

# THE PULSE

## WCU Memorializes "STURZ"



**Dr. Russell L. Sturzebecker** passed away on October 16, 2005. He was born in Lansdale, Pa., on March 5, 1916. After graduation from West Chester State Teachers College in 1937, Dr. Sturzebecker obtained his master's degree from Temple University. In 1942, he entered the military service, serving in the U.S. Air Force in New Guinea, the Philippine Islands, and Okinawa as a member of the 312<sup>th</sup> Bombardment Group. By the time of his discharge to the reserves in January 1946, he had attained the rank of captain. He joined the health and physical education staff at WCU in January 1946 and served as head coach of track and gymnastics as well as assistant coach of football. In February 1949, he received his doctorate from Temple University. He was appointed director of health and physical education in 1950, serving in this capacity for 17 years, until August 1966. In 1997, the College of Health Sciences building was re-named the Russell L. Sturzebecker Health Sciences Center.

If you would like to make a contribution to the Russell L. Sturzebecker scholarship fund, please complete the giving form on page 15 and return it in the enclosed reply envelope. If you are paying by check, please make your check payable to The Fund for WCU and indicate Sturzebecker scholarships on the memo line of your check.

Four new members were inducted into the Sturzebecker Foundation Hall of Fame at a luncheon on November 5, 2005 in Sykes Student Union. Pictured left to right: Dr. Benedict Coren, co-chair of the foundation; honoree James P. Argires, M.D.; honoree Marty Stern; honoree Edwin W. Lawrence; honoree George G. McGinness; and Dr. Donald E. Barr, dean of the College of Health Sciences.

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Congratulations to the 2005-2006 Russell L. Sturzebecker Scholarship recipients, pictured left to right: Casandra Snader, nursing; Randy Mileto, kinesiology; Tanya Dryja, nursing; Randi Wagner, kinesiology; Kathleen Nicholson, communicative disorders; and Leigh Pesko, kinesiology.



MEMORIAL SERVICE PHOTO - A memorial service was held in honor of Dr. Russell L. Sturzebecker at Old Main Arch on High Street on November 5, 2005. Left to right, Dr. Benedict Coren '48, co-chair of the Sturzebecker Foundation; Robert E. Kerper, Jr. '50, secretary of the foundation; Dr. Madeleine Wing Adler, West Chester University president; Ms. June Sturzebecker McKown '77; State Representative Elinor Z. Taylor '43; and Dr. Donald E. Barr, dean of the College of Health Sciences.



MEMORIAL SERVICE PHOTO - A memorial service was held in honor of Dr. Russell L. Sturzebecker at Old Main Arch on High Street on November 5, 2005. Left to right, Dr. Benedict Coren '48, co-chair of the Sturzebecker Foundation; Robert E. Kerper, Jr. '50, secretary of the foundation; Dr. Madeleine Wing Adler, West Chester University president; Ms. June Sturzebecker McKown '77; State Representative Elinor Z. Taylor '43; and Dr. Donald E. Barr, dean of the College of Health Sciences.

## CALENDAR OF EVENTS

### COLLEGE OF HEALTH SCIENCES CALENDAR Spring and Summer 2006

**Saturday, April 1**– Presidential Scholarship Community Gala: *Triple Crown Gala*.  
Contact 610-436-2868.

**Saturday, April 8** – West Chester University’s Admission Open House.

**Friday, April 21 and Saturday, April 22** – Balancing One’s Health: Moving from Education to Motivation. For more information, see the back cover.

**Sunday, April 30** – Manual Therapy: Low Back and Hip. For more information, see page 9.

**Friday – Saturday, May 5 - 6** - Alumni Weekend.

**Thursday, May 4** – WCU Nursing Department Celebrates 30<sup>th</sup> Anniversary.  
For more information, see page 8.

**Saturday, May 13, 2006** – Spring Graduation.

**Monday - Friday, June 19-30** – Summer Youth Fitness and Weight Management Program.  
For more information, see page 5.

## VISIT THE ACEER IN 2006

**Become an ACEER alumnus and share  
some of the wonderful experiences  
others have had!**

The Amazon Center for Environmental Education and Research Foundation (ACEER) is a 501c3 U.S. non-profit organization dedicated to conservation of the Amazon Rainforest through environmental education and research. Since 2003, the College of Health Sciences (CHS) has partnered with ACEER to offer credit and noncredit workshops in Peru for students, staff, faculty, alumni, and friends. ACEER and CHS are partnering with the National Geographic Society and the Amazon Conservation Association to build a canopy for a walkway system in the cloud forests of the Andes. These partnerships allow for unique educational and research opportunities for students and faculty. The ACEER is housed in the Sturzebecker Health Sciences Center. Its President, Dr. Roger W. Mustalish, is also Chairperson of the CHS Department of Health.

### 2006 ACEER Workshops

#### **Ecology of the Amazon Rainforest and the Andes**

March 10 – 19, 2006 A comprehensive field study of the ecology of the lowland tropical rainforest and the highland sub-tropical cloud forest, which will include Machu Picchu.

#### **Tropical Medicine**

July 17 – 26, 2006 Epidemiology of tropical and sub-tropical diseases in the Amazon Basin. Includes study in the Amazon rainforest and in the Andean Mountains at Machu Picchu. For graduate students and health care professionals.

#### **Yoga and Meditation in the Sacred Places of Peru**

August 8 – 19, 2006 A journey of self-discovery through Hatha yoga and meditation in the rainforest, the Sacred Valley of the Incas, and their lost city, Machu Picchu. No prior experience is required.

#### **Botanical Medicine**

October 16 – 25, 2006 An exploration of traditional and modern uses of plant-based medicines from the Amazon and Andes for health promotion, symptom management, and disease treatment.

#### **Spanish Immersion - Rainforest and Machu Picchu**

June 14 – 23, 2006 A special workshop in the Amazon and Machu Picchu completely in Spanish. Open to students for academic credit, and anyone interested in improving their language proficiency. Not recommended for those with no prior Spanish.

#### **Ecology and Culture of the Rainforest for Educators**

July 10 – 19, 2006 Field studies in the rainforest and at Machu Picchu designed for elementary and secondary teachers, as well as student teachers. Emphasis is on experiential learning and curriculum design relating to the Amazon and its peoples.

#### **“Soul of Peru”: Painting in the Sacred Valley and at Machu Picchu**

August 4 – 13, 2006 Diane Hoff-Rome and Gordon Dobbie, artist facilitators, present a 10-Day plein air painting workshop journey into the “Soul of Peru.”

