Pennsylvania Free Enterprise Week, a unique program attracting highly motivated high school students statewide, was hosted on the Pennsylvania College of Technology campus for the first time from July 27 to Aug. 2. In the PFEW program, student businesses, aided throughout the week by company advisers and motivational speakers, simulate the operation of their own enterprises, facing all of the decisions confronted by real business executives. The students also explored Penn College’s academic programs, facilities and support services.
Keeping ‘Hackers’ at Bay
A new information technology major offers a 21st-century skill set to combat threats to vital computer data.

Winter Fitness
When daylight diminishes and the mercury plunges, don’t despair – a simple exercise plan can help anyone stay physically fit year-round.

Firehouse ‘Study Hall’
Living in a firehouse isn’t for everyone, but for students with their EMT certification, it’s a passport to a career in the emergency-services field.

‘What Have You Done?’
Student organizations enrich the overall college experience while fostering campus and community involvement.

Financial-Aid Lifeline
A streamlined application process enables students and families to find grants, scholarships and loans to fund their college costs.

Easing the Transition
Through customized tutoring and guidance, the TRIO Student Support Services program helps nontraditional students thrive in college.

degrees that work.

On the Cover
Justin R. Gernert, a Pennsylvania College of Technology student and a certified emergency medical technician, lives for free in a local firehouse in exchange for helping to respond to emergency calls. In Fall 2008, seven Penn College students took advantage of the unique program, living in three Lycoming County fire and rescue stations. Most of the students are working toward a degree in emergency medical services. Read about their experiences on page 8.
Keeping ‘Hackers’ at Bay

New IT Major Focuses on Safeguarding Data

by Tom Wilson, writer/editor-PCToday

Whether it’s the Hollywood hacking of the Pentagon’s war machine or the very real breach of credit-card information on file with a national retailer, stories of compromised computer security have become commonplace.

Quickly reacting to that threat, Pennsylvania College of Technology in Fall 2008 began offering a four-year degree (information technology: information technology security specialist concentration) focusing on protection of an organization’s data from hostile and accidental intrusions.

Students in the isolated security laboratory bring “hacking” out of the shadows, identifying and analyzing computer threats.

“For government agencies, this core curriculum is becoming a necessity of employment,” Miller said. “Having the background prior to being hired gives our students a competitive edge over those who would otherwise have to be sent to training.”

The college officially was certified during the 12th Colloquium for Information Systems Security Education, held in early June in Dallas.

The relative speed of that curricular review speaks both to the need for qualified graduates and the quality of the college’s existing IT curriculum. When he and his colleagues sat down to realign the security majors with what the market demands, Miller said, “We weren’t that far off” from NSA expectations.

The curriculum also has the blessing of the school’s corporate advisers, many of whom – health-care providers and financial institutions, for instance – worry daily about the data disaster that could result from a vulnerable information system.

Miller and Gorka explained that Penn College’s new major even transcends NSA requirements in adding a component that will give graduates the edge in the job market. Not only can students learn to create and implement comprehensive security plans, they will be introduced to the process of investigating a computer incident using forensic techniques.

“We all strongly believe that we should be able to demonstrate that the curriculum delivers what the student is paying for. The first step in that direction was the NSA evaluation,” Miller said. “As the curriculum rolls out, we will be assessing students to identify what knowledge they are obtaining from the curriculum. This enables us to plan for eventual changes in delivery and content that will ensure that the curriculum remains current and delivers as promised.”

With each day’s news bringing more examples of cybercrimes large and small, a variety of government and private-sector security positions is likely to await graduates in the new major. The coursework is not for everyone – faculty members stress the need for strong math skills, including calculus – but successful
graduates can find employment ranging from IT engineer to network administrator to operations analyst.

About 20 students have transferred into the major, and it is anticipated that hundreds more will follow. Because the jobs are there, so is the interest among information technology students: A preliminary Ethical Hacking and Penetration Testing course, teaching students how to prepare against computer attacks, was filled soon after it was opened to scheduling.

Faculty members are equally invested: Four of them signed on to train for and teach the main security curriculum, and others provide supportive classes in their respective areas.

“Trainings range from basic information security to specialized work in cryptography, biometrics, steganography, forensics, penetration testing and risk analysis,” Miller said. “In most cases, we have at least two faculty trained in a given area and where that is not the case, we are planning trainings to ensure we have at least two experts in each area the curriculum covers.”

