



THE PULSE

The College of Health Sciences

Spring 2010

Integrative Health Conference with Olivia Newton-John

To say that the 11th Integrative Health Conference was a great success would be to understate the exhilaration of the weekend. From Friday night’s keynote address through to Saturday’s benefit concert, Olivia Newton-John created waves of excitement throughout the weekend with grace, good humor and charm that we soon learned was characteristic of this internationally known recording artist and goodwill ambassador.

Unable to attend the conference due to unforeseen conflicts, state secretary of health Everett James provided a video introduction to the conference and Janice Kopelman, deputy secretary of health, kicked things off with a well-received presentation on state health education and prevention programs that set the stage for what was to follow. Olivia (for we could scarcely bring ourselves to call her Ms. Newton-John) gave a moving description of her personal experience with breast cancer, from diagnosis to “thrivor,” a term she explained she much preferred to “survivor.” An attentive crowd in Emilie K. Asplundh Concert Hall afterward peppered her with questions that she answered with an ease that belied her protestations of being unaccustomed to public speaking.



Both the professional and community tracks on Saturday on integrative strategies for breast cancer treatment were well attended and well received by all accounts. Olivia was a much-anticipated part of the proceedings again, this time sharing the microphone with her husband, John Easterling, founder of the Amazon Herb Company. Sharing platform time in the two tracks included Dr. Timothy C. Birdsall, Mark Blumenthal, Dr. Beth

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120 Years of Physical Education

One hundred and twenty years ago, West Chester Normal School started a grand experiment in physical education. On April 10, students, faculty, staff, retired alumni and faculty came together to mark the results of that experiment at a commemorative celebration at Penn Oaks Country Club.

The 120 Years of Physical Education Gala was a festive occasion with close to 100 attendees enjoying a fun-filled evening of dinner and dancing. The evening’s entertainment spanned history with demonstrations of skills taught in the past and present, including Indian club swinging, skip rope, goal ball, dance performance, and swing dance. The evening included a donation by Bob Bell ‘51 of two pairs of antique Indian clubs and two unique books, *Club Swinging for Physical Exercise and Recreation*, published in 1908, and *Special Kinesiology for Educational Gymnastics*,



Students Mike Nguyen and Alisa Silverman perform.

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Message from the Dean



I extend my warmest greetings to all the alumni and friends of the College of Health Sciences at West Chester University. As is always the case, there is a lot to report about the College of Health Sciences in this issue of *The Pulse*. Of particular note are the following.

- We had another very successful Integrative Health Conference this year – *Olivia: Voices for Healing...Our Planet...Ourselves*.

In addition to having a very timely topic - integrative approaches to the prevention and care of breast cancer - we had wonderful participation and contribution from regional health care professionals and from Olivia Newton-John. With the help of a very active honorary committee, the two day event raised a significant amount of money to support the missions of the ACEER, the College, and the first integrative cancer treatment and wellness center in Australia.

- The College also celebrated 120 Years of Physical Education at a Gala event held on April 10th. The event was attended by many of our current students, faculty, retired faculty, and alums of all ages. It was a great event enjoyed by all. The “entertainment” portion of the event showcased physical education activities past, present, and future. Attendees saw demonstrations of Indian Club routines (Rick Stevenson '71, Bob Bell '51, Dick Yoder '59, me), rope skipping (by Dale Bonsall '61), dance (past and present), and Goal Ball.
- With the help of Robert E. Kerper Jr. '50, we've started a new section of *The Pulse* – “Notes from Dr.



Sheri Melton, Ph.D., professor of exercise physiology in the department of kinesiology (right), visiting The Golden Temple, Amritsar, Punjab, India, as a Fulbright-Nehru Scholar, 2009.

Sturzebecker” that we hope you find interesting. The WCU College of Health Sciences has such a rich history. We thought we would celebrate it and remind you of that history in this section. The material comes from Dr. Sturzebecker’s publications.

- Our next big event will be the 40 years of athletic training celebration and reception to be held on June 21st of this year at the Sturzebecker Health Sciences Center. Please plan on coming, especially if you are attending the NATA convention in Philadelphia.
- In addition, there are updates from our departments, and our faculty, and more.

We think that electronic distribution of *The Pulse* is effective, however, please let us know if you would still like to have a hard copy.

Your generous contributions to the College, its programs, and scholarships are greatly appreciated. Thank you. We are now down to only 30% of our funding coming from the Commonwealth so your contributions continue to be very much needed and appreciated.

Please continue to contact us if you have ideas for future editions of *The Pulse*, and continue to stay in touch with us!

Warmest regards,
Donald E. Barr, Ph.D.
Dean



Santa's Elf (Dean Barr) enjoyed the annual Jingle Bell Run.

Calendar of Events

- This June marks the **40th anniversary of the undergraduate athletic training education program** at West Chester University. West Chester University was one of the first six accredited athletic training education programs throughout the country back in the 1970s. Today there are over 300 accredited programs. An alumni gathering will be held on June 21, 2010, in the Sturzebecker Health Sciences Center to celebrate this milestone. The informal gathering will allow alumni the chance to re-connect with faculty and students as well as listen to the notable accomplishments of current and former members of the athletic training education program. Make your reservations at: <http://tinyurl.com/AT40WCU>. Please RSVP by June 14.

College News

27th Annual Mary Kline Professional Day will take place October 14 in Sykes Student Union from 9 a.m. – noon, followed by a luncheon for alumni, faculty, and graduate students. For information, check out the web site at: www.wcupa.edu/maryklineday or call **Cheryl Monturo** at 610-436-2693.

Fourth Annual College of Health Sciences Career Fair will take place October 14 in the Russell L. Sturzebecker Health Sciences Center gymnasiums from 1-3 p.m. Vendors will include hospitals, assisted living centers, nursing homes, physical therapy centers, fitness facilities, rehabilitation centers, YMCAs, retirement communities, and geriatric centers will be available to talk to students in the areas of communicative disorders,

exercise science, nursing, public health, and public promotion. Please register to attend at: www.wcupa.edu/healthsciencescareerfair. For information call Deb Murray 610-738-0411.