For more information please view the Web page: [www.aceer.org](http://www.aceer.org) or contact Marguerite Gould, Director of U.S. Operations at 610-738-0477 or via e-mail at [mgould@wcupa.edu](mailto:mgould@wcupa.edu).

## MESSAGE FROM THE DEAN



### HEALTH PROMOTION ADVOCATES: Integrating Health Promotion Concepts into American Society

I have decided to use this space to tell you how I have been active in promoting health in our country. *HEALTH PROMOTION ADVOCATES* was created to integrate health promotion concepts into national health policy and all aspects of society. I am proud to be a member the board of directors and the chair of its communications committee. Professor Tanya Morgan from the Department of Health has also been very involved with *HEALTH PROMOTION ADVOCATES* and is providing significant leadership with grass roots advocacy. Michael O'Donnell, editor-in-chief and President of the *American Journal of Health Promotion*, is the CEO of the organization.

*HEALTH PROMOTION ADVOCATES* have attained two important achievements: the introduction of two pieces of legislation in the U.S. Senate. In early 2003, *HEALTH PROMOTION ADVOCATES* began working with Senator Richard Lugar of Indiana to compose the Health Promotion FIRST (Funding Integrated Research, Synthesis and Training) Act. This bill, first introduced into the Senate in 2004, was re-introduced in the 109<sup>th</sup> Congress as S. 628 on March 15, 2005. Additionally, in early 2004 we began working with Senator Tom Harkin of Iowa to compose the Healthy Workforce Act, Title II, Subtitle A. of HeLP (Healthy Lifestyle and Prevention) America Act. This was first introduced into the Senate in 2004 and was reintroduced in the 109<sup>th</sup> Congress as S. 1074 on May 18, 2005. These two bills are the centerpieces of *HEALTH PROMOTION ADVOCATES* advocacy efforts.

Please review the *HEALTH PROMOTION ADVOCATES* Web page for further information on our efforts (<http://healthpromotionadvocates.org/>). I invite you to get involved. Avenues for involvement are on the web page.

## FROM THE DEVELOPMENT OFFICE:

I hope your holiday season was filled with health and happiness, and you were surrounded by family. In this edition of "The Pulse," we are once again highlighting some of the important programs and projects that our faculty members are working on with students and colleagues. It is my hope that, by showcasing these initiatives, you will better understand the fine work being conducted while also understanding our financial needs.

For West Chester University, the proportion of the Educational and General budget covered by state funding has declined from 63% in 1983, when the Pennsylvania State System of Higher Education was formed, to 44% for fiscal year 1999, to about 36% currently. In light of this, WCU has created a strong fund-raising program raising more than \$5 million dollars from alumni, friends, and foundations last year alone. In the College of Health Sciences, we are also committed to raising funds to provide better opportunities for our faculty and students to learn, explore, and create new endeavors. Through external funding, we can better expand our curriculum and experiences here within the College of Health Sciences.

In reading this edition of "The Pulse," take the time to think about your experiences at West Chester University and consider the impact it had on your career and current lifestyle. I ask that you consider supporting some of our endeavors either through volunteering or financial means. West Chester University and the College of Health Sciences are in the midst of an exciting time, and I invite you to become more involved!

This special development edition of "The Pulse" includes a return envelope for your contributions. If you have never made a gift before because nothing has interested you, perhaps you'll change your mind when you read about our exciting ongoing projects. If you would like to become more involved, please contact Mary Kate Andris at 610-436-2280 or via e-mail [mandris@wcupa.edu](mailto:mandris@wcupa.edu).



## COMMUNICATIVE DISORDERS



Left to right: Bonnie Lange and Sara Ashley study in the department's clinical preparation area.

Fall 2005 was a busy semester for the department. We are preparing our re-accreditation application for the Council of Academic Programs of the American Speech-Language-Hearing Association (ASHA), as well as for the National Council for Accreditation of Teacher Education. In addition, there is a new face in the department. Dr. Paul Evitts joined the faculty in the fall semester. Evitts has a specialty in adult neurological disorders, laryngectomy, and medically related communication disorders. The department also is searching for an additional faculty member who will join us next fall.

The department's pregraduate certificate program continues to draw a diverse and highly capable group of students to the department. In this program, post-baccalaureate students who have degrees in disciplines other than communicative disorders can receive the necessary background required for application to a master's degree program. Some of the students in the program are alumni of other schools and departments of West Chester University. The picture below shows some of the hard working students in our pregraduate certificate program.



Left to right: Karen White, Kate Schiller (undergrad, not in the certificate program), Kristen Nemeth, and Ami Van Dine work on a phonetics question.

If you would like to make a contribution to communicative disorders, please use the enclosed return envelope and make checks payable to: The Fund for WCU.

## HEALTH

### West Chester University Faculty Member Receives Fulbright Scholar Award

Dr. Charles V. Shorten, professor of health, has been awarded a Fulbright Scholar grant to lecture at the Delhi College of Engineering in Delhi, India, during the 2005-2006 academic year according to the U.S. Department of State and the J. William Fulbright Foreign Scholarship Board.

Shorten will lecture to both undergraduate and postgraduate students in the Department of Civil and Environmental Engineering, covering current topics in environmental risk assessment and environmental health.

Shorten is one of approximately 800 U.S. faculty and professionals who will travel abroad to some 140 countries for the 2005-2006 academic year through the Fulbright Scholar Program. Established in 1946 under legislation introduced by the late Senator J. William Fulbright of Arkansas, the program's purpose is to build mutual understanding between the people of the United States and other countries.



The Fulbright Program, America's flagship international educational exchange activity, is sponsored by the U.S. Department of State, Bureau of Educational and Cultural Affairs. Over its 57 years of existence, thousands of U.S. faculty and professionals have studied, taught, or done research abroad, and thousands of their counterparts from other countries have engaged in similar activities in the U.S. They are among more than 250,000 American and foreign university students, K-12 teachers, university faculty, and professionals who have participated in one of the several Fulbright exchange programs.