The school worked with Information Technology Services (the department overseeing the college’s computer infrastructure) to equip a dedicated lab for students to simulate and correct security weaknesses.

In a “fireproof” setting far removed from the campus’s real-life network – with appropriate penalties for crossing stringent educational boundaries – students can put themselves into the minds of computer hackers. Or, as they did over spring break, they can remove the makeshift network’s protection in order to attract the instructive interest of the mischievous and the malicious alike.

“It’s an anonymous lab, so hackers don’t know it’s affiliated with a college,” Miller said. “And, trust me, a machine without a firewall is like a lightning rod, a honey pot” for people who wish to exploit a network’s flaws and shortcomings.

While some new machines were purchased for the lab, the school used a substantial number of computers recycled from other areas of campus. One reason for that, Miller explained, is that the software used for forensics tends to work better on older machines.

“ITS purchased forensic-specific hardware for us, as well,” Miller said. “The students get an opportunity to use write blockers in the forensic class. These devices allow the connection of a suspect’s hard drive to the investigation system while blocking any write activity to the hard drive. This ensures that the data on the evidence drive cannot be altered while the drive is copied or imaged.”

That is very important in the event the data becomes evidence in a criminal or civil trial. The concept and devices are simple, Miller noted, but it takes some effort to handle the setup and teardown correctly to ensure the integrity of the evidence. Students also seem to take more away from the physical demonstration than just a discussion, he added.

“ITS also purchased software to help familiarize students with the tools law enforcement uses to conduct an investigation,” he said. “Since our graduates may be involved with assisting such an investigation, it is helpful if they not only know the process, but also have some familiarity with the tools so they can understand what they are being told by law enforcement about an investigation. Knowing the capabilities of the tools also helps them determine what to ask for when requesting an investigation.”

Hardware and software are neither trivial nor cheap (although some free programs can be used to help students understand how systems are compromised), and Miller said the school is grateful for ITS assistance – especially since many curricular requirements could not be identified until after faculty had its formal training.

The course is a textbook example of Penn College’s degrees that work: hands-on education, a mix of classroom instruction and practical application. Gorka added that coursework throughout the school’s IT security emphases will be supplemented by valuable visits from employers. Susquehanna Health and Omega Bank, for instance, were among those who shared their workplace experiences with students at a campuswide observance of cybersecurity awareness.
Winter Fitness
Overcoming Nature’s Signals to Slow Down

by Judy Quinti, instructor of fitness/lifetime sports

Wintry weather.
The best reason not to step outside for either a walk/run or not to get in that cold car and drive to the fitness center. Yes, running in very cold weather is not necessarily the best choice for some, and waiting for the car to heat up and defrost takes just enough time for you to talk yourself out of going.

As the earth moves away from the sun, nature’s pattern is to slow things down. Trees redirect their blood flow from appendages to the core. Birds leave town for the widest waistline of the planet. Bears, rodents and other hibernators prepare for a long winter’s night.

We humans follow the same path. There is a rhythmic response to cold programmed from a long time ago. We slow down. We seem to be hungry more often. Making any effort is, well ... an effort.

This is the time of year when the difficulty of maintaining (or worse, starting) a fitness plan rates a 10-plus on the scale of impossible achievements. But it doesn’t have to be that bad. Some basic fitness facts will lay the foundation of how to get through the winter and not gain 10 pounds.

There are five components of fitness we need to consider:

- **Cardiovascular** – the fitness of the muscle of your heart and the transportation system of blood vessels. Also the best mode of exercise to keep unnecessary weight down.
- **Muscle strength** – can you pick up something heavy once or twice and not pull your back out?
- **Muscle endurance** – can you paint that room today and still be able to move tomorrow?
- **Flexibility** – unrestricted joint movement from the neck to the knees and beyond.
- **Body composition** – how much unnecessary weight are you carrying?

Stop laughing. Maintaining fitness can be done in as little as three times a week, taking about 45 minutes to one hour. And, it can be done at home with limited space or equipment. Will you lose 45 pounds in 2½ weeks? Not on your life. But it will help the quality of that life and possibly begin to improve the quantity of the years ahead.