Communicative Disorders

WCU Speech and Hearing Clinic – The West Chester University Speech and Hearing Clinic is currently accepting day and evening appointments. The clinic offers therapy and diagnostic services (including hearing testing) for children and adults with speech, language, and/or hearing disorders. Fees for speech-language and hearing evaluation and intervention services are waived for all WCU students, active and retired faculty and staff members, and Pennsylvania residents who are 70 years old or older. Fees are reduced by 50 percent for immediate family members of active and retired faculty and staff members as well as WCU alumni. Please call Brandes Winters for an appointment at 610-436-3402. Those interested may also contact the clinic director, **Dr. Jennifer Means** '86, at 610-436-3447 for additional information or visit the web site at: health-sciences.wcupa.edu/commdisorder/clinic.asp.

Sturzebecker Hall of Fame 2010

On October 23rd four alumni of West Chester University will be inducted into the Sturzebecker Hall of Fame of West Chester University. They are: **Richard P. Borkowski** '59. He is a sport and recreation consultant in Narberth, PA. He served as the director of physical education at the Episcopal Academy in Merion, PA for 33 years.

D. Marian Franck '58. She is a project coordinator with NASPE/STARS project and is an independent consultant in physical education curriculum and assessment. **David Holveck** '68. He is President and CEO of Endo Pharmaceuticals. Dave was WCU commencement speaker in 2000 and received an honorary degree the same day. **Jan S. Tecklin** '69. He was the chairman, Beaver College department of physical therapy, and professor, Arcadia University department of physical therapy from 1998 to present. Tickets for the Hall of Fame Induction luncheon at the West Chester Country Club on October 23rd at 12:30 are available online at: www.wcupa.edu/sturzebeckerhalloffame or call Deb Murray at 610-738-0411.

Health

• Mindfulness in the News

A recent study published in the Journal of the American Medical Association (Krasner et al, 2009) and featured in the New York Times Science section described the benefits of training primary care physicians in mindfulness. The results showed that this training significantly improved health practitioners' mood, their capacity to show empathy for patients, and reduced their level of burnout. Improvements in attitudes toward patients and overall gains in well-being were sustained after the training period. Far from being just a way to "zone out in the present moment," other recent studies have demonstrated that mindfulness can help sharpen clinical skills and improve executive functions such as attention, concentration, and planning. More information on the JAMA study can be found at <http://jama.amaassn.org/cgi/content/short/302/12/1284>.

For more information about mindfulness and mindfulness programs offered through the Stress Reduction Center, please check the web site at: www.wcupa.edu/stressreduction.

• New Graduate Health Program: Nutrition Curriculum

We have a new nutrition curriculum within the Department of Health's Master of Public Health (M.P.H.). This program is designed for registered dietitians, individuals with an undergraduate degree in nutrition, and advanced degree in a health-related field or undergraduate degrees with course work approved by the M.P.H. advisor. The M.P.H. program at WCU is accredited by the Council on Education for Public Health. The nutrition curriculum consists of a total of 45 credits, 24 of which are M.P.H. core courses including a capstone Applied Learning Experience (ALE) in a community setting, and 221 credits that are dedicated to nutrition classes.

Please contact **Mary Beth Gilbo**y for more information at: mgilbo@wcupa.edu or learn more about the M.P.H. program at: <http://health-sciences.wcupa.edu/health/mph.asp>

Health continued

• Caln Elementary Students Visit the Campus

Christina Brenner '90 (Student Affairs) and **Dr. Jim Brenner '89**, faculty in the department of health, organized a visit to WCU's campus for 99 5th grade students from Caln Elementary School from the Coatesville School District on March 22. The goal of the trip was to expose these young students to a local university, many of whom may think a college education is not within their reach. With funding from the Chester County Fund for Teacher Support and student support from WCU's Student Outreach to Urban Schools (SOUS), the students were greeted in the morning and then attended two college courses taught by Drs. Rich Busch and Karen Vanlandingham, both faculty in the Department of Geology & Astronomy, Larysa Naldony, from Foundational Studies in Education, and Dr. Brenner. The students went on a campus tour, viewed a dorm room, and had lunch in the Lawrence Center cafeteria. They finished the day with basketball drills and inspirational messages from the WCU men's and women's basketball coaches and players. The hope is this memorable trip planted the seeds for these students to aspire to attain a college education for themselves.

Kinesiology



USA Weightlifting Sports Performance Workshop was held in November with attendees including weightlifters from as far away as Mississippi and South Dakota. This is an annual weekend event that grows every year. This year we had 36 weightlifters and 7 coaches.



Chris DiSanto '00 (right), assistant strength and conditioning coach for the Oakland Raiders, with his intern Todd Barnes '05.

John Helion, faculty in the department of kinesiology, again took a group of students and faculty to New Orleans to perform relief work for Hurricane Katrina. Dr. Helion has been leading this effort for the past four years and wants to thank Dr. Kevin Dean and Dr. Donald E. Barr for their support of this effort.



Camp Abilities

Shining Stars Adapted Dance Camp

For the third year, the Samantha Zajac Memorial Fund sponsored an adapted dance program for girls and boys with physical challenges to experience, enjoy, and benefit from dance. The camp was hosted by Diane Matthews School of Dance in West Chester in August. There were nine dancers, three instructors, and 12 volunteers who worked with the children to adapt dance movements to maximize the individual abilities of each dancer.



Nursing

Nursing has Highest Score Among PASSHE Schools

The department of nursing is pleased to report their NCLEX pass rate is 93.22%, which is the highest score among the PASSHE schools offering the B.S.N., with IUP at 92.16%. WCU also ranks in the top ten of all B.S.N. programs in Pennsylvania.

26th Annual Mary Kline Professional Day took place October 15 in Sykes Student Union Building. The Mary Kline Day keynote speaker was Cynthia Wagner '96, R.N., M.S.N., a graduate of the WCU nursing program who is a palliative care and pain management consultant at Paoli Hospital and 45 alumni attended. For information regarding next year's event, contact **Cheryl Monturo** at 610-436-2693 or e-mail her at cmonturo@wcupa.edu.

Simulation Comes to Nursing

Staying current with the latest technology can be a challenge for nurses. However, the latest technology, in the form of simulators, can be a powerful learning tool that can help to ensure that nursing students are well prepared for nursing practice.

Simulation is becoming a key element in nursing programs everywhere and our nursing department is no exception! A group of faculty representing the nursing, sports medicine and kinesiology departments submitted a technology proposal to fund the purchase of Laerdal's Sim-Man for use in the clinical education components of each program. The department of nursing was also able to purchase Sim Baby as a result of a grant from The McLean Contributionship.

Since the arrival of the "Sims," several nursing faculty have worked to create clinical simulation scenarios. A new control room area is currently being equipped with the audio-visual technology, allowing the student simulation experience to be audio/video taped and then reviewed by the student and faculty for debriefing after completing the scenario.