"The Pulse" is published twice a year  
Robert E. Kerper, Jr.'50 and Susan Hurt, 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

## Have a Great Time... Make New Friends... Get in Shape...

### Summer Youth Fitness and Weight Management Program

In Southeastern Pennsylvania, almost four out of ten youth ages 4 to 17 are at risk for being overweight and developing diabetes, cardiovascular diseases, bone and joint difficulties, respiratory complications, elevated blood cholesterol, and high blood pressure. Peer teasing, scholastic discrimination, low self-esteem, and negative body image also can result from being overweight. If left untreated, the risk of obesity continuing into adulthood is high.



Individuals often believe their weight is genetic. Genes do influence an individual's tendency to gain weight; however, genetics account for a small fraction of obesity. Poor nutrition and lack of activity primarily are responsible for the problem. Maintaining a balance between genetic body build, healthful eating, and physical activity is critical in regulating body weight.

At West Chester University, we believe managing weight can be fun, safe, and long term. We believe youth can achieve health-promoting goals if provided with personal choice, knowledge, and support from family, friends, and professionals. Health professionals will assist overweight youth ages 8 to 12 – their families, too – in adopting healthier lifestyles through recreational activities, nutrition education, adventures, and behavior modification.

#### Camp Facts

June 19 - June 30, 2006  
Monday - Friday 8:00 a.m. - 5:30 p.m.  
Fee: \$200 plus \$75 for each additional child  
(scholarships available)

For more information, contact Dr. Sandra Gross at 610-436-3113 or via e-mail at [sgross@wcupa.edu](mailto:sgross@wcupa.edu).

If you would like to provide scholarships for children to attend this camp, please use the enclosed envelope and indicate "Youth Camp" on the memo line of the check.

## Mexican Culture and Health Summer Workshop

From June 1 - June 6, 2005, 30 people traveled to Guanajuato, Mexico, as part of a summer workshop entitled "Mexican Culture and Health" taught by WCU faculty members: Dr. Debra Bill, Department of Health, Dr. Andrew Dinniman, Department of Educational Services, and Dr. Marie Consuelo Sparks, Department of History. This is the fifth year students and health care professionals have traveled to Mexico to learn more about the culture and public health care system there. The Brandywine Health & Wellness Foundation and the Phoenixville Community Health Foundation gave toward scholarships to help professionals attend the summer course.

The summer field experience is designed for participants to develop awareness, understanding, and appreciation of the cultural and institutional factors that affect health and illness among Mexicans and Mexican-Americans. The goal is to help participants learn more about the culture and health system in Mexico. When participants understand the systemic issues, they can better meet the needs of Mexican families residing in Chester County who migrate back and forth from Mexico. Participants visit both traditional and nontraditional health sites (sweat lodges), historical and cultural museums and institutions, and rural and urban communities.



*Pictured left to right: Dr. Louis Beccaria, president and CEO of the Phoenixville Community Health Foundation who attended the workshop in Guanajuato last summer with Drs. Andrew Dinniman, Debra Bill, and Donald Barr.*

Upon their return from Mexico, participants put theory into practice by working with Latino-serving agencies to design and implement projects to improve the health and welfare of local Mexican families. The projects in 2005

*(Continues on page 6)*

## HEALTH

### **Mexican Culture...** (Continued from page 5)

included “A Latino Nutrition Education Program for Young Children”; “Effects of a Child Passenger Protection Program in a Hispanic Community in Chester County”; “Promoting Binational Health Week in Chester County”; and “Hepatitis A/ B Immunization Outreach to the Employees of a Mushroom Company.”

This workshop is open to undergraduate and graduate students, as well as health and human service providers with an interest in Mexican health/culture. For more information, contact Dr. Debra Bill, [dbill@wcupa.edu](mailto:dbill@wcupa.edu), or Professor Michele Tucker [mtucker@wcupa.edu](mailto:mtucker@wcupa.edu).

## **School Health Leadership Institute**

With funding provided by the Pennsylvania division of the American Cancer Society, Drs. Tammy James, Bethann Cinelli, and Mary Rose Colley recently completed the Pennsylvania School Health Leadership Institute. This three-year training program is part of a national initiative by the American Cancer Society to promote leadership and advocacy skills around Coordinated School Health Programs (CSHP). Approximately 90 school staff members, representing the eight components of the CSHP, received training on developing school health councils and implementing coordinated school health programs.



*Pictured left to right: Dr. Tammy C. James, associate professor, Department of Health, West Chester University; Dr. Mary Rose-Colley, professor/chair, Department of Health Science, Lock Haven University; Dr. Bethann Cinelli, professor, Department of Health, West Chester University; and Diana Fox, M.Ed. director, Prevention and Early Detection, American Cancer Society: Pennsylvania Division.*

## KINESIOLOGY

### **Rising Juniors Program: Going Beyond Your Comfort Zone**

“I’m involved with the women’s basketball team, Phi Sigma Pi co-ed honors fraternity, and working at the Office of Service Learning. All of this requires teamwork, problem solving, leadership and going beyond your comfort zone...the same skills emphasized in the Rising Jun-



iors Program. I had the courage to pursue these opportunities. I was not given a scholarship for basketball, but I worked to make the team. I feel that Rising Juniors set a basis for my collegiate experience.” Staci German (WCU exercise science major graduating in spring 2006)

Six years ago, German was one of approximately 120 sophomores from comprehensive high schools in Philadelphia who came to WCU for a two-week campus experience in the summer. Students in the program were engaged in a closely monitored program following an adventure-based education model. Additionally, students participated in environmental science experiences and community service activities and academic screening. The objective is to expose high school students to the rigors of a college atmosphere while providing them with the “tools” to adapt to this new environment.

West Chester University is the first phase of the R. Benjamin Wiley Partnership, a statewide grant funded program from the Office of Academic and Student Affairs in the Pennsylvania State System of Higher Education (PASSHE) in Harrisburg. This is a three-phase program, which takes place over three successive summers. Sheena Winder '05, an elementary education major, said “I participated in the Philadelphia Partnership and I LOVED IT. I had a chance to meet great people while getting an early taste of college life. If I could do it over again, I most certainly would.”

## KINESIOLOGY

### **Rising Juniors...** *(Continued from previous page)*

The second summer, high school juniors attend three weeks at Indiana University of Pennsylvania engaged in a simulated college experience where they are enrolled in five college-level classes. The third summer, high school seniors who choose one of the 14 PASSHE universities attend two college-level courses, which count toward graduation from that institution. Participants in the Philadelphia Partnership receive tuition, room, and board, as well as books and fees, plus a weekly stipend in phases one and two. To learn more about the R. Benjamin Wiley Partnership or the Rising Juniors Program, contact Frank Fry at 610-436-2832 or via e-mail [ffry@wcupa.edu](mailto:ffry@wcupa.edu).

