

THE PULSE

Building Bridges with our Mexican Neighbors: 2007 Mexican Culture & Health Immersion Trip Guanajuato, Mexico

Driven by the need to understand and improve the lives of Chester County Latinos, a cadre of students, working health professionals, and faculty traveled to Guanajuato Mexico in May for a week long cultural immersion course on "Mexican Culture and Health." Dr. Debra Bill, Associate Professor, Department of Health, organized the class along with the assistance of Dr. Andrew Dinniman, Professor of Global Studies, and Dr. Marie Consuela Sparks, Latin American Studies Professor.



Dr. Debra Bill, Dr. Andrew Dinniman, Secretary of Health in Guanajuato Mexico, and his staff.

This trip marks the seventh year students and faculty from West Chester have been joined by health professionals to travel to Mexico to better understand the health and culture of our neighbor to the south. Five leaders in Latino health were able to join the WCU group due to the generous support of the Brandywine Health and Wellness Foundation and the Phoenixville community Foundation. Both foundations support the goal of improving the cultural competency skills of regional health professionals through educational initiatives such as this.

Course goals are for participants to develop better knowledge of Mexican health, history, and culture so that upon their return they could design health projects to better meet the needs of Mexicans and Mexican Americans in this region. Notably most Latinos in the region are Mexican, with many migrating from the state of Guanajuato. Latinos represent the fast-growing demographic group in the region.

The group's daily agenda was full of opportunities to learn more about the health, history, and culture of Mexico. Field visits and meetings were held with the staff and secretary of the Ministry of Health from the Guanajuato

State Department of Public Health to discuss bi-national exchanges in health between our regions, with an eye to learning more about *promotores* or indigenous community workers, and to exchange information on how essential services are provided in community development and health in rural and urban areas. The group also met with the medical directors and staff from level I, II, and III public health hospitals and health centers to better understand how health services are delivered. Meetings with local government officials provided the group with a better understanding of local governance.

Participation in a community-wide health fair in the Comunitaria Juventino Rosas was a trip highlight, while a full-page feature story about the trip was reported in *El sol Del Bajio*, the key local newspaper of the region.

Participants also traveled to nearby communities of San Miguel de Allende, the historic cradle of Mexico, to learn more about history and to sharpen their shopping and cross-cultural communication skills. Many chose to end their stay in Mexico with a wonderful visit to the Diego Rivera Museum to see how art, culture and politics intersect, followed by an organ and saxophone concert in the nearby silver mining town of Valencia set in a Gothic cathedral replete with gold and angelic statues.

Upon their return, students developed several projects to improve the health and welfare of Latinos including:

- Development and implementation of an oral hygiene program at a Latino family center in Kennett Square;
- Developing nutrition education for Hispanics at the Salvation Army shelter in West Chester;
- Developing with *promotora*s a Work-site health

Continues on page 2

Building bridges... (from page 1)



Dr. Bill meets with the state secretary of health in Guanajuato to discuss new initiatives.



Students and faculty participate in a promotora training workshop in Guanajuato, Mexico.

promotion program for mushroom workers at La Comunidad Hispana, Project Salud, Kennett Square;

- Developing Programa Madrina: a maternal and child health health start program for Hispanic/Latinos in Chester County;
- Developing cultural competency in-service training for volunteers working with Latinos at a community based health center, West Chester;
- Developing strategies to enhance working with Latinos at Ches-Penn, a community-based clinic in Coatesville.

The course concluded with a field visit to Harrisburg and the State Capitol on July 26, 2007 where students and faculty presented an overview of the course and exchange

program. Students presented their projects in a poster format at an invitational meeting with Dr. Calvin Johnson, Secretary of the Pennsylvania Department of Health, and his staff. Participants also had the opportunity to talk to Pennsylvania state senators about their experience under the leadership of Dr. Dinniman, who also serves in the State Senate, and Dr. Bill.

The goals of the Harrisburg meeting are two fold: to showcase the immersion course and students' projects; and to garner support for the expansion of bi-national exchanges between states, namely Pennsylvania and Guanajuato. For more information about future trips contact Dr. Debra Bill, dbill@wcupa.edu, or Professor Michelle Tucker, mtucker@wcupa.edu.



Dr. Bill and Dr. Dinniman meets with the secretary of health in Guanajuato to discuss new initiatives.



Upon returning from Mexico, participants in the Mexican culture and health class presented their respective Latino health projects/posters by invitation to the Pennsylvania Secretary of Health, Dr. Johnson and his staff. (1 to) Dr. Debra Bill, health; Prof. Michele Tucker, nursing; Michael Huff, Pa. State Director for Health Planning; Dr. Calvin Johnson, M.D., M.P.H., Pa. Secretary of Health; Dr. Consuela Sparks; and Dr. Andrew Dinniman.

Message from the Dean



As usual, there are lots of exciting things happening in the College of Health Sciences. Contained in this edition of *The Pulse* are updates on our various programs and faculty activities. Among them are the following. Please enjoy!