Students have the opportunity to practice and learn how to set priorities, delegate multiple tasks among a team of students assigned various roles, assess patient needs and organize care. The simulation experience can improve the safety of patients in learning situations by allowing students to learn from their mistakes well before taking care of a patient in the clinical setting.



Sports Medicine



Special Olympics Fall Festival

WCU athletic training students, faculty members **Scott Heinerichs '99**, **Alison Gardiner-Shires**, and graduate assistant athletic trainer Noelle Schieler volunteered to serve as medical staff at the annual Special Olympics Fall Festival held at Villanova University in November. The fall festival is the largest Special Olympics event in the country and is completely student run. This unique opportunity allowed the students to interact with athletes of all ages and abilities and ensure they were safe to continue in their respective activities.



Notes from Dr. Sturzebecker

- Following the establishment of the West Chester Normal School in 1869 there was no organized form of training in physical education. Students were required to spend an hour in the open air each day and a check was made by the Hall Teachers to insure compliance with this rule. Athletic activities such as baseball were conducted informally on a field where the present library stands.
- The year 1961 was marked by the appearance of five Olympic gymnastic teams visiting West Chester for an impressive demonstration of athletic prowess. In January, the Health and Physical Education Department (HPE) hosted an exhibition at Hollinger Field House, featuring the U.S. Women's Olympic Gymnastics team vs. the Soviet Women's Olympic Gymnastics team, as well as a performance by the Soviet Men's Olympic Gymnastics team. The Soviet women won in a close match over the U.S. women, prevailing by less than four points. The two-day visit attracted more 5,900 people to campus, with more than 2,000 turned away. A few months later, in May, the HPE department hosted an exhibition by the Japanese Men's and Women's Olympic Gymnastics teams and the West Chester Women's Gymnastics squad, an event that was attended by 2,500 spectators. Both exhibitions raised money to help send the U.S. Gymnastics teams to the 1962 world championships in Prague.

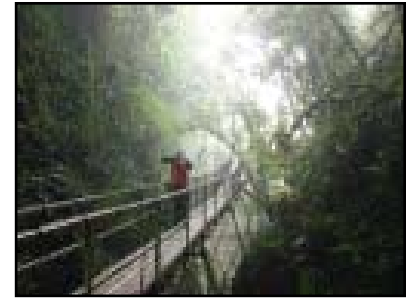


1958 HPE faculty pause for a department photo. First row, from left: Earle Waters, Dot Yanisch, Barbara Coates, Jean Landis, Dr. Russ Sturzebecker. Second row, from left: Ed Twardowski, Muriel Leach, Eleanor Pepper, Mel Lorback, Emil Messikomer. Third row, from left: Ruth Reed, Anne Schaub, Al Davis. Fourth row, from left: Jack Owens, Bob Mitten, Ed Cottrell, Norman Cochran

- The HPE department celebrated its 75th anniversary in 1966 with a three-day student exhibition from March 31-April 2. Records show that Dr. Clyde Ehinger was hired to head the original department of physical training in February 1890, but the department chose to mark its Diamond Anniversary in 1966 to commemorate the first full year of operation by the department in 1890-1891. And besides, it happens to fall on the year of the originally scheduled quadrennial show, which makes 1966 a doubly satisfactory year for the celebration.

Manu Cloud Forest Canopy Walkway Completed!

The Manu Cloud Forest Walkway is now complete! After five years of planning and five months of construction, the canopy walkway is now open to be used by researchers, educational groups, tourists, and local school children. The walkway is located in Wayquecha, Peru along the steep slopes of the Andes Mountains. It is the first one of its kind in the highland Amazon cloud forest. This very special walkway has a unique, state-of-the-art non-tree attached technology. What makes this walkway even more unique are the classrooms and laboratories that will be located in the towers along the walkway. The towers are within the cloud forest canopy which makes them ideal for learning and observing the rainforest that surrounds it. The addition of these classrooms and laboratories will greatly increase the educational resources available in the area.



Our partners in this project were Alcan, the Amazon Conservation Association (ACA), the National Geographic Society, West Chester University of Pennsylvania, and the Windhover Foundation.

ACEER 2010 Workshops

Aquatic Ecology Workshop

May 25 – June 4

Water, People, and Climate Change: future of the Amazon Rainforest

Sponsored by Stroud Water Research Center in association with the ACEER Foundation and West Chester University (with optional extension to Cusco and Machu Picchu June 3 – 7)

Contact: Mary Ann Robinson, mrobinson@wcupa.edu

King's College Workshop

May 25 – June 10

Biology Workshop to the Rainforest and Cloud Forest of Peru

Contact: Dr. Garrett Barr, garrettbarr@kings.edu

College of Charleston Workshop

June 3 – June 23

Introduction to Tropical Ecology: natural and Human Ecology of Amazonia

Contact: Dr. Phil Dustan, dustanp@cofc.edu

Girl Scout Senior 243 Troop

June 21 – 23

Senior Girl Scouts and their leaders explore the cloud forest at Wayquecha and visit the newly completed canopy walkway in the Andes!

Contact: Mary Ann Robinson, mrobinson@wcupa.edu

WCU Summer Workshop to Peru

July

Field studies in Peru: Geology and Environmental Studies of the Amazon Rainforest, the Andes, Lake Titicaca and Arequipa

Contact: Mary Ann Robinson, mrobinson@wcupa.edu

Conference continued from page 1

Baughman DuPree, Carolyn Lammersfeld, Caroline Peterson, and Dr. Randall A. Oyer.

Saturday's fund-raising dinner was buzzing with the anticipation of the benefit concert to come. Any disappointment that Olivia did not perform her well-known hits was quickly erased under the spell she wove with her captivating performance of her most recent album *Grace and Gratitude*, and CD sales in the lobby afterward were brisk.

Feedback for the weekend continues to come in, and has been overwhelmingly positive. Tallies from the weekend are still being finalized, but proceeds are expected to exceed \$260,000, which will benefit the ACEER, the Integrative Health Program of the College of Health Sciences, and the Olivia Newton-John Cancer and Wellness Centre Appeal.



From left, John Easterling, Olivia Newton John, Don Barr, Greg and Sandra Weisenstein, in the Philips Autograph Library, where President Weisenstein and Dean Barr hosted a dinner for the Integrative Health Conference speakers on March 25.

120 Years continued from page 1

published in 1901. Dean Don Barr accepted the donations from Mr. Bell and declared that they will ultimately form part of a new display in the building.