If you are interested in making a contribution toward the Rising Juniors Program, please indicate "Rising Juniors" on the memo line of your check.

### **A Loss of Sight, Never a Loss of Vision**

Just one week at CAMP ABILITIES has a way of changing the way people "see" one another. Dr. Monica Lepore is transforming WCU students' perceptions about children with blindness and visual impairments as well as their ability to participate in physical activity and sports. Last year during camp from June 23 – July 1, 2005, WCU students learned what it is like to manage the needs of children with disabilities from a 24/7 perspective rather than a one hour "physical education teacher" perspective. And the campers? They got to experience (some for the first time) what it is like to be physically active -- to move, to play, to win! Sports included swimming, track and field, tandem biking, canoeing, paddle boating, goal ball, beep baseball, and rock climbing.

This one-week intensive experience is offered to WCU students after completing a semester of adapted physical education, a teacher preparation course in the Department of Kinesiology. As part of the course, students volunteer in the WCU Special Physical Activities Program for eight Wednesday nights. Now in its 18<sup>th</sup> year, this program currently serves 50 children from Delaware, Chester, and Montgomery counties.

CAMP ABILITIES is a developmental sports camp founded in 1996 by Dr. Lauren Lieberman '87. Mentored by Lepore, Lieberman channeled her undergraduate energies into working with adults at the WCU visually impaired persons' outdoor activity program. After graduation, Lieberman attained a master's degree and doctorate in adapted physical education and later founded the first CAMP ABILITIES at State University of New York at Brockport.

Recently four more camps were established in Alaska, Arizona, Vermont, and Puerto Rico.

For more information about adapted physical education or CAMP ABILITIES, please contact Dr. Monica Lepore at 610-436-2516 or via e-mail: [mlepore@wcupa.edu](mailto:mlepore@wcupa.edu).

If you are interested in making a contribution to CAMP ABILITIES or the adapted PE program, please make your check payable to The Fund for WCU and write CAMP ABILITIES or adapted PE on the memo line of your check.



*Beth Foster, senior kinesiology major, reflected on this experience. "There is a certain place in my heart that can't resist reaching out to help these young campers achieve the most that they can, since others have at times limited them from trying. The motto at CAMP ABILITIES is, 'believe you can achieve.' That's what this camp is all about... building confidence, trying new things and becoming independent."*

## NURSING

### **Nursing Scholarship Awards**

WCU students in the nursing program are once again the recipients of grant monies from the Pennsylvania Higher Education Foundation (PHEF) and Independence Blue Cross. This is the third year that WCU has received funds. Grants totaling approximately \$105,000 will be distributed to nursing students in all levels for the 2005-2006 academic year. Thanks to Representative Elinor Z. Taylor '43, chair of PHEF, and Michael Hershock, president and CEO of PHEF, for their efforts in spearheading this project.

## WCU Co-Hosts Perinatal and Neonatal Ethics Conference

Continuous advancements in technology combined with a variety of ethical dilemmas provided a setting for this exciting conference on October 17, 2005 entitled “Perinatal and Neonatal Ethics: Facing Contemporary Challenges.” More than 250 participants including students, faculty, and guests attended the conference co-hosted by the March of Dimes and WCU’s Department of Nursing. Dr. Cheryl Monturo, Dr. Arthur Caplan, and Dr. Jay Greenspan highlighted difficult treatment issues in the care of this vulnerable population.

Monturo, assistant professor of nursing at WCU, focused on the artificial nutrition debate, examining issues of the meaning of food and beliefs regarding artificial nutrition – nourishment provided by enteral feeding tubes or intravenously. The basis for her research, although focused on an adult population, is particularly resonant in the care of neonates due to the nurturing connotation associated with



*Left to right — Dr. Arthur Caplan; Ms. Dolores T. Smith, state director of program services with the March of Dimes; Dr. Cheryl Monturo; Dr. Ann Coghlan Stowe chair, WCU Department of Nursing; and Dr. Jay Greenspan.*

feeding and food. A historical perspective of this dilemma provided the foundation for Caplan’s focus on recent neonatal and perinatal court cases.

Caplan, chair of the Department of Bioethics and director of the Center for Bioethics at the University of Pennsylvania, provided an exhilarating presentation of the ethical and legal debates surrounding a variety of neonatal treatment decisions. This led to a final panel discussion moderated by Greenspan, director of Neonatology at Thomas Jefferson University Hospital, providing a lively interaction with the audience.

## 2005 Mary Kline Lecture Series and Career Day

The 22<sup>nd</sup> Annual Mary Kline Lecture Series and Career Day took place on October 13, 2005 in Sykes Student



*Left to right – Dr. Christine Thomas, assistant professor of nursing at WCU, and Susan Martin, keynote speaker, discuss a new patient-centered model of care.*

Union. Ann Coghlan Stowe, chair of WCU’s Department of Nursing, made welcoming remarks and a tribute to Mary Kline. Susan Martin, director of nursing support services at UPMC Shadyside Hospital in Pittsburgh, gave the keynote presentation on “Transforming Care at the Bedside.” Martin’s presentation provided insight into a new patient-centered model of care specifically designed to improve patient care and enhance staff satisfaction. Anne E. Sell Scholarships were awarded to Mary Sue Manley ‘06 and Naomi Pedron ‘06. The morning session also included a panel discussion on “Professional Opportunities in Nursing” presented by alumni representing various areas in nursing practice including Janice Baker ’76, clinical nurse educator, Chester County Hospital; Faith Pathak, ’88, ambulatory quality coordinator, UPENN Health Network; and Katy Smith ’03, bone marrow transplant nurse, University of Pennsylvania. Roundtable discussions, facilitated by alumni, provided students with an opportunity to further explore various specialty areas in nursing. The afternoon session consisted of career day exhibits by recruiters from a variety of healthcare settings in the region. Special thanks to Dr. Christine Thomas for coordinating this event and all the Department of Nursing faculty, students, and alumni who helped to make Mary Kline Day a success.

## Calling all Nursing Graduates!

On May 4, 2006, the WCU Department of Nursing will be celebrating 30 years since awarding the first B.S.N. degree. If you are interested in helping to plan this event, please contact Ann Stowe via e-mail, [astowe@wcupa.edu](mailto:astowe@wcupa.edu), or contact Linda Morrow at 610-436-2219.