- Congratulations to Dr. Karin Volkwein and Dr. Sandra Fowkes-Godek who received Council of Trustees Achievement Awards, the first in our college to receive these prestigious honors
- Dr. Debra Bill is doing exciting things in Mexico as seen on our cover story.
- Don't miss Dr. Chuck Shorten's compelling account of his Fulbright teaching scholarship to India
- Under the able leadership of Dr. Monica Lepore, Camp Abilities returned to WCU, as did the summer youth fitness and weight management program led by Dr. Sandra Gross.
- The annual **Integrative Health Conference** was held on **March 23 and 24, 2007**. Dr. Dan Gottlieb, psychologist, family therapist and award winning host of the NPR radio show, *Voices in the Family*, gave his keynote address and received a standing ovation for his moving insights.
- There are brief bios on our newest faculty and staff, updates from our departments, and descriptions of upcoming ACEER activities.
- The Sturzebecker Hall of Fame Awards luncheon was held on October 6, 2007.
- Look for a brief article on Professor Emeritus Phil Donley, who received an honorary doctorate from Shenandoah University.

There is much more to come: we are already working on the next issue of *The Pulse*

Have a Great Fall!

NEW STAFF MEMBERS

College of Health Sciences Welcomes New Staff Members



Katherine Fritz

The College is pleased to welcome **Katherine (Katie) Fritz** as our new director of development, overseeing fund-raising activities within CHS. Katie takes the reins from Mary Kate Andris, who has relocated to Virginia but will continue to be involved in CHS fund-raising projects on a selected basis.

Katie comes to WCU with a strong background in fundraising in both higher education and health care. After earning a B.S. in magazine journalism at Syracuse University, she worked as a newspaper reporter for several years in Oneida, N.Y., and Chambersburg, Pa., before switching her focus to institutional advancement, first in public relations and alumni affairs at Penn State University. After relocating to the Philadelphia area, she joined the development staff at the University of Pennsylvania, first writing grants for the Wharton School, and then taking on undergraduate annual giving mail and phone programs for the Penn Fund. She left Penn to become director of annual giving at Children's Hospital of Philadelphia, where she was responsible for raising more than \$2 million a year in unrestricted funds, as well as jump-starting the \$1,000-and-up donor recognition society, which grew from 90 to 400 members during her tenure. Since leaving CHOP, she has worked as a fund-raising consultant for institutions such as the Philadelphia Zoo, Singing City, and the Delaware County SPCA, and has provided annual giving and development information systems support at Moore College of Art and Design, Pathways PA, and Rider University. Katie lives in Ardmore with her 13-year-old son, Andrew, and their two dogs, Buster and Patches. She is a member of the Penn Wynne Civic association board of directors and serves as troop committee chair for Merion Liberty Troop 71. For information regarding giving to CHS, please contact Katie at 610-738-2280 or e-mail kfritz@wcupa.edu.

Continues on page 4

COLLEGE OF HEALTH SCIENCES WELCOMES NEW STAFF MEMBERS



Wendy Showers joined the College of Health Sciences five months ago and is the secretary for two departments, Kinesiology and Sports Medicine. Her background includes six and one half years in the Office of Admissions. Prior to working here she served for eight years at National Penn Bank in research and records. She recently moved to West Chester with her husband who is also employed at the University. She says she really enjoys learning more about the departments in Health Sciences and working with wonderful people. For information about the departments of Kinesiology and Sports Medicine, please contact Wendy Showers at 610-436-2124 or e-mail wshowers@wcupa.edu.

Margaret Curran is the newest member of the Health Sciences team and joined the dean's office this summer. Her background includes working for a year in Student Services, in the Sykes Union Building. Prior to working at WCU, she was employed as a teacher assistant in a four-year old pre-school program along with working part-time at QVC. Having just started the beginning of July, Marge says she already finds this to be a very pleasant and friendly environment and adds she is very excited to be a part of the Health Sciences team. For information about the office of the dean, please contact Marge at 610-436-2825 or e-mail mcurran@wcupa.edu.



Brandes Winters is our new Hearing and Speech Clinic secretary in the Department of Communicative Disorders. Brandes comes to us from The Learning Experience in West Chester as a teacher's aide. For hearing and speech clinic questions, please call Brandes at 610-436-3402 or e-mail bwinters@wcupa.edu.

Debbie Murray has moved to the position of outreach business manager handling management of the dean's office, CMEs, Act 48 credits, publication of *The Pulse*, and other outreach efforts. Stop by Deb's new office and say hello. Her office is still in Room 205 next to the dean's conference room, and you can reach her at 610-738-0411 or e-mail dmurray@wcupa.edu.



