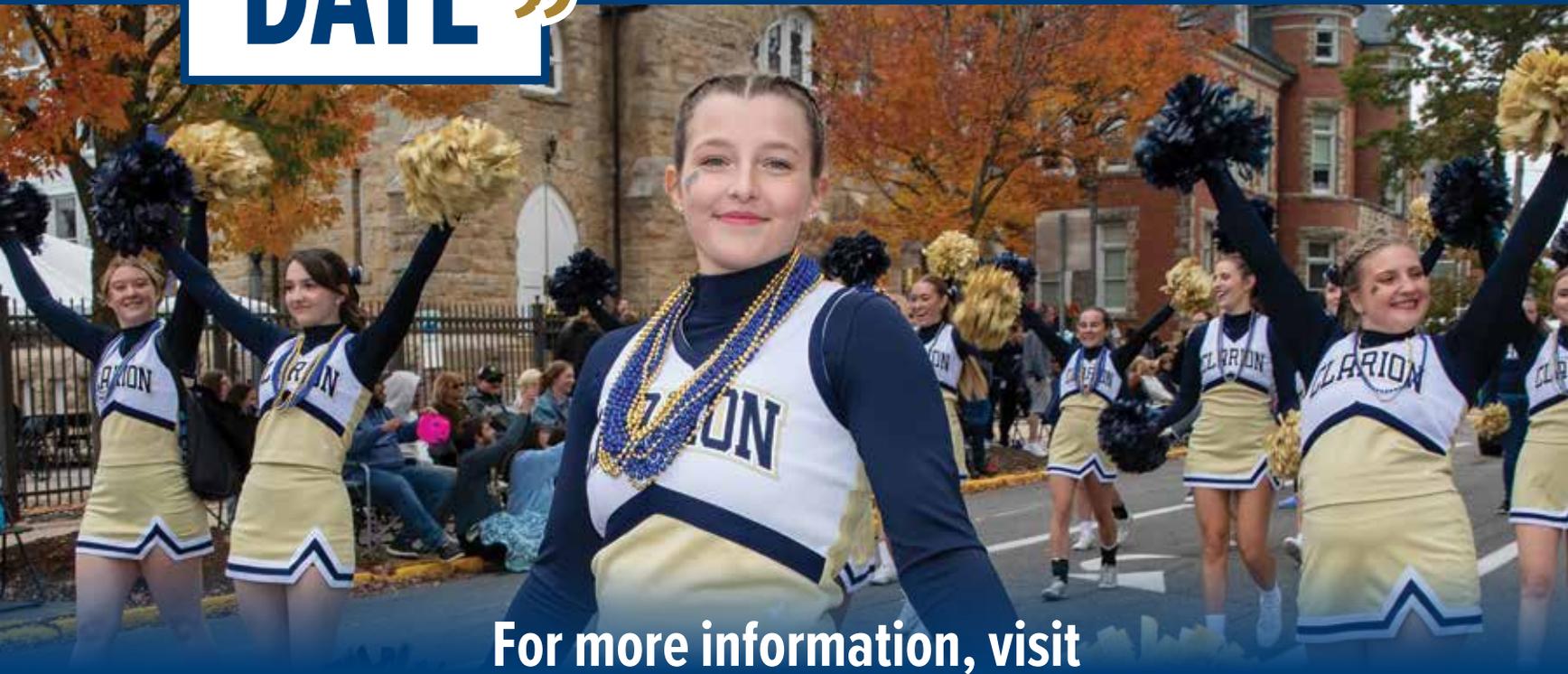
840 Wood St.
Clarion, PA 16214



A graphic for the homecoming celebration. It features the word "CELEBRATE!" in large, bold, blue letters with a white outline. Below it, "CLARION" is written in a smaller, blue, sans-serif font. Underneath that, "HOMEcoming 2024" is written in a gold, sans-serif font. The graphic is decorated with musical notes, a flag with a white eagle on a blue field, and other decorative elements.

“ **SAVE**
... **THE** ...
DATE ”

October 4 and 5



For more information, visit
PennWest.edu/clarion-homecoming