WEST CHESTER UNIVERSITY OF PENNSYLVANIA  
*Sports Medicine Conference*

**An Evidence Based Approach to Orthopaedic  
Manual Therapy for Lumbar Dysfunction**

**SAVE THE DATE**

West Chester University would like to announce the date for its 22nd Sports Medicine CEU Conference. Please mark your calendars for an exciting conference this year that is an interactive, hands-on experience for the athletic trainer who is interested in pursuing innovative and effective techniques for managing low back pain. Enrollment will be limited to 50 persons to maximize one to one contact.

The morning session of the conference will provide a theoretical basis and evidence for manual therapies in the treatment of lumbar dysfunction. The afternoon session will consist of hands on learning and practice sessions. Lunch and snacks will be provided.

Details about registration will be forthcoming. If you have any questions please contact Luzita Vela at [lvela@wcupa.edu](mailto:lvela@wcupa.edu)

**Christopher H Wise, PT, MS, OCS, ATC, MTC**



Christopher Wise will direct the day long manual therapy conference. Mr. Wise is Clinical Assistant Professor of Physical Therapy at Widener University. Mr. Wise has certifications as an Orthopaedic Clinical Specialist (OCS) as well as in manual therapy (MTC). He has lectured nationally on the topic of spinal manual therapy for the past 6 years. Most recently, Mr. Wise led a one day workshop on joint mobilization techniques for the on-field management of cervical spine disorders for the 2005 South Padre Athletic Training Seminar in South Padre Island, Texas.

**Date: Sunday  
April 30th, 2006**

**Time: 8:30-4:30**

**Cost: \$110 (prior to  
March 30th) or \$140  
(after March 30th)**



**CONTINUING EDUCATION UNITS**  
West Chester University Department of Sports Medicine is recognized by the NATA Board of Certification, Inc. to offer continuing education for certified athletic trainers. A NATABOC report of attendance form for a maximum of 7 CEUs will be issued.



**SAVE THE DATE**

## RETIRED FACULTY NOTES

**Les Aungst** retired in December 1991. He was a speech language pathologist at WCU from 1973 until 1991. Les and his wife, Roberta, now live in Cape May, N.J., where they both remain professionally active. Les serves on the executive board of the New Jersey Association of Speech-Language Specialists, and Roberta, an audiologist, serves on the executive board of ASHA. After leaving WCU, Les returned to his roots as a public school speech-language pathologist working in several Pennsylvania and New Jersey school districts. For a change of pace, Les works part time as a museum educator and living history interpreter for the Mid-Atlantic Center for the Arts in Cape May, N.J. To contact Les, e-mail him at [les@aungst.org](mailto:les@aungst.org) or [laungst@aol.com](mailto:laungst@aol.com).

**Dale Bonsall** retired in June 2000. Dale was a faculty member from 1969 until 2000 in the Department of Kinesiology. Since his retirement, Dale has been active as a wrestling clinician in the eastern part of the country. He was inducted into the Sea Isle City Life Guards Hall of Fame in August 2005, into the Pennsylvania Wrestling Hall of Fame in March 2004, and the South Jersey Wrestling Hall of Fame in November 2001. **Philosophy of Life:** “You must own a pick-up truck to provide for your family and earn a terminal degree as soon as possible. You need vision, passion, and integrity to be a special leader.” To contact Dale, e-mail him at [dbonsall@earthlink.net](mailto:dbonsall@earthlink.net).

**Betty C. Boyle** retired in August 2002. Betty taught for 30 years at WCU in the Department of Health. Betty and her husband, Butch, moved to Huntingdon County. They have 17 acres of woods and pasture, a creek, a pond, a hexagon barn with five stalls, and a little round brick house. They love the country and enjoy riding their horses. Betty works part time as an activity assistant at the local skilled nursing care facility and claims to be the best bingo caller this side of the Mississippi! She volunteers at the local library and continues to teach by presenting health topics once a month for the required employee educational day program at the nursing home. To contact Betty, e-mail her at [pondsedge@innernet.net](mailto:pondsedge@innernet.net).

**Barbara J. Coates** retired in 1982. She taught health and physical education from 1954 until her retirement. Since retiring, Barbara has been involved with volunteering at the Chester County Prison and the West Chester Y.W.C.A. She now resides in a life-care community near Newtown Square and reports that she loves the lifestyle and the talented, energetic residents. She continues to play tennis with friends who have shared the court for 20+ years.

And, just for the fun of it, she recently began taking yoga classes and joined a choir. For Barb, hitting the 80's is exciting! **Philosophy of Life:** “If you're not involved now — when?” To contact Barbara, e-mail her at [bjbar@mymailstation.com](mailto:bjbar@mymailstation.com).

**Philip B. Donley** served as a WCU athletic trainer and physical education professor from 1965 until his retirement in 1991. Phil owned a private sports physical therapy clinic in West Chester from 1981-1995. Since 1997, he has served as a consultant to the Philadelphia Phillies and works part time at the Physiotherapy Associates Physical Therapy Clinic. He performs research and clinical care lectures on shoulder topics and maintains a private practice at Chester County Sports Medicine. He continues his connection with West Chester University by serving as a board member on the Russell Sturzebecker Foundation. Phil and his wife, Judy, spend considerable time with their three children and five grandchildren. **Philosophy of Life:** “Don't play a sport to get fit. Get fit to play a sport.” To contact Phil, e-mail him at [buddicol@aol.com](mailto:buddicol@aol.com)

**Walter Funk** retired in June 1981. He was a faculty member at WCU from 1963 to 1981. Following his retirement, he resumed work as a lifestyle counselor at the Pritikin Center in Downingtown, Pa. When the center closed several years later, Walt accepted a job inspecting houses and commercial sites for compliance with code regulations until his final retirement at age 75. He now enjoys spending time with his wife, Julie, and watching his grandchildren at their sporting events. **Philosophy of Life:** “Live each day to life's fullest degree. Help those less fortunate. Control yourself by not getting too high or too low. As in golf, it's the follow through that counts in life. Simplify but keep busy. Give thanks to God for the many bountiful gifts and make time to enjoy them.” To contact Walt, phone 610-942-2359.

**John Furlow** was a professor in elementary physical education and driver's education from 1961 until his retirement in 1990. His accomplishments included serving as assistant coach of football, head coach of football, and head coach of boxing. He attained national recognition with the WCU boxing team as coach of the U.S. national collegiate champions. He also directed summer day camps in the service area and appeared on television in a number of programs including the Gene Kelly Olympic Show. Since his retirement in 1990, John keeps active by running workout sessions for his neighbors in his garage.