NEW FACULTY JOINING THE RANKS

The College of Health Sciences welcomed three new faculty:



Elizabeth Grillo joins the Department of Communicative Disorders as assistant professor. After earning a B.M. in voice performance from Indiana University, she completed a master of science in speech-language pathology from Columbia University's Teachers College. She received a Ph.D. in communication science and disorders from the University of Pittsburgh with a dissertation on "The intersection of sensory feedback and the intrinsic dynamics of a limb and a voice task: clinical and theoretical implications." Before joining the WCU faculty, Elizabeth was an adjunct instructor at West Virginia University, a guest lecturer at Indiana University of Pennsylvania, and a guest lecturer, study coordinator, and lab manager at the University of

NEW FACULTY JOINING THE RANKS

Pittsburgh. Her clinical experience includes serving as an acute-care speech-language pathologist at the University of Pittsburgh Medical Center and as director of speech-language pathology for the Miami Jewish Home and Hospital. She is active professionally with several conference presentations to her credit.



The Department of Health extends a hearty welcome to **Dr. Stacie Metz**. Dr. Metz earned her B.A. in psychology at Bloomsburg University and her M.A. in experimental psychology at Towson University. She earned her M.P.H., M.S.W., and Ph.D. in public health studies from St. Louis University. While in St. Louis, she worked as a research assistant in the School of Public Health and an evaluation consultant for the CORE Foundation (Chicago). Her doctoral area of specialization was health services research. Dr. Metz's other fields of interest include research methodology, health/mental health program design and evaluation, interpretation and practice implications of health-related quality of life for persons with chronic health/mental health conditions, clinical epidemiology, secondary data analysis, advanced statistical modeling, and HIV policy/program evaluation.



The Department of Nursing welcomes **Cheryl Schlamb**. She earned her B.S.N. from the University of Pittsburgh and her M.S.N. in the primary care adult nurse clinician program at the University of Pennsylvania. Her post-master's advanced practice certificate, family nurse practitioner, is from LaSalle University, and her D.N.P. is from Case Western Reserve University. Since 1998, Ms. Schlamb has been a clinical educator and lecturer in the WCU Department of Nursing. With a wide range of experience as a clinical educator and nurse practitioner, she has been an adult nurse practitioner for the Occupational Health Center in West Chester, a family nurse practitioner for the Saint Agnes Nurses Center, and an adjunct educator and lecturer in Gwynedd Mercy College's Family Nurse Practitioner Program. In addition to her professional publications and presentations, she is active in a number of health-related community programs.

2006 Sturzebecker Hall of Fame Inductees and student scholarship recipients



Sturzebecker scholarship student recipients Karla Bradshaw, Pamela Sheetz, Kristine Van Tassel, Leigh Pesko, Kenneth Kirschner, Jayne Jones, Elizabeth Burkhart, Rachael Rocks, Linda Green-Moseley, and Kathleen Walsh with Ben Coren and Dr. Donald E. Barr:



2006 Sturzebecker Hall of Fame inductees (left to right) Charles Schmidt, Carol B. Clay, Jane B. Fontaine, William Mackrides, Dale Ulrich with Dr. Donald E. Barr

Dr. Jennifer Means presented to the Oxford Round Table at Oxford University from March 26-31, 2006. Her presentation addressed how a school-based speech pathologist may better meet the challenges of federal regulations as a result of the No Child Left Behind Act and the Individuals with Disabilities Education Act.

Individuals asked to speak at the Oxford Round Table are identified through several screening processes, including nominations from previous participants, recommendations from Round Table directors, and personal invitation. The Round Table was created to promote human advancement and understanding through the improvement of education. To this end, the Oxford Round Table provides a forum for the study and consideration of current issues facing state and national systems of education. The Round Table meets periodically and at each session comprises of a small select group of leaders from both the public and private sectors of several countries.

Past membership of the Round Table has included ministers of education, state governors from the United States, members of Parliament, executive officers of international corporations, educational administrators, pastors, attorneys, and academicians from major universities. Congratulations to Dr. Means for being invited to speak at this prestigious conference. If you would like to learn more about Dr. Means's experience at Oxford, please e-mail her at jmeans@wcupa.edu.

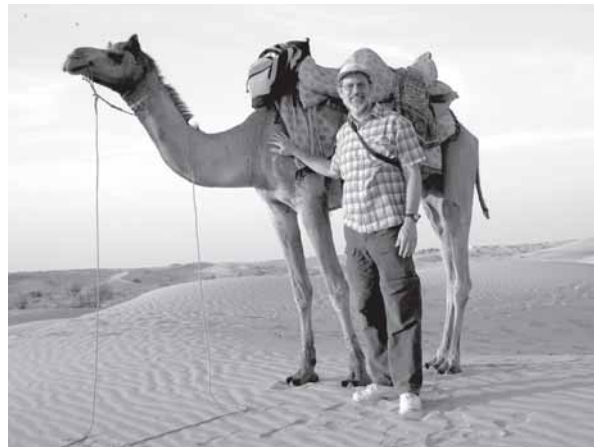
HEALTH

A Fulbright Scholarship to India – A Journal of a Once-in-a-Lifetime Trip from Professor Charles Shorten

During the spring 2006 semester, I had the experience of a lifetime: a Fulbright scholarship to live and work on the campus of Delhi College of Engineering in Delhi, India. One of the most frequently asked questions before I left was "India? Why India?" Through my teaching of the interdisciplinary course Humans and the Environment, where I've encouraged students to think about global environmental issues, I wanted to see firsthand how this heavily populated nation deals with its water, waste, and public health problems. While in India, I found a society of individuals struggling with modernization and technological advancement in the midst of deeply rooted cultural customs and family expectations.