Before we begin, when was your last checkup? Your physician should be aware of the plan and advise accordingly. List any medicine you are taking. Certain prescriptions govern intensity choices, and it is extremely important to have that information.
CARDIO WORKOUTS

According to the American Heart Association, the American College of Sports Medicine and just about every expert out there, cardiovascular fitness ranks No. 1 for many reasons. Your heart strength improves considerably. Blood vessels are sponged clean. Pressure on those vessels lightens up. Muscles get stronger. Joints loosen up. Feel-good hormones are released, and hunger is put at bay for a bit longer. Can you ask for any more benefits from a simple walk?

The more you do, the more fat storage will convert to usable fuel, and the sooner you will see improvements in waistline girth, body weight and newfound energy. How soon? Certainly not as fast as those infomercials promise, sorry. Your body needs about 10-12 weeks of continuous effort before any visible results (like fitting into that item of clothing you haven’t discarded yet).

Where to work out? A basement? Only if it is inviting. Too many fail when the treadmill or cycle is surrounded by laundry or near the hot-water heater. The environment must be welcoming, or at least not offensive.

What type of equipment is best? We all have walking “down,” therefore, a treadmill is the best piece to jump right on and get going. Once you find a comfortable pace (which depends on your initial cardiovascular fitness and the length of your stride) you can challenge yourself with intervals of three minutes comfortable and one minute a little tougher. Tougher means either speed or incline. Keep the same speed, but kick up the incline to about 2-5 degrees, and you will feel like you are running.

How about other types of equipment? A cycle is best only if your knees are bad, but understand since two-thirds of your body is sitting on that seat, your caloric expenditure will be less per bout of exercise. Elliptical machines are excellent choices, but form is important. Please check the instruction manual/DVD before you begin. One caution with the elliptical: Watch your speed (strides per minute). Try to cap the strides per minute at around 140. Any faster just elicits a “spinning” motion with no resistance.

When choosing a piece of equipment for at-home use, think “How many body parts are involved?” Obviously, the more muscles you bring into the workout, the more calories you will expend.

STRENGTH TRAINING

When addressing the strength components of health-related fitness, your main considerations are “How heavy?” and “How many?” If you have just purchased a multi-station strength-training piece and are new to resistance work, it might be best to hire a personal trainer to come to the house and start you on a program that is safe, effective and easy to follow.

But for moderate strength gains, a stability ball, resistance tubing or dumbbells, from about 5 to 15 pounds, should do the trick. The basic program for moderate...
strength is three sets of 10 repetitions for each major muscle group (lower body, chest and back). The “how many” component is based on the “how heavy” component. The heavier the resistance, obviously, the fewer repetitions you will be able to do.

**Lower body:** wall squats, chair squats, side-lying leg lifts

**Chest:** push-ups, chest press, chest fly

**Back:** one-arm row, tubing horizontal row, pull down

**FLEXIBILITY**

Described as having full range of motion around a singular joint (your shoulder) or a series of joints (your spine). This means that you can reach overhead for that item on the closet shelf and not have to raise your shoulder to your ear in the attempt. Take notice the next time.

Our muscles move our joints. This happens because the fibers of muscles lengthen and shorten to open or close their respective joints as the brain instructs. Think about how much time you spend sitting. Do you even sleep all curled up, knees bent? Those back-of-the-thigh muscles, your hamstrings, are in a shortened state sometimes for hours. Spending one to three minutes stretching these muscles in particular will help release the tightness in your low back. The rule is: Stiff low back? Check the hamstrings. Why? Because these two muscle groups run in opposite directions from the hip girdle.

Hamstrings head south from your lower hip bones past the back of your knees, and your back extensors run north from the upper hip bone along the vertebrae of your spine. If the hamstrings are inflexible,
tension builds, and guess what happens next? Keeping the hamstrings pliable is a priority for keeping the low back safe.

You don’t need to buy the yoga video and try to pretzel yourself daily for 45 minutes. It would be wonderful if you had the time. People who practice yoga regularly are more fluid than the rest of us. Even twice a week would begin to erase the stiffness we carry as if it were the norm. But, a few minutes daily can make a difference and possibly prevent that back spasm.

Stretching for flexibility takes about 30 seconds for each major joint. Again, you don’t need to purchase much, if anything at all. With each stretch, breathe slowly about six times. You’ll find that takes about a half-minute. The stretch is held just at the point of tightness, not into the pain. Your body, amazing as it is, has a protective mechanism called the stretch reflex. Push that stretch too far, and it will tighten to prevent a tear. If you stick with it, you will find that point of tightness will be further and further into the joint’s range of motion.