## RETIRED FACULTY NOTES

**Robert Nye** retired in June 2005, after a long and happy history in the Department of Health. He is now working on long left-undone home projects, giving presentations, spending time with his family, and doing what he calls “adventuring.” His e-mail is [rnye@wcupa.edu](mailto:rnye@wcupa.edu), and he looks forward to hearing from you.

**Sandy Thielz** retired in May 2004. She was an assistant professor of kinesiology from 1973 to 2004 and women’s gymnastics coach from 1973 to 1994. Since retiring, Sandy has been very active as a volunteer and member of the board of directors of Chester County SPCA. She continues to be a part of the NCAA Regional and National Gymnastics Championships each year. Sandy says she still works out, plays tennis, and walks her cat, Otis. To contact Sandy, e-mail her at [sjt@axs2000.net](mailto:sjt@axs2000.net).

**Dick Yoder** retired in January 2000. In April 2005, Dick and his wife, Jean, celebrated their 44<sup>th</sup> wedding anniversary. They have four children and eight grandchildren. For the past few years, Dick has served as mayor of West Chester Borough and was re-elected in November 2005 to a four-year term. Dick, eighth of 13 children, was born and raised in West Chester. He began his career at WCU in 1962 where he first taught as professor of physical education and football coach. He taught and coached football for 17 years before becoming director of athletics in 1979. In his final 12 years at WCU, Dick developed and taught graduate study courses in sport and athletic administration and retired as a full professor in the Department of Kinesiology. Philosophy of Life: “Always strive to be better than your best.” To contact Dick, e-mail him at [jyoder@verizon.net](mailto: jyoder@verizon.net).

## ALUMNI NOTES

If you would like to contact classmates from your college days, log on to the Alumni Online Community:  
[www.wcu.onlinecommunity.com](http://www.wcu.onlinecommunity.com).

### 1940's

#### **Edward N. Norris '48**

B.S. in health and physical education.  
Resides: Ocean Pines, Md.  
Retired dean and professor of health and physical education, West Chester University.  
Master's in physical therapy, Medical College of Virginia.  
Doctorate in physical therapy, Temple University.  
Wife: Nancy. Children: Steven and Peter.  
E-mail: [sirrondc@verizon.net](mailto:sirrondc@verizon.net)

### 1950's

#### **Walter R. Blair '50**

B.S. in health and physical education.  
Resides: Saratoga Springs, N.Y.  
Retired director emeritus from West Chester University Career Development Center.  
Master's in education, Temple University.  
Wife: Gloria. Children: Debra, Donna, Justine, Janet, and Allison.

#### **John L. Echternach '53**

B.S. in health and physical education.  
Resides: Boones Mill, Va.

Current position is professor and eminent scholar, School of Physical Therapy, Old Dominion University.  
Certification in physical therapy, University of Pennsylvania '54.  
Master's degree in anatomy, University of Maryland '65.  
Doctorate in higher education/administration, College of William and Mary '76. Doctorate in physical therapy '03.  
E-mail: [jechtern@odu.edu](mailto:jechtern@odu.edu)

#### **Herma Freitag Houston '55**

B.S. in health and physical education.  
Resides: Orlando, Fla.  
Retired and currently volunteers with Freedom Ride, a hippo therapy and therapeutic riding for children with disabilities.  
Husband: Willis (deceased). Children: Richard, Robert, and Catherine.

#### **Gable G. Snyder '56**

B.S. in health and physical education.  
Resides: Red Lion, Pa.  
Retired health and physical education teacher with the Red Lion Area School District after 35 years. Coached basketball and served as supervisor of Windsor Township Recreation after 22 years.  
Wife: Jacqueline. Children: Lisa, Karen, and Grant.  
E-mail: [gabesnyd@aol.com](mailto:gabesnyd@aol.com)

# ALUMNI NOTES

## Neil R. Johnson '58

B.S. in health and physical education.  
Resides: Potsdam, N.Y.  
Retired from SUNY Potsdam after 36 years. Coached soccer, tennis, and wrestling. Elected into NYS Coaches Hall of Fame for wrestling and served as administrator of health and physical education and athletics for the past 12 years. Current position is director of Area Learning Retirement Program.  
Master's degree, Penn State University. Doctorate, Springfield College.  
Wife: Marilyn '60.  
Children: Jeffrey and Daniel.

## 1960's

### Robert Schwabe '60, M'68

B.S. in health and physical education.  
Resides: West Chester, Pa.  
Retired from Penn-Delco School District in Aston, Pa. after 43 years as elementary physical education teacher and coach at Sun Valley High School.  
Master's degree, West Chester University.  
Wife: Sally. Children: Robert, Kevin, and Christopher.

### Stephen M. Kane '62

B.S. in health and physical education.  
Resides: Philadelphia, Pa.  
Retired from Philadelphia Board of Education after 37 years as a teacher of health and physical education and aquatics. Coached for 27 years varsity basketball, University City High School. Also coached varsity football, boys and girls volleyball, and tennis. Elected to Overbrook High School Hall of Fame; received Milt Blitz Award from the West Chester Hall of Fame. Current positions are "spinning" instructor with Philadelphia Sports Club, professional photographer, and aquatics director at Camp Indian Springs in Chester Springs, Pa.  
Doctorate, Temple University.  
Wife: Judy. Children: Jennifer, Emily, and Evan.  
E-mail: [judykane2@yahoo.com](mailto:judykane2@yahoo.com)

### Charles T. Didinger '68

B.S. in health and physical education.  
Resides: Manhattan Beach, Calif.  
Principal of Crenshaw High School, Los Angeles Unified School District in Los Angeles, Calif. Has been with Los Angeles Unified School District for 38 years.  
Master's degree, Long Beach State.  
Wife: Julie. Children: Emily and Will.  
E-mail: [ctd2389@lausd.k12.ca.us](mailto:ctd2389@lausd.k12.ca.us)

### Sandra Lessig Slabik '69, M'79

B.S. in health and physical education.  
Resides: Reading, Pa.  
Coordinator for graduate and undergraduate sports management programs/professor and faculty athletic representative, Neumann

College. Member of NCAA Division III Management Council and chair of Interpretation and Legislation Committee.  
Master's degree, West Chester University '79. Doctorate, Temple University '95.