My role there was to teach one graduate course and one undergraduate course. My students and colleagues were very respectful and at times deferential, but they didn't hesitate to challenge me technically or culturally. They helped me fine-tune my perceptions of Indian environmental concerns during classes and in office conversations, and invited me to ceremonies, parties, and dinners as well. They welcomed me to all aspects of life at the Delhi College of Engineering. The question I was most often asked after arriving in India was, "How do you like India?" In a farewell letter which I read to my Indian colleagues and students just before leaving, I wrote that "I like it very much, but more than India what I like most is her people."

My Fulbright scholarship provided the opportunity for travel within India, and I took full advantage of it. I traveled to the deserts of Rajasthan where I toured ancient forts and observed a lifestyle fully adapted to the dry conditions there. I attended a patriotic border-crossing ceremony at the gate between Amritsar, India, and Lahore, Pakistan. I watched fishermen hauling in their catch along the Bay of Bengal and observed wildlife in the Corbett and Keoladeo National Parks. In Delhi I toured numerous monuments, and during an especially memorable visit, I took my wife and daughter to the Taj Mahal. I ended my visit to India with a two-week trek to the Himalayan, source of the most sacred of Indian rivers, the Ganges, where I washed my feet and my soul.



Charles Shorten received a Fulbright scholarship to study and work in India.

Continues on page 7

Camp Abilities Program

Monica Lepore's Camp Abilities Program aired on Comcast Sports Net in May, on Sports Night's "Summer Stop."



West Chester University Camp Abilities took place on Memorial Day weekend on campus.



Camp Abilities PA at West Chester University

WCU Students Help Katrina's Victims



Students from West Chester University and Temple University traveled to Louisiana to replace a roof that was damaged from Hurricane Katrina. Left to right: include Chelsea Helion, Temple student; Brian Krizoversky, West Chester University kinesiology student, Dr. John Helion, West Chester University kinesiology faculty, and Dan Pardo, West Chester University music education student.



Students from West Chester University and Temple University traveled to Louisiana to replace a roof that was damaged from Hurricane Katrina.

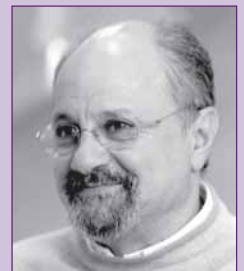
A Fulbright Scholarship... (continued from previous page)

I'm thankful to the Fulbright Scholar Program for awarding me the grant to study and work in India, but I also appreciate West Chester University's additional support and funding, without which I would not have been able to go. I'm hoping to continue my conversations and collaboration with my new Indian colleagues and will work to build bridges between our two institutions. Now, in the classroom, I find myself constantly saying, "when I was in India..." and my students just want to hear more. I couldn't have asked for a better outcome.

If you would like to hear more from Dr. Shorten about his trip, please e-mail him at cshorten@wcupa.edu.

Keynote Address at Integrative Health Conference

Dan Gottlieb, psychologist, family therapist, and award-winning host of the NPR radio show, *Voices in the Family*, spoke at the Integrative Health Conference held in March 2007.





Scholarship awardees presented at Mary Kline Professional Day, October 19, 2006, Allison B. Taylor; Charlyanne M. Nester; Cassandra Snader; Rachel Rocks; Pamela Sheetz, and Kathleen Walsh (not in this order).

The Department of Nursing congratulates two of four Student Nurses Association of Pennsylvania (SNAP) officers, Cassandra Snader and Charlyanne M. Nester, for being chosen for the Pauline Thompson Nursing Education Scholarship from the Nursing Foundation of Pennsylvania along with Allison B. Taylor and Charlyanne M. Nester who were awarded the Anne E. Sell Scholarship for 2006. They were recognized at the Pennsylvania State Nurses Association Summit conference on Oct 7, 2006 in Harrisburg, Pa. Congratulations Cassandra, Charlyanne, and Allison. SNAP also was honored in April 2007 with the Organization Community Service Leadership Award and the Outstanding Student Organization of the Year Award given by Student Leadership and Involvement of Student Affairs.



Kathy Devlin-Kelly recognized at the WCU faculty recognition lunch for 25 years of service with Dean Barr.