Special thanks were offered to the event's planning committee, which included **Dr. Stanley Cramer '84**, **Professor Richard Stevenson '71**, retired faculty member **Barbara Lappano '67** and event historian **Robert E. Kerper Jr. '50**. Emcee for the evening was **Dr. Frank F. Fry '72**, chair of the department of kinesiology, which is the home of today's physical education teacher certification major, and the successor of the original physical training department, which later became the department of physical education, then the School of Health and Physical Education, and finally the College of Health Sciences. While CHS now has five departments and 20 majors, physical education still remains one of the largest majors at the university, usually ranking third, fourth or fifth among all degrees granted each year. Of the more than 11,000 alumni of the College, nearly half are physical education majors.

Physical education has played a central role in the history of WCU since its beginning as a normal school in 1871 (the use of the word "normal" derives from the French *École Normale*, a model school for teacher training) with Ann Morris, wife of principal Dr. George Morris Philips, leading classes in physical training.

But the formal beginning of physical education at WCU traces back to July 15, 1889, when Dr. Philips announced his commissioning the construction of a gymnasium to be built of green serpentine stone on "The Quad." At the same time, Dr. Philips announced the creation of the department of physical training and introduced its new directors, Dr. and Mrs. Clyde E. Ehinger, who led the program for the next 30 years and contributed to its national recognition as a leader in the field of physical training.

The Ehingers were honored with the naming of a new gymnasium in 1930. No one was as influential as the Ehingers in West Chester physical education until Dr. Russell L. Sturzebecker took the reins in 1950, and led the program to new heights. Hollinger Field House was constructed in 1953 as an addition to Ehinger Gym. Sturzebecker's influence is commemorated today by the building that bears his name on South Campus, built in 1970, and to which the department of health and physical education relocated in 1971.

An even more significant development in the program came in 1982-83 when the legislature created the State System of Higher Education and West Chester State College became West Chester University. WCU now began to offer degrees other than those leading to teacher certifications. The department of physical education would add a fitness specialist degree, outdoor adventure programs, an M.S. in exercise and sport physiology, and an M.S.A. in athletic administration. In the mid 1980's, the department would spin off health and athletic training as separate departments, and all three departments would transition into the School of Health and Physical Education and then into the School of Health Sciences, which grew to encompass the department of nursing and the department of communicative disorders. In the 1990's, the faculty of the department of physical education voted to change its name to the department of kinesiology. This action was taken in reflection of offering degrees both in teacher certification and exercise science, as well as changes in the university and department mission, and national trends.

The health sciences building was renamed as the Russell L. Sturzebecker Health Sciences Center in 1993. This building has five full-size, multipurpose gymnasiums, classrooms, a fully equipped gymnastic area, fitness center, dance studio, human performance laboratory, athletic training room, isokinetic dynamometers, proprioceptive apparatus, climbing wall, and an aquatics center with two pools and a diving well. Outdoor facilities include multipurpose playing fields, tennis courts, softball and baseball fields, quarter-mile track, and three recreational outdoor pursuits education (ROPE) courses. The Health Sciences Center now houses four of the College's five departments, along with the HEAT Institute, the Stress Reduction Center, and the Amazon Center for Environmental Education and Research.

Dr. D. Allan Waterfield was the founding dean of the School of Health Sciences, and was succeeded by Dr. Douglas McConatha, Dr. Roger W. Mustalish, and Professor John L. Eberhart, all of whom served as interim deans for varying lengths of time. Dr. Donald E. Barr was appointed dean of the school in 1997. He was dean when the School became a College in 2004 and continues as dean today.

Look for a celebration of 125 Years of Physical Education at West Chester in five years' time. It's sure to be bigger and even better!

Faculty Updates

Debra Bill, associate professor of health, was given the Award for Excellence in University Teaching at the PSAPHERD Annual Convention in November.

Trish Broderick, professor of health, was appointed to the Education Leadership Council of the Garrison Institute. The Garrison Institute is a non-profit organization whose mission is to explore the intersection of engaged action and contemplative practices in education, the environment and in other areas of pressing social concerns.

Sandra Fowkes Godek, professor of sports medicine, appeared in *The Chronicle of Higher Education*, February 5, 2010 edition, announcing her nationally recognized independent research on heat illness at the Heat Illness Evaluation, Avoidance and Treatment (HEAT) Institute. Many of her subjects are professional athletes (Philadelphia Eagles, Flyers, Pittsburgh Steelers, Orlando Magic) who routinely practice and play in environmentally stressful conditions.

Lynne Hamelton, instructor of health, was given the Professional Honor Award for meritorious and unselfish work by those who have demonstrated distinguished service and scholarship in the allied fields at the PSAPHERD Annual Convention in November.

Jan Lacey, professor of health, is currently chair of the Vegetarian Nutrition Dietetic Practice Group of the American Dietetic Association (ADA) and attended the

National ADA meeting in Colorado in October. At that meeting, Jan organized the Vegetarian Approaches to Type 2 Diabetes session with speakers Neal Barnard, M.D. and Debbie Lucas, M.S., R.D., C.D.E. and she also initiated and raised sponsorship for a joint networking event with the dietitians in integrative and functional medicine practice group.

Edward Mackey '05 M.S.N., assistant professor of nursing, was awarded Diplomate status in the American Psychotherapy Association (APA). This status is reserved for individuals who are able to meet the stringent requirements of the APA in the areas of knowledge, skill, education, training, and experience in the therapeutic process.

Roger Mustalish, chair of department and professor of health, appeared in *The Chronicle of Higher Education*, February 5, 2010 edition, announcing his work within a region scientists believe is the most biologically diverse on Earth, as president of the Amazon Center for Environmental Education and Research (ACEER) in Peru, a world-class teaching and research organization in collaboration with National Geographic.

Gopal Sankaran, professor of health, was awarded the WCU Faculty Merit Award at graduation December, 2009. This award acknowledges his outstanding service for the University with his significant and sustained contributions to the life of the campus community.

Faculty Presentations and Publications

Jim Brenner '89, associate professor of health and **Stacie Metz**, assistant professor of health, along with Christina J. Brenner, published (2009) "Campus Involvement, Campus Connection, and Alcohol Use in College Athletics" in the *Journal of Drug Education*, 39(3): 303-320.

Jim Brenner '89, associate professor of health, presented "Strategies for Alcohol, Tobacco, and Other Drug Prevention," at the 87th Annual Pennsylvania State Association for Health, Physical Education, Recreation and Dance State Convention, Valley Forge, November, 2009.