Husband: Barry. Children: Stacey, Ted, and Tod.

E-mail: [slabiks@neumann.edu](mailto:slabiks@neumann.edu)

### Robert J. (Tony) Surace '69

B.S. in health and physical education.  
Resides: Millville, N.J.  
Retired June 30, 2005 after 36 years in the Millville School District as supervisor of health, physical education, and athletics. Began a new career as vice president at Salmon Ventures, a consulting firm.  
Master's degree, Glassboro State University.  
Wife: Barbara. Children: Robert and Brian.  
E-mail: [tbsurace@aol.com](mailto:tbsurace@aol.com)

## 1970's

### Leonard E. Collier '70

B.S. in health and physical education.  
Resides: West Chester, Pa.  
Retired high school counselor after 35 years, West Chester East High School. Named counselor of the year in 1996 by In Roads of Philadelphia. Enjoys golf and traveling.  
Master's in student personnel services, Montclair University. Education administration certificate, Cheyney University.  
Children: Monique and Brett.

### Deb Lukens Randall '75, M '79

B.S. in health and physical education.  
Resides: West Chester, Pa.  
Retired as health and physical education teacher in Chichester School District after 18 years. Currently volunteering for church and community.  
Master's degree, West Chester University '79.  
Husband: Everett. Children: Sara and Richard.  
E-mail: [drrandall@comcast.net](mailto:drrandall@comcast.net)

### Carolyn Ritter Hann '77

B.S. in health and physical education.  
Resides: Media, Pa.  
Current position is project coordinator, Quality Insights of Pa. Working with nursing homes, teaching quality improvement practices and principles, and providing leadership and management consultation to providers. Actively participated in the nursing profession for 40 years. Career included experience in many areas of nursing such as former director of utilization management, director of nursing, and quality improvement consultant for Beverly Health Care. Presented seminars and taught on the college level.  
Diploma and master's in nursing, Hahnemann School of Nursing. Certified professional in Healthcare Quality (CPHQ).  
Husband: Donald. Children: Lawrence and Stephen.  
E-mail: [cjhann@msn.com](mailto:cjhann@msn.com)

# ALUMNI NOTES

## Patricia Ryan Horton '78

B.S. health and physical education.  
Resides: Glen Rock, N.J.  
Stay-at-home and occasionally substitute teaches. Active member of U.S. master's swimming.  
Husband: Riley. Children: Meaghan, Joey, Casey, Riley, Bridget, and Mary Kate.  
E-mail: [horton8@verizon.net](mailto:horton8@verizon.net)

## 1980's

## Diane Elizabeth Eynon '83, M '85

B.S. health and physical education.  
M.B.A. global management.  
Resides: Rosemont, Pa.  
Employed by University of Pennsylvania Wharton School of Business/director.  
E-mail: [deynon@comcast.net](mailto:deynon@comcast.net)

## Teri Tettermer Saenz '84

B.S. in nursing.  
Resides: San Antonio, Tex.  
Current position is staff nurse in labor and delivery, Methodist Hospital.  
Husband: Jose. Children: Sarah.  
E-mail: [tlsaenz@satx.rr.com](mailto:tlsaenz@satx.rr.com)

## Mark Anthony Mallon '85

B.S. in health and physical education.  
Resides: Munson, Ohio.  
Current position is director/owner, The Soccer Institute, Deer Valley Camp. Soccer All-American, WCU '85; men's soccer coach, Yale University 1989-92; and men's soccer coach, University of California-Berkeley 1993-99. Developing sports camp for all ages to open in summer 2006.  
Master's degree in athletic administration, Temple University.  
Children: Meredith.  
E-mail: [markmallon@sbcglobal.net](mailto:markmallon@sbcglobal.net)

## Susan Perks Dwyer '85

B.S. in nursing.  
Resides: Lumberton, N.J.  
Staff nurse at Deborah Heart and Lung Center.  
ANCC certification in cardiac rehabilitation.  
Husband: Paul. Children: Christopher, Matthew, and Emily.

## Traci E. Gardiner Murphy '89

B.S. health and physical education and athletic training.  
Resides: Buffalo, N.Y.  
Associate athletic director and senior woman administrator at Canisius College. Previously head athletic training coach at University of Louisiana.  
Master's degree in health and physical education, University of Arkansas.

Husband: Patrick. Children: Sean and Sarah.  
E-mail: [traci.murphy@canisius.edu](mailto:traci.murphy@canisius.edu)

## 1990's

## Gail Partridge Crossan '90

B.S. in nursing.  
Resides: Havertown, Pa.  
Family nurse practitioner.  
Husband: Brian. Children: Shane and Ellie.  
E-mail: [gcrossan@verizon.net](mailto:gcrossan@verizon.net)

## Jennifer Newcomer Northrup '90

B.S. in athletic training.  
Resides: Hudson, Ohio.  
Current position is registered nurse, Pioneer Physicians Network, Inc. Certification, Shadyside Hospital School of Nursing.  
Husband: Robert. Children: Andrew, Elizabeth, and Emma.

## Jennifer A. Parr Valentine '90

B.S. in nursing.  
Resides: Painesville, Ohio.  
Staff nurse in endoscopy department, Lake Hospital System.  
Husband: Timothy. Children: Andrew, Lauren, Brendan.

## Tracie Schwoyer Morgan '93

B.S. in nursing.  
Resides: Parkville, Md.  
Current position is senior institutional clinician, Elder Health, Inc. and school of nursing faculty, Johns Hopkins University.  
Master's and certification nurse practitioner, University of Maryland.  
Husband: Robert. Children: Garrett.  
E-mail: [t.schwoyer@comcast.net](mailto:t.schwoyer@comcast.net)

## Carolyn Coyle Vachani '93

B.S. in nursing.  
Resides: Merion Station, Pa.  
Current position is nurse educator, OncoLink.com, and adjunct faculty, Drexel University.  
Master's degree, University of Pennsylvania; advanced practical nurse in adult oncology.  
Husband: Anil.  
E-mail: [vachani@comcast.net](mailto:vachani@comcast.net)

## Mary Jones Gant '94

B.S. in nursing.  
Resides: Wilmington, Del.  
Current position is clinical specialist-performance improvement, Christiana Care Health System, Newark, Del. Also, works with adults with cystic fibrosis and is adjunct faculty, University of Delaware.  
Master's degree, University of Delaware. ANCC certification.  
Husband: Howard. Children: Abigayle and Wesley.  
E-mail: [mgant@christianacare.org](mailto:mgant@christianacare.org)

## ALUMNI NOTES

### **Michael J. Wagner '95**

B.S. in health and physical education.  
Resides: Springfield, Pa.  
Current position is fitness director, Beaumont Retirement Services.  
Wife: Lisa. Children: Declan and Fiona.  
E-mail: [artbarb67@aol.com](mailto:artbarb67@aol.com)

### **Leigh Ann Rohrer '97**

B.S. in health and physical education  
Resides: Lititz, Pa.  
Stay-at-home mom.  
Master's degree, Penn State University '02.  
Husband: Travis. Children: Quintin and Noelle.