Dr. Christine Thomas has continued to publish well received articles including “The Influence of Self-concept on Adherence to Recommended Health Regimes in Adults with Heart Failure” accepted for publication by the *Journal of Cardiovascular Nursing*. She has also received approval for her article, “Bulletin Boards as a Teaching Strategy for Older Audiences,” to be published in the *Journal of Gerontological Nursing*. Dr. Thomas

also spent time this summer presenting her research findings related to “The Influence of Self-concept Perceptions of Health Regimes on Adherence in Adults with Heart Failure,” to the 17th International Nursing Research Congress sponsored by Sigma Theta Tau International Honor Society in Montreal, Canada. If you would like more information on Dr. Thomas’s research interests, please contact her via e-mail at cthomas@wcupa.edu.



Patricia Nester, retired nursing faculty, and Christine Thomas at the annual nursing senior/faculty dinner.



Annual nursing senior/faculty dinner students (l-r) Susanna Linton and Katie Bard.

As the 2007 winner of the Claire M. Fagin Fellowship from the John A. Hartford Foundation for her work in geriatric nursing, West Chester University nursing professor **Cheryl Monturo** will receive \$60,000 a year for two years to support advanced research training and mentorship designed to assist doctorally prepared nurses committed to faculty careers in geriatric nursing. This is her second award from this foundation: in 2001, she received the foundation’s Predoctoral Scholarship.

Monturo’s proposal involves a secondary analysis of national veterans affairs data related to end-of-life and the treatments received. Her results may lead to a proposal for a subsequent intervention study.

Scholarships

For 2006 and 2007, Sports Medicine received 250 applications for the athletic training program and interviewed approximately 80 applicants, welcoming in each year 40 outstanding students.

2006 scholarship winners:

Doug Weiss Scholarship - Jenni Silber

Phil Donley Scholarship - Thomas Bertini

Pat Croce Scholarship - Matthew Pennucci

2007 scholarship winners:

Doug Weiss Scholarship - Stephanie Mitchell

Phil Donley Scholarship - Daniel Baer

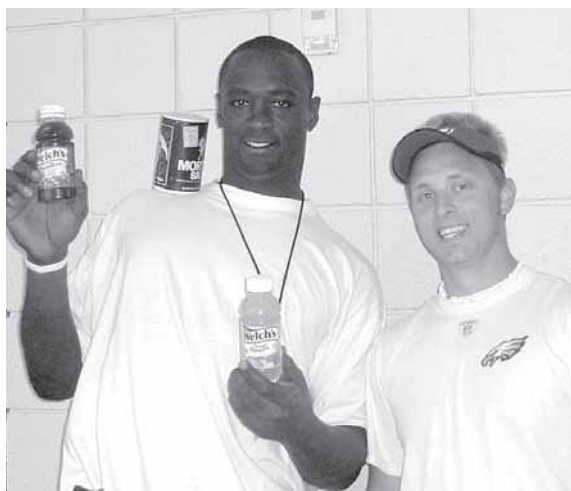
Pat Croce Scholarship - Elizabeth Ferraro

National Athletic Trainers Association Conference in Atlanta

Dean Donald Barr hosted an alumni party at Jack and Jill's in Atlanta in June 2006 that was well attended by WCU alumni and friends. Thanks to Dean Barr and Mary Kate Andris for attending the party and providing the treats! We hope to make this a new tradition.

Heat Institute

The HEAT Institute is dedicated to conducting independent research related to the evaluation, avoidance, and treatment of heat-related illness in athletes. CHS is committed to raising funds from sources not associated with a corporation that could benefit from this on-going research and would like to collaborate with individuals and private foundations seeking to support and promote independent and unbiased research on the more regulation and body fluid balance in athletes at risk for heat illness. **Sandra Fowkes Godek, Ph.D., ATC**, professor in the Department of Sports Medicine and director of the HEAT Institute, has completed extensive data collections with the Philadelphia Eagles professional football team and the Philadelphia Flyers professional hockey organization. The HEAT Institute is currently working with Troy Vincent, a former Philadelphia Eagles player and current president of the NFL Players Association to expand its research.



Jevon Kearse of the Philadelphia Eagles with Jason Kopeck, West Chester University graduate assistant.

WHAT IS HAPPENING AT ACEER?

ACEER Receives a Challenge Grant

ACEER is poised to receive the largest gift ever donated to the ACEER Foundation! The donation is a matching gift challenge of \$250,000 from the Windhover Foundation. ACEER must raise an additional \$250,000 to qualify for the challenge grant. The match requires that all donations come from new donors to ACEER. Donations of \$2,500 or more, up to a total amount of \$25,000, are eligible; the remaining \$225,000 is required to be from large donations of over \$25,000. Please help us raise the funds - individual, corporate, or other foundation gifts are acceptable. Contact Marguerite Gould at 610-738-0477 or mrgould@wcupa.edu for more information.

The National Geographic Society invites ACEER to Join EdNet

NGS will host ACEER on its Education Network, a new online service from its Education and Children's Programs Department. ACEER joined the vibrant online communities of EdNet in April. EdNet provides ACEER with great

Continues on page 10

WHAT IS HAPPENING AT ACEER?



Each year, during spring break, Dr. Roger Mustalish leads a group of students, faculty, and parents to the Amazon forest. Here the group is seen at the river bed.