Lynne Hamelton, instructor of health, and **Jim Brenner '89**, associate professor of health, had their Partners in Prevention (PIP) Program adopted by the Illinois State University and Bloomington Normal Community Campus Committee (includes three additional colleges). Additionally, they have completed their PIP training video to be used during regular PIP trainings.

Stacie Metz, assistant professor of health, was identified as one of the best reviewers (top 13) for Quality of Life Research in 2008. She published the following in 2009: with student Raval, M. "Predictors of Health Education and Nonmedication Treatment in Adult Outpatients With Diagnosed Cardiac Conditions," *Preventive Cardiology*, 2009"; with student, DeRigne, L., Porterfield, S. "The Influence of Health Insurance on Parent Reported Unmet Mental Health Needs of Children," *Maternal and Child Health Journal* 2009; and with Broderick, P., professor of health, "Learning to BREATHE: A Pilot Trial of a Mindfulness Curriculum for Adolescents," *Advances in School Mental Health Promotion* 2009.

Faculty Presentations and Publications continued

Gopal Sankaran, professor of health, attended the 137th annual meeting of the American Public Health Association in Philadelphia November and was involved in the following: presented “Women and Water Resource Management: Addressing Gender Inequity to Realize Millennium Development Goals” and “Commoditization and Commercialization of Water: Is it the New Oil?”; organized and chaired the business meeting of the Global Health Connections Committee of the International Health Section along with participating in all of the meetings of the Governing Council as an elected Governing Councilor representing the International Health Section; and staffed the first ever welcome booth for the international attendees of the conference. Dr. Sankaran’s scholarly work can be found at: health-sciences.wcupa.edu/health/mph.asp.

Maura Sheehan, professor of health, was on sabbatical last semester and her research with Thomas M. Peters, Lorenzo Cena, Patrick O’Shaughnessy, and Robert A. Gussman, “Generation of Nanoparticles with a Nebulizer-cyclone System” appeared in the November issue of the *Aerosol Science and Technology*.

Susan Stabler-Haas, assistant professor of nursing, will publish “Making Connections: Integration of Psychiatric and Medical-Surgical Nursing and Relationship-Based Care” in *Creative Nursing*.

David Stearne, assistant professor of kinesiology, presented at the 2009 National Athletic Trainers Association Annual Meeting and Clinical Symposia: “Relationship of Foot Type and Fatigue to Hip Neuromuscular Control and Lower Extremity Kinetics” in collaboration with Naoya Sato, Michael Sitler, and Ryan Tierney.

Brent Thompson, associate professor of nursing, spoke at the 4th Annual National League for Nursing Technology conference in Baltimore, Maryland. He gave three presentations: the use of handheld computers in clinical education, podcasting, and the use of classroom response systems.

Karin Volkwein, professor of kinesiology, and Jasmin Tahmaseb McConatha, professor of psychology, co-wrote *Cultural Contours of the Body: Aging and Fitness*. For information, or to request a review for course adoption consideration, visit www.kendallhunt.com/culturalcontours.

Student and Graduate Awards

Y. Acheampong, graduate student in the MPH Program, and **Stacie Metz**, assistant professor of health, presented a poster, “To Vaccinate or Not to Vaccinate: Attitudes of Chester County Residents Toward Vaccination,” at the PASSHE Graduate Student Research Symposium, Harrisburg, PA and the 2009 Annual Meeting of the Society for Public Health Education’s (SOPHE).

Ken Clark, graduate student in the department of kinesiology, received the 2009 MARC Graduate Student Investigator Award at the 32nd MARC-ACSM Annual Conference in November. Additionally, his master’s thesis, “The Longitudinal Effects of Resisted Sprint Training Using Weighted Sleds vs. Weighted Vests,” will be published in the *Journal of Strength and Conditioning Research*. He collaborated with **David J. Stearne** (assistant professor of kinesiology), Cory T. Walts, and Anthony D. Miller.

Bonnie McIntosh, graduate student in the M.P.H. Program, and **Stacie Metz**, assistant professor of health, presented a poster, “Sexual Health Attitudes Amongst University Students,” at the WCU Research Day, PASSHE Graduate Student Research Symposium and the 2009 Annual Meeting of the Society for Public Health Education (SOPHE).

Jeffrey Moyer ’93, graduate of the department of kinesiology (physical education specialist), received the Heart Award at the PSAPHERD Convention in Valley Forge.

R. Sierk, graduate student in the M.P.H. Program, and **Stacie Metz**, assistant professor of health, presented a poster, “Fruits and Veggies Matter: The New Recommendations and the Senior Population” at WCU Research Day.

A. Sipple, graduate student in the M.P.H. Program, and **Stacie Metz**, assistant professor of health, presented a poster, “Seasonal Influenza Vaccinations and the Impending Threat of Pandemic Flu” at WCU Research Day.

Mykal P. Zangwill, undergraduate student of the department of kinesiology, was awarded the 2009 PSAHPERD Outstanding Future Professional at the EDA Convention in Rye, New York.

Johnny Zitarelli, undergraduate student of the department of kinesiology (exercise science), was chosen to participate in the 2009-10 Leadership Challenge.

Alumni Notes

1950

Donald H. Herr '57

B.S. Health Education
Resides: Tigard, OR
Master's in education, minor in guidance. Retired athletic director and math teacher. Substitute teacher and freshman football coach, Tualatin High School. Second career as commercial and residential building contractor.
Wife: Martha Mosemann Herr. Children: Rev. Dr. R. Scott Herr and Dr. R. Douglas Herr
donherr@comcast.net

Eli W. McLaughlin, Jr. '57, M. '62 (deceased)

B.S. Health and Physical Education
Played football at WCU. Taught health and physical education and coached men's swimming at Bloomsburg University for 25 years.