The simplest way to stretch hamstrings is to put one leg up on a chair, stool or any immovable object that is as high as your standing knee. Flex over with your upper body in good posture until you feel that pull. Breathe. Repeat right and left leg twice.

BODY COMPOSITION

Body composition is the distribution of your body weight: fat-free mass and fat mass. Your FFM is the weight of everything you are made of except your fat. Your fat mass can be at the level of an athlete, way too little and, for most of us, way too much. With winter upon us, the fight gets a bit tougher. We are less active. We wear more clothes. We eat more food.

When you are home on a cold, nasty day, what’s there to do? Nibble here, snack there, sit and read or catch a couple of “Law & Order” reruns? It might be earned after an exhausting week, but even finding 30 minutes of constant movement will rev up your metabolism for a while, lubricate the joints, release some feel-good hormones and deliver oxygenated blood to your muscles. And, you will be proud of yourself. You made an effort. You succeeded.

Getting outside is the better choice (weather permitting). Fresh air and sunshine are the Godiva for your cells. Layer yourself with warmth and take a walk. If that is not possible, then look around. Bi level home? Use the stairs and complete two or three laps. Do this a few times during the day. One-level house? Time yourself and just walk through the rooms for five to 10 minutes a few times a day. Find a chair (no, not the recliner), sit/stand for 10 repetitions and walk away. Come back in two minutes and do it again. Easy, simple and done in less than four minutes!

You don’t need a whole gym in your basement or office. You just need your brain to engage your muscles to move your bones, which requires your heart to deliver more blood, and a little creativity. Carrying too much FM is not only uncomfortable and discouraging but unsafe. Obesity is now the second-most preventable risk factor for heart disease. A few pounds gained here and there add up, and before we know it … “What size is that?”

Now is the time we make those promises to ourselves with the best intentions. During this cold-weather season, it is more difficult to find the dedication to keep them. So, don’t be ridiculous. Small, incremental goals are reachable and therefore motivational. And the upward cycle continues. Hang in there, the sun is on its way back. Any day now.
It’s not unusual for college students to live and study off campus. Only a few, though, find their student housing in a firehouse.

Several Lycoming County volunteer fire companies have instituted a "live-in EMT" program that offers Pennsylvania College of Technology students who have earned emergency medical technician certification the opportunity to live in the firehouses for free in return for helping to answer the stations’ ambulance calls.

Seven students took advantage of the program – living in three firehouses – in Fall 2008. Most were working toward a degree in emergency medical services, immersed in what they hope will someday become a career.

“As a paramedic student, I’ve found myself living in the emergency services environment 24/7,” said Christopher A. Heiss, a second-year student stationed at the Willing Hand Hose Co. in Montoursville. “I go from classroom to the field or hospital setting, and come home to the fire department, where it starts all over again.”

But that experience – alongside saving thousands of dollars on board – draws the students to participate.

Freshman Gage E. Lyons-McCracken, also stationed in Montoursville, said getting out and doing what he is studying is important to him. Though, like many of the students living in the firehouses, he has been involved with volunteer emergency services since he was in high school, he said: “Every new call is a teaching opportunity. No call is the same.”

Freshmen in the emergency medical services major must take several courses before being accepted into the professional phase of the Penn College program.

“Seeing it now will help when I start seeing it more in school,” said freshman...
Dustin C. Counsil, a freshman stationed at the Old Lycoming Township Volunteer Fire Co.

In addition to gaining experience, the students are also making important connections.

At Old Lycoming Township, Counsil and fellow freshman Bradley M. Kavetski share their bunkroom with a professional paramedic and emergency medical technician, as well as two of Williamsport’s paid firefighters, with whom they bonded quickly.

“Everyone is there to help and support you,” he said, noting some have become like father figures. “They ask, ‘Hey, did you get your homework done?’”

Lyons-McCracken said he has run calls with part-time faculty in the college’s paramedic technology program and is learning from second-year students Heiss and Timothy S. Capella, who share live-in quarters with him and Justin R. Germert, a student enrolled in the diesel technology: Mack emphasis major.

“They’ve been through what I’m doing,” he said. They not only help him learn from their experiences, but they also drill him on what they are learning in their classes.

Kenneth E. Gates, a 2008 Penn College graduate who lived at South Williamsport’s First Ward Fire Co., said he got many opportunities other students