A group of WCU faculty, students, and Spanish teachers from Pennsylvania traveled to Peru in July 2006, funded by a prestigious Fulbright-Hays Grant. This month-long trip, organized by the ACEER Foundation, included visits to schools in the rainforest, the Andes, and the cities of Iquitos and Lima. While speaking Spanish all day, every day, the group met with government officials, educators, conservationists, and best of all, hundreds of school children. The highlight of the trip was a visit to a remote Amazon school, where the children had never before seen a frisbee!



Dean Barr, treasurer of the ACEER Foundation, visits the site where the new canopy walkway will be built in the cloud forest of the Andes Mountains, Peru.



The second group of Fulbright teachers for 2007. Dean Barr met them in Lima at the historic Gran Hotel Bolivar.

visibility, fantastic education resources, discussion forums, news, and much more. In the Online Communities, ACEER members will be able to share ideas with a committed group of dedicated educators. Visit ACEER at Ed Net: www.ngsednet.org/ACEER/

Gift for the Manu Cloud Forest Observatory!

A major gift has been received from **Alcan**, one of the globe's leading suppliers of aluminum and packaging materials. Alcan, headquartered in Montreal, Canada, is contributing \$250,000 Canadian dollars to the canopy walkway project that will be completed by summer 2008 in the Andean Cloud Forest of Peru. Alcan chose to support this project because it highlights the innovative use of aluminum in a unique environment and because ACEER has a long history of working with local communities to provide environmental education in schools.

ACEER, in partnership with the Amazon Conservation Association (ACA), will construct an extensive system of aluminum towers on a magnificent site on the slopes of the Andes, close to the internationally known Manu Biosphere Park. The Manu Cloud Forest Observatory will be the world's largest aluminum canopy walkway, and the only one of its kind in a cloud forest. Other partners in the project are the National Geographic Society, West Chester University, and the Windhover Foundation.

WHAT IS HAPPENING AT ACEER?

2007-08 ACEER Workshops

November 2007

Birding Workshop

Small group customized for the Delaware Nature Society.

March 2008

Ecology of the Amazon Rainforest and Andes

A comprehensive field study of the ecology and culture of the lowland tropical rainforest and the highland sub-tropical cloud forest.

March 2008

Environmental Issues Across the Americas

Sponsored by Penn State University. An interdisciplinary course exploring the social, economic and environmental issues impacting one of the most biologically diverse regions of the world. Please contact Joe Bishop at 814-863-3530 or jab190@psu.edu for information.

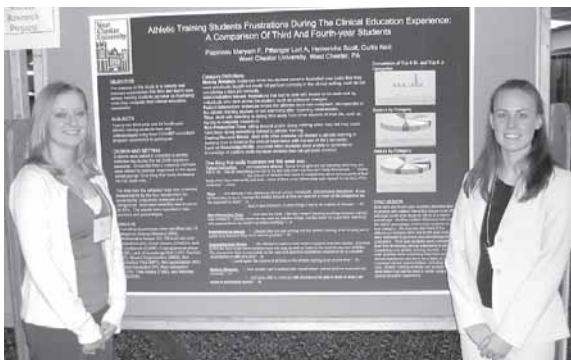
April 5 – 14, 2008

Orchids of Peru Workshop

Visit Peru with the ACEER Foundation! Explore the Cloud Forests of the Andes and see the Machu Picchu Citadel. Also visit Alfredo Manrique's Nurseries in Lima.

For full details and registration materials, contact Marguerite Gould at 610-738-0477 or mgould@wcupa.edu, or check the ACEER Web/site at www.aceer.org.

FACULTY UPDATE



*Sports Medicine student research project
(l-r) Maryann Papineau and Lori Pittenger.*

Faculty members **Neil Curtis** and **Scott Heinerichs**, along with senior athletic training students Maryann Papineau and Lori Pittenger, were awarded a faculty student research grant from the College of Health Sciences in 2006. This grant funded a qualitative research study investigating athletic training students' perceptions of frustration during the clinical education experience. The students presented a part of the results at the annual Pennsylvania Athletic Trainers Society (PATs) Conference in June 2006. The faculty members presented further results at the National Athletic Trainers Association's (NATA) Educators Conference in January 2007 in Houston, Texas. Results from this pilot study will be used to create an instrument so student frustrations can be studied within athletic training education programs across the country.

Carolyn Jimenez, department chairperson, along with **Luzita Vela**, **Scott Heinerichs**, and **Neil Curtis**, collected data on the effects of a class IV laser on the signs and symptoms of delayed onset muscle soreness (DOMS).

Luzita Vela received the College of Health Sciences Faculty Recognition Award for Teacher-Scholar Innovation for 2006.

Nicole Armstrong was accepted into Ph.D. program at Temple University and began her studies last fall. She also started a ride-along project requirement in the First Aid for Health Professionals course where each student is required to do an EMS ride along with Good Fellowship Ambulance for a minimum of four hours to see how First Aid and basic life saving techniques are used in real-life situations. This project also helped students to gain an appreciation for EMTs and paramedics, as well as the role of a first responder.