Christian W. Zauner '56

B.S. Health and Physical Education; M.S., Syracuse University; Ph.D., Southern Illinois University
Resides: Portland, OR
Retired as Dean, College of Health and Human Performance, East Carolina University, Greenville, North Carolina. Moved to Oregon to be closer to their children. Son, Ward, is full commander in the United States Navy.
Wife: Betty. Children: Beth, Ward, Joe
czauner@comcast.net

William R. Magill '52

B.S. Health and Physical Education; M.Ed '60 and D.Ed. '76 from Penn State University
Resides: West Chester, PA
Retired professor of Educational Administration at Cheyney University. Active with Fellowship of Christian Athletes and Gideons International.
Wife: Phyllis. Children: Brian, Shannon
wrmagill@comcast.net

Robert E. Kerper, Jr. '50

B.S. Health and Physical Education
Resides: Audubon, PA
Retired and resides in the Shannondell Retirement Community and was recently elected to the advisory committee of the International Swimming Hall of Fame in Ft. Lauderdale, FL.
Wife: Mary
bk@sallifestyle.com

1960

Dr. John F. Hart '68

B.S. Health and Physical Education, Moody Bible Institute additional degrees, Th.M., Th.D.
Resides: Valparaiso, IN
Professor of Bible at Moody Bible Institute
Wife: Cindy. Child: Chad
john.hart@moody.edu

Barbara Cutillo '60

B.S. Health and Physical Education
Resides: Camp Hill, PA
Retired teacher from West Shore School District after 36 years. Currently the PA State Judging Director for women's gymnastics and actively involved with age group and collegiate gymnastics.
pagymjudge@aol.com

1970

Dean E. Laird '78

B.S. Health and Physical Education (emphasis on Athletic Training), M.S. '79 from Western Illinois University, mid-management certification from Texas State University '98
Resides: New Braunfels, TX
Retired from public education in Texas at the New Braunfels High School as athletic trainer after 25 years and four years at Seguin High School. During tenure at NBHS, worked with football, baseball, basketball, soccer, tennis and track teams with many going to semi-finals and finals. Awards received: Teacher of the Year for the NBHS school district; The Silver Unicorn Award (outstanding service to the students of the school district); Beyond the Walls (award given by the student council); The Heroes Award (award given by student leaders); and the New Braunfels Chamber of Commerce Chairman's Award for Youth Development. Currently employed by the football team physician, Loddie F. Roeder, M.D.
Wife: Gloria. Children: Amber, Greg
unicorn0408@yahoo.com

Anne Humer Wade '78

B.S. Health and Physical Education, M.E.
Resides: Mechanicsburg, PA
Swimming instructor with the Cumberland Valley School District
Husband: Paul. Children: Christopher, Cody
awade17055@aol.com

Starla R. Gable '73

B.S. Health and Physical Education, M.Ed. Emphasis Physical Education
Resides: Yakima, WA
Retired. Hobbies include learning to make marbles with borosilicate glass rods and a 2500 degree propane/oxygen mix torch and building homes in Tonacatepeque, El Salvador, with Habitat for Humanity.
starlagable@yahoo.com

William V. Krouse '70

B.S. Health and Physical Education, M.S. '71
Resides: Red Lion, PA
Retired health and physical education teacher from the Red Lion Area School District after 34 years. Developed a sideline travel and tour business, Krouse Travel, over the years and after retirement it became his full time job along with his wife and four employees. If you have travel needs, please contact Bill at 1-877-244-6410.
Wife: Judy. Children: Shelly, Billie
wvkrouse@aol.com

Alumni Notes continued

Barbara Kilgour Cleghorn '71

B.S. Health and Physical Education
Resides: Myrtle Beach, SC
Retired Assistant Athletic Director, WCU. President of Myrtle Beach Chapter, Executive Women's Golf Association
cleghornbarbara@aol.com

Earl Osborne '72

B.S. Health and Physical Education, athletic training concentration.
Resides: Angleton, TX
Certified Athletic Trainer, Angleton Independent School District
Child: Leeann. Grandchildren: Burke and Kirland.
eosborne@angletonisd.net

Deb Piper '76

B.S. Health and Physical Education, J.D. Widener Law School.
Resides: Wilmington, DE
Director of Development, Nativity Prep School, after 30 years as a teaching tennis professional.
dpiper@nativitywilmington.org

1980

Donna Lynn Marks Boomsma '89

B.S. Exercise Physiology
Resides: Lancaster, PA
Membership salesperson with the Universal Athletic Club.
Husband: Michael. Children: Nicholas, Alex
donnab@universalathleticclub.com

Michael J. Behr '86

B.S. Athletic Training; M.B.A. from St. Joseph's University
Resides: Blue Bell, PA
President/CEO of CD Diagnostics
Wife: Jeanne. Children: Meredith, Michael, Jack
mjbehr2@comcast.net

Christine Bennett '85

B.S. Nursing, Master's in acupuncture
Resides: West Chester
Self-employed acupuncturist and massage therapist.
Husband: Michael. Children: Kate and Alison.
christine@christinebennett.com

Susan Kershner Forrest '84

B.S. & M.A. '92 Speech and Language Pathology
Resides: Pittsburgh, PA
Speech and Language Pathologist with the Propel Charter Schools, Montour Campus.
Husband: Joshua. Children: Sam, Will
susankforrest@hotmail.com

Keith Andrew Grim '83

B.S. Health and Physical Education
Resides: York, PA
Health and physical education teacher for 11 years with the South Middle School District. Taught three years in Dallas Texas and 4 ½ years in York Pennsylvania. Self taught musician and guitarist.
Wife: Teri. Child: Nicole
keithgrim@comcast.net

Shelley M. Grofe Livelsberger '83

B.S. Health and Physical Education, minor in School Health Education, M.S.
Resides: Boyertown, PA
Health and physical education teacher for Boyertown Area Junior High West for 27 years.
Husband: Bill. Children: Natalie, Nicole, Allison
slivelsberger@comcast.net

Marcia Mariani '83

B.S. Health and Physical Education
Resides: Wayne, PA
Health and physical education teacher, Peer Mediation Team Supervisor, and Student Assistance Program co-Facilitator with the Tredyffrin-Easttown School District/Conestoga High School
botzie@comcast.net

Denise Michele Bellisario '80

B.S. Health Science
Resides: Wayne, PA
Dental hygienist/office manager for her husband's dental practice for 28 years.
Husband: Jeff. Children: Nicholas, Stephanie
Denise09042@aol.com

Sharon Bowman '82

B.S. Health Education, M.A.
Resides: Maryland
Clinical instructor, University of Maryland Dental School.
sbowman@umaryland.edu

1990

Shonda Clements '99

B.S. Nursing, Oncology Certified Nurse
Resides: Moseley, VA
Assistant Clinical Director, Clinical Education/Quality Assurance with the Virginia Cancer Institute
Husband: Mike. Children: Ashley, Emily, Matthew

Ann Wetzel Fronczek '95

B.S. Nursing, M.S.N., and doctorate
Resides: Endicott, NY
Director of Undergraduate Programs/Clinical Assistant Professor at Binghamton University, Decker School of Nursing
Husband: Edward
afronczek@stny.rr.com

Perri Zeitz Ruckart '95

B.S. Public Health, Environmental Health track, M.P.H. in Epidemiology, Emory University
Resides: Atlanta, GA
Husband: John. Children: Cooper and Jude.
perriz@bellsouth.net

Stacey Brower Gilroy '94

B.S. Nursing
Resides: Havertown, PA
Labor and delivery nurse at Bryn Mawr Hospital and has her national certification in inpatient obstetrics since 1999.