### **Amy L. Snukis Stankavage '99**

B.S. in athletic training.  
Resides: New Philadelphia, Pa.  
Physical therapist, Good Samaritan Regional Medical Center, and head athletic trainer, Nativity B.V.M. High School.  
Master's degree in physical therapy, Thomas Jefferson University '02  
Husband: Brian.  
E-mail: [dtown8227@aol.com](mailto:dtown8227@aol.com)

## 2000's

### **Cristin A. Veit '00**

M.S.A. in sports and athletic administration.  
Resides: Thorofare, N.J.  
Current position is assistant director, River Winds Community Center, West Deptford Township, N.J.

### **Jean M. DeBerardinis '01**

B.S. in nursing  
Resides: Aston, Pa.  
Current position is staff nurse, Bryn Mawr Hospital, Bryn Mawr, Pa. School nurse certification and pursuing master's degree, West Chester University.

### **Julie Bradley Diehl '01**

B.S. in nursing.  
Resides: Norwood, Pa.  
Current position is staff registered nurse, Bryn Mawr Hospital.  
Husband: Jim.

### **Joelle L. Maguire Bieber '02**

B.S. in health and physical education.  
Resides: Pottstown, Pa.  
Current position is physical education teacher, Spring-Ford High School, Collegeville, Pa.  
Pursuing master's degree, Neumann College, Aston, Pa.  
Husband: Nathan. Children: Corinne.

### **Kimberly Meyer Rogers '02**

B.S. in health and physical education.  
Resides: Doylestown, Pa.

Pursing master's degree, Wilkes University spring '06.  
Husband: Anthony.  
E-mail: [krogers@qcsd.org](mailto:krogers@qcsd.org)

### **Carolyn Rozich Sedora '02**

B.S. in nursing.  
Resides: Red Lion, Pa.  
Stay-at-home mom.  
Husband: Andy. Children: Gabriel.

### **Brian J. Gallagher '03**

B.S. in sports medicine.  
Resides: Vernon, Conn.  
Current position is assistant athletic trainer, Trinity College.  
Master's degree in sports management, University of Connecticut.

### **Megan C. Gearhart '03**

B.A. in communicative disorders.  
Resides: Elysburg, Pa.  
Current position is speech language pathologist, Colonial Intermediate Unit.  
Master's degree, East Stroudsburg University.

### **Dominick Hernandez '03**

B.S. in health and physical education.  
Resides: Jackson Heights, N.Y.  
Physical education teacher at the Village Community School.  
Master's degree in curriculum and teaching, Teachers College Columbia University.  
Wife: Gaby.  
E-mail: [Dominick\\_hernandez@hotmail.com](mailto:Dominick_hernandez@hotmail.com)

### **Bryan Norris '03**

B.S. in health and physical education.  
Resides: Lancaster, Pa.  
Director of facilities/recreation and intramurals, Pace University.  
Master's degree in athletic administration.  
E-mail: [bnorris@pace.edu](mailto:bnorris@pace.edu)

### **Andrea R. Morford Lore '04**

B.S. in nursing.  
Resides: Westville, N.J.  
Current position is registered nurse, Cooper University Hospital, Camden, N.J.  
Husband: Brian.  
E-mail: [andreamorford@yahoo.com](mailto:andreamorford@yahoo.com)

### **Dawn Napoli '05**

B.S. in nutrition and dietetics.  
Resides: Orlando, Fla.  
E-mail: [aquariusdn@hotmail.com](mailto:aquariusdn@hotmail.com)

*West chester University of Pennsylvania*  
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Children's names (WCU students/grad?) \_\_\_\_\_

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News about yourself or other updates for "The Pulse" readers.

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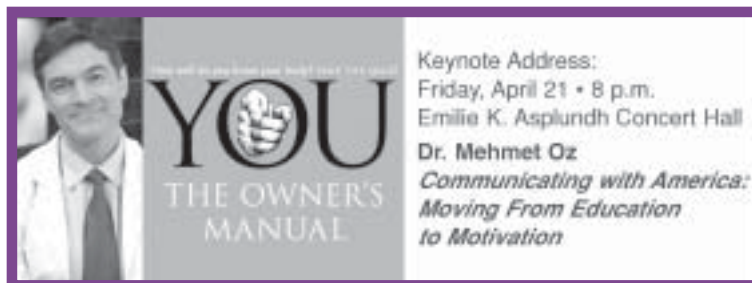


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## 6th Annual Integrative Health Conference

### Balancing One's Health: Moving from Education to Motivation April 21, 2006 - 8 p.m. - 10 p.m.



### April 22, 2006 - 8 a.m. - Noon

#### Health Care Professionals

How to Create Dialogue with Patients  
 Around Integrative Health

*Lawrence Palevsky, MD,FAAP,ABHM*

Achieving Long Term Compliance-  
 Strategies for Effective Preventive  
 Medicine

*Peter Hotz, M.B.A.*

Finding Balance in a Medical Life

*Wendy Warner, M.D., A.B.H.M.*

*This activity has been approved for  
 AMA PRA credit.*

#### General Audience Sessions

The Power of Lifestyle Change

*Wendy Warner, M.D., A.B.H.M.*

How to Get a Doctor to Listen:  
 Jumping Over the Hurdle

*Lawrence Palevsky, M.D.,  
 F.A.A.P., A.B.H.M.*

Strategies for Health Change -  
 is a "Health Coach" Right for You?

*Peter Hotz, M.B.A.*

#### Registration and Information

Phone: 610-436-6931

E-mail: [cfaust@wcupa.edu](mailto:cfaust@wcupa.edu)

Web: <http://www.wcupa.edu/conference.services/intkeynote.htm>



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