PRESENTATIONS

Five faculty members presented at the NATA conference in Atlanta June of 2006. **Scott Heinerichs's** presentation was entitled "Acute Lower Leg Pain in a Collegiate Football Player." **Carolyn Jimenez** presented a workshop entitled "Managing the Athlete with Type 1 Diabetes Mellitus." **Neil Curtis** presented a workshop entitled "Preparticipation Physical Exams: Issues and Evidence." **Jennifer Lafalce's** presentation was entitled "The Contribution of Anterior/Posterior and Medial/Lateral Center of Pressure to Equilibrium Score: A Report of Balance Assessment Measures." **Sandra Fowkes-Godek** presented regarding her research on "Fluid and Electrolyte Replacement: Who Needs What?"

Sandra Fowkes-Godek had her research with the Philadelphia Eagles published in the *Journal of Athletic Training*. Her article is entitled "Core Temperature and Sweat Rate Responses in Professional Football Linemen and Backs During Pre-Season Practices."

RETIRED FACULTY NOTES

Patricia Nester retired in August 2006 after 22 years in the Department of Nursing. She is continuing her work as a board member of the Chester County chapter of the National Alliance for the Mentally Ill and her Pennsylvania nursing state committee work. She is pursuing a long-time interest in art lessons, a trip abroad, and much quality time with her children and grandchildren.

Phil Donley Receives Honorary Degree from Shenandoah University



Phil Donley with Dr. John Davis, president of Shenandoah

On August 26, Rose Schmieg, P.T., Ph.D., A.T.C., director of both the physical therapy program and the athletic training program at Shenandoah University in Winchester, Va., and a 1985 graduate of the West Chester University athletic training program, presented former West Chester University faculty member Phil Donley with an honorary doctor of science. Six years ago, Phil Donley served as a consultant for the development of the athletic training education program at Shenandoah, and he continues to assist in its development. Phil's role and career as a teacher and leader among equals has been intertwined with that development.

As a participant in the process of developing professional standards for accreditation of education programs,

Phil's leadership has affected thousands of new professionals desiring the highest possible preparation and certification. As that process has advanced, he also has been a strong advocate for the development of women in the profession.

In recognition of his contributions to the emergence of athletic trainers as key contributors to the health and safety of millions of people involved in sports and personal fitness, and as a teacher of the next generations of professionals, Shenandoah University chose to honor Phil by investigation as a doctor of science, honoris causa. Congratulations Phil!



Phillies West Chester University connection with West Chester University athletic training alumni Scott Sheridan, '91, Brian Cammarota '91, Shawn Fcasni, '02, and Phil Donley.

1940's**Ruth A. Biesecker '41**

B.S. in education
Resides: Cashtown, Pa.
Retired teacher, Gettysburg Junior High School
Husband: Harry (Dec.). Children: Maryanna, Ellen
Jean, Darlene, Janice, H. Wayne

Ione L. Dorwart '45

B.S. in health and physical education
Resides: Lancaster, Pa.
Retired professor, Millersville University. Owned and
operated day camp for 35 years.
Husband: Noel. Children: Louise, Sally

Arthur E. Burrows '48

B.S. in education
Resides: Cape Canaveral, Fla.
Retired junior high school science teacher and science
department chairperson, Willingboro Memorial Junior
High School after 30 years. Master's degree, Rutgers
University. Coach12ab@cs.com

Thomas P. Cheesman '49

B.S. in music
Resides: Venice, Fla.
Retired elementary school teacher after 20 years of service
in Pennsylvania and Maryland, and also retired profes-
sional acrobat dancer. Served in U.S.A.F. intelligence dur-
ing WWII in Pacific area including eight months in Japan;
grade of lieutenant colonel. Master's degree, Lehigh Uni-
versity. Doctorate, Maryland University.
Wife: Evelyn
techees@juno.com

1950's**Joseph C. Springer '57, M '74**

B.S. in health and physical education
Resides: Schwenksville, Pa.
Retired teacher and coach, Souderton Area School Dis-
trict after 35 years.
Wife: Joan. Children: Steve, Dave, Joe, Roger (Dec.),
and Mark

Mary Lou Dinkelman '58

B.S. in health and physical education
Resides: Drexel Hill, Pa.
Retired teacher and coach, Upper Darby School District
after 37 years. Currently owns photography business in
Delaware County, Pa. Master's degree and doctorate,
Penn State University.
Husband: Fred. Children: Eric, Holly, Stephanie

1960's**Samuel Young, Jr. '62, M '68**

B.S. in education
Resides: Broomall, Pa.
Retired teacher from Tredyffrin/Easttown School Dis-
trict after 35 years. Taught four years elementary physi-
cal education, Oxford, Pa., and coached 20 years at Val-
ley Forge Junior High School. Coached football and
basketball at Conestoga High School.
Wife: Sherrie. Children: Jim, Greg, Colleen (WCU
graduate)
youngsher@aol.com