Alumni Notes continued

Husband: Michael. Children: Maeve, Maura
staceybrower@hotmail.com

Rosemary O'Donnell Dalesandro '93

B.S. Kinesiology, Physical Education teacher certification
Resides: Hatboro, PA
Health and Physical Education teacher, Upper Moreland
Middle School, field hockey and softball coach.
Husband: Edward. Child: Eddie.
dallesandrose22@comcast.net

Robert Buzzerd '92

B.S. Public Health, R.N., N.R.E.M.T.-Paramedic, M.I.C.N.
Resides: New Jersey
Member of the New Jersey 1-Disaster Medical Assistance
Team which is part of the U.S. National Disaster Medical
System and was deployed by the U.S. Department of
Health and Human Services for a medical relief mission
to aid Haitian earthquake victims.
medicbuzz@gmail.com

Jill Wagner Chamberlain '92

B.S. Health and Physical Education/Athletic Training
Resides: Chester Springs, PA
Wellness Coordinator/Marketing with Chamberlain
Chiropractic.
Husband: Jeffrey '88. Children: Grace, Cooper
jill.love4@gmail.com

Eric Sugarman '91

B.S. Health and Physical Education with emphasis in
Athletic Training, M.S. in Sports Management from
University of Richmond
Resides: Eden Prairie, MN
Minnesota Vikings, Head Athletic Trainer and was
named the NFL's "most irreplaceable athletic trainer" by
ESPN Magazine during this past 2009 football season.
Wife: Heather. Children: Jacob, Benjamin
sugarmane@vikings.nfl.net

Anna Marie Kapustiak '90

B.S. Health and Physical Education, Surgical Technology
from Lancaster General Hospital
Resides: Gordonville, PA
Surgical technologist, Main O.R. at Lancaster General
Hospital. Taught gymnastics for 15 years, went back to
school and loves her job as a surgical technologist.
Husband: Robert Dickinson, Jr.
amkapustiak@yahoo.com

2000

Tara Speck '09

B.S. Environmental Health
Resides: West Chester, PA
Assistant Scientist with Avatar Environmental, L.L.C.
tspeck@avatarenviro.com

Jaclyn Sparacino '07

B.A. Communicative Studies; M.S. Speech Language
Hearing Science from LaSalle University
Resides: Mullica Hill, NJ

Speech Language Pathologist with the Gloucester Township
Schools.

jaclynsparacino@gmail.com

Danielle Burke '05

B.S. Nutrition and Dietetics
Resides: Media, PA
Registered dietitian with Extencicare. Preparing for exam
for Board Certified Specialist in Gerontological Nutrition.
Husband: Ryan
dburke929@gmail.com

Amy Finkel '05

B.S. Health, Nutrition and Dietetics
Resides: Tampa, FL
Nurse employed by Lakeland Regional Medical Center
working with geriatric and renal patients. Recently ran 15K
and 1/2 marathon.
snlfreak82@aol.com

Jackie Nordhoff '04

B.S. Health
Resides: Kinzers, PA
Manager Clinical/Regulatory Monitoring with the
Formation Healthcare Group/Formation Capital.
Husband: Michael. Children: Cole, Bennett, Max, Mia
jnordhoff@comcast.net

Lori Stein Douts '03

B.S. Health and Physical Education
Resides: Seven Valleys, PA
Physical education teacher with the Red Lion Area School
District.
Husband: Bradley. Child: McKenna
douts1@rlasd.k12.pa.us

Marisa Priore '03

B.S. Kinesiology Fitness Specialist
Resides: Clifton, NJ
Business owner.
risy21@gmail.com

Chris Rogers '01

M.S. in Sports Administration; additional degree,
Marymount University
Resides: Washington, D.C.
Head men's basketball coach at Marymount University.
Worked for the past five years with Glenn Robinson at
Franklin & Marshall as a coach.
chris.rogers@marymount.edu

Tracy Younker '01, '08

B.S. and M.S. Nursing
Resides: New Holland, PA
Clinical Nurse Educator for the Family Centered Maternity
Unit and the Neonatal Intensive Care Unit at Paoli Hospital
younk21@hotmail.com

Wesley Derr '00

B.S. Health and Physical Education, M.S. Educational
Development and Strategies
Resides: Enola, PA
Health and physical education teacher with the Harrisburg

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Alumni Awards

Emily Jane A. Lemole and Gerald M. Lemole, M.D., received the WCU President's Medallion for Service Award at graduation December, 2009. The Lemoles give freely of themselves and inspire others to benefit the University, community, country, and world. They are long-time supporters of the Integrative Health program in CHS.

Scholarship News

As most people who know Lloyd Wilkinson '56 well understand, he has never been one to blow his own horn. So when he first heard rumors in the fall of 2008 that the College of Health Sciences wanted to name a scholarship after him, he was, to put it mildly, not impressed. You might say he was downright skeptical. After all, for 31 years at West Chester University, he had put his students first, not himself, not only as a member of the physical education faculty, but as coach of the freshman football team and of the men's lacrosse team (now a club sport).

It took the persuasive powers of one-time colleagues Hank Goodwin, Chuck Pagano '58 and Phil Donley to convince him otherwise. Fast forward to a year later when Peter Rohr '87, determined to honor his one-time lacrosse coach, hosted an alumni lacrosse game to raise money for the scholarship named for his mentor. Over 100 former lacrosse players, colleagues, and their family members joined Wilkinson and his family on a sunny October afternoon for what turned out to be a good-natured but hard-fought game that netted close to \$5,000 for the scholarship.

Frank F. Fry Jr. '72, once one of Wilkinson's lacrosse players and now chair of the department of kinesiology, was one of the many alumni on the field playing, as he noted, much harder than he had originally intended.

"Thanks to efforts like Peter's and gifts from almost 100 people, the Lloyd Wilkinson Scholarship is now endowed, with more than \$25,000 given to date," said Fry. "The scholarship will be awarded annually to an incoming freshman intending to major in physical education, who hopefully will want to become an elementary physical education teacher, which everyone knows has always been Wilkie's passion."