Anne Meckley '65

B.S. in health and physical education
Resides: Hemdon, Pa.
Retired comptroller from Meckley's Limestone Prod-
ucts, Inc.
Husband: Fred
fmeckley@ruralife.net

Rosemary Bianchini '69, M '73

B.S. in health and physical education
Resides: Bear, Del.
Retired health and physical education teacher:

1980's**Kathy Corpora '81**

B.S. in health and physical education
Resides: Whitehall, Pa.
Current position is health and physical education teach-
er, East Hills Middle School, Bethlehem, Pa., and coach
at Notre Dame High School, Easton, Pa. Master's de-
gree + 30 instructional technology Specialist, DeSales
University.
Husband: Jim
kcorp@erols.com

1990's**Richard A. Cawthorn '94**

B.S. in health and physical education
Resides: Ocean City, Md.
Current position is special education teacher, Indian
River School District, and sergeant for Ocean City
Maryland Beach Patrol. Master's degree in special edu-
cation. surfprac@comcast.net

ALUMNINOTES

Nicole Siler-Pastman '98

B.S. in kinesiology
Resides: Philadelphia, Pa.
Current position is special education teacher, Easter Seals. Master's degree for visually impaired and pursuing master's degree for special education.
Husband: Scott. Child: Brianna
nscscs@comcast.net

Jennifer Striggle Young '99

B.S. in athletic training
Resides: Lancaster, Pa.
Current position is stay-at-home mom. Master's degree, Temple University '01.
Husband: Steven. Child: Ellie
jen@webxtreme.com

2000's

Kelli Mauger '01

B.S. in nursing
Resides: Blandon, Pa.
Current position is staff nurse, labor and delivery, the Reading Hospital and Medical Center.
Husband: Chad. Child: Haylie Nicole
Babynurse707@netzero.net

Kelly D. McGrady '04

B.S. in public health
Resides: Wilmington, Del.
Current position is activities manager, The Mary Campbell Center.
Kdmgrady1@yahoo.com

Kelly Menago '04

B.S. in nursing
Resides: Trappe, Pa.
Current position operating room nurse, Phoenixville Hospital.
Husband: Steve
kelibra@hotmail.com

Danielle Cantando '05

B.S. in nutrition and dietetics
Resides: Prospect Park, Pa.
Current position is clinical dietitian, Healthcare Services Group. Completed University of Delaware dietetic internship program '06.
Fiancee: Ryan
Dani_cantando@yahoo.com



ThePulse is published twice a year
Robert E. Kerper, Jr. '50, Mary Kate Andris and
Debbie Murray, editors
<http://health-sciences.wcupa.edu/ThePulse/pulse.htm>

Contact us at the College of Health Sciences

Office of the Dean	610-436-2825
Communicative Disorders	610-436-3401
Health	610-436-2931
Kinesiology	610-436-2610
Nursing	610-436-2219
Sports Medicine	610-436-2119

College of Health Sciences Alumni Update Form

West Chester University of Pennsylvania

Please Type or Print

Today's date _____

Graduation date _____

Degree _____

Name at graduation _____

Current name _____

Birth date _____

Street address _____

City _____ State _____ Zip code _____

New address? Yes

Telephone number () _____

Email _____

May we print your e-mail address in future issues of alumni notes? Yes no

Employer and position/title _____

Additional degrees _____

Spouse's name (WCU grad?) _____

Children's names (WCU students/grad?) _____

What topics would you like to know more about in future issues of *The Pulse*? _____

News about yourself or other updates for *The Pulse* readers. _____



College of Health Sciences
Sturzebecker Health Sciences Center
West Chester University
West Chester, PA 19383-2550

Non-Profit Organization
U.S. Postage Paid
West Chester, PA 19383
Permit No. 309

2007 STURZEBECKER HALL OF FAME INDUCTEES October 6, 2007



Lloyd W. Black, Jr.

- Teacher, coach, and Navy aviator
- Wrestled in national Intercollegiate Championships
- Served in U.S. Navy in World War II and Korean War



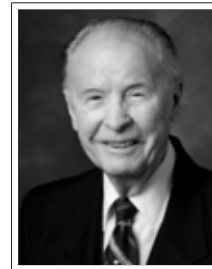
N. Ruth Reed

- Teacher, coach, and author
- East Stroudsburg University Hall of Fame member
- Professor Emeritus, WCU



Carole Rubley, M.S. '88

- Member of the Pa. House of Representatives
- Past legislative fellow, WCU
- Elected Pa. Official of the Year for 2005



Vincent Suppan, B.S. '47

- Teacher, musician, and conductor
- Conductor of Cataqua Band since 1947
- Served in U.S. Army in European Theatre and Korean War

For information regarding the inductee luncheon, please call Debbie Murray in the Dean's Office of the College of Health Sciences, West Chester University at 610-738-0411