Contributions continue to arrive for the Wilkinson Scholarship. For information on how you can honor the man by supporting the scholarship named for him, contact Katie Fritz at (610) 436-2280 or kfritz@wcupa.edu.



Lloyd Wilkinson, kneeling 2nd from right, surrounded by lacrosse alumni.

CHS Fundraising Update

We're happy to report to you that faculty giving in the College of Health Sciences continues to top all colleges at West Chester University. CHS faculty achieved a total of 52% participation last fiscal year, a 16% increase over the previous year. The health department exceeded their FY09 total with 66% participation, but the nursing department handily won the departmental challenge, with a whopping 81% participation! Will there be a new department champion this year? It remains to be seen, but results to date are encouraging.

Last issue we challenged CHS alumni to follow the faculty's lead and increase their support of the College, and so far, we are pleased to report that alumni have been rising to that challenge. To date, alumni giving participation is up 13% – can you

help us make that a 15% increase? If you haven't thought about making a gift lately, please do so today. You can designate your gift to your department, to a scholarship or to a program, but please give. Whether \$25, \$250 or \$2,500, everything helps! You can use the form on the back page of this newsletter to give by check, or use your credit card to give securely online at www.wcupa.edu/giving/ag_way.asp, click the link to the online giving form, designate College of Health Sciences and choose your department. For a specific fund, such as the Sturzebecker Scholarships, fill in the box marked "Specific Requests."

If you have a question about making your gift (including supporting the College through your will or estate planning), contact Katherine Fritz at (610) 436-2280 or kfritz@wcupa.edu.

Alumni Notes continued

Area School District. In four years, coaches 32 athletes to state medals, two athletes to several state gold medals, and one athlete to a national record.

Vader8us@yahoo.com

Melissa Dawe Gansz '00

B.S. Kinesiology

Resides: Quakertown, PA

eRT (eResearchTechnology/Quality Control)

Husband: Marc. Child: Nathan

mgansz@verizon.net

Samantha Cooper Hartz '00

B.S. Nursing

Resides: Horsham, PA

Charge nurse on psychiatric floor of Abington Memorial Hospital

Husband: Wade

Sassysam387@yahoo.com

Jackie D'Eustachio '03

B.S. Kinesiology, dance minor

Health teacher, Great Valley High School

Resides: Brookhaven, PA

Jackiedeustachio@gmail.com

Ashley Doyle '07

B.S. Nutrition and Dietetics

Resides: Flagstaff, AZ

Adjunct faculty, Coconino Community College

mellowmind84@yahoo.com

Lyndsay George Nicholls '08

B.S. Nursing

Resides: Delaware

NICU nurse, Christiana Hospital, Christiana Care Health System

Husband: Kevin.

Social Networking

Join the College of Health Sciences on Facebook and LinkedIn

Recognizing the growing importance of online social networking, the College of Health Sciences invites you to join either our Facebook group or LinkedIn group—or both! Please spread the word to other CHS alumni, students and retired faculty! We hope to make both groups meaningful places to connect and reconnect with friends. Whether your connection is one of our current five departments (Communicative Disorders; Health; Kinesiology; Nursing; Sports Medicine) or from our past (Health, Physical Education, Recreation and Dance)—and no matter where your career path has taken you, please join us!

LinkedIn: www.linkedin.com/groups?gid=1880944.

Facebook: <http://www.facebook.com/group.php?gid=91451011288>.

And don't forget to check out the West Chester University Alumni Online Community at <http://www.alumniconnections.com/westchester>. If you haven't registered for the Online Community before, visit <http://www.alumniconnections.com/olc/pub/WCU/register/register.cgi> to start the registration process. The WCU Online Community is a free service to alumni that will keep you connected to your friends, classmates, Alumni Association and to WCU. Features include a searchable all-inclusive alumni directory, online Class Notes, permanent email forwarding, and much more. Registration is required to protect the security of the site. The community will also provide you with a permanent e-mail forwarding address that can display your Ram pride wherever you go! (*yourname@alumni.wcupa.edu*)



Michael J. Tancredi '84, ATC, DC, with one of his favorite Phillies, pitcher Cole Hamels. A sports medicine grad, Mike has been the official chiropractic consultant for the National League championship Phillies for the past two years, and has been providing chiropractic services for Villanova University athletic teams for the past year.

The Pulse is published twice a year.
Debbie Murray and Katie Fritz, editors.

View past editions at:
<http://health-sciences.wcupa.edu>

COLLEGE OF HEALTH SCIENCES ALUMNI UPDATE FORM

West Chester University of Pennsylvania

Please Type or Print

Today's date _____ Graduation year _____ Degree/Major _____

Name at graduation _____

Current name _____

Check box if new address, phone number or email: Birthdate _____

Street address _____

City _____ State _____ Zip code _____

Home Telephone Number () _____ Work Telephone Number () _____

E-mail _____ May we print your email address in 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 the future issues of *The Pulse*? _____

News about yourself and other updates for *The Pulse* readers _____

Yes, I/we would like to make a gift to support the College of Health Sciences!

Enclosed is my/our gift of \$_____.

Please credit my/our gift to:

Please enroll me (us) in one of the Giving Clubs below:

College of Health Sciences (area of greatest need)

University Advocates (10,000-\$24,999)

Communicative Disorders

The Ruby Jones Society (\$5,000-\$9,999)

Health

President's Associates (\$1,000-\$4,999)

Kinesiology

Carillon Club (\$250-\$499)

Nursing

Quadrangle Club (\$100-\$249)

Sports Medicine

Specific fund: _____

Please charge my gift to Visa MC AMEX Discover

_____/_____/_____/_____

Account #

Exp. Date

Security Code

(Signature confirms credit card charge)

My employee (and/or spouse's partner's) employer will match this gift. Form enclosed.

_____/_____

(My company)

(Spouse's/partner's company)

I am interested in information on wills, bequests and other deferred gifts. WCU is already included in my estate plans

You may also give online at www.wcupa.edu/giving/ag_way.asp. Select "College of Health Sciences" & choose department.

Questions about giving to CHS? Contact Katherine Fritz, Director of Development, at 610-436-2280 or kfritz@wcupa.edu

Make checks payable to: West Chester University Foundation. The fiscal year is July 1-June 30

If you would like to register for the online community, and have access to our alumni database, photos and much more go to

<http://www.alumniconnections.com/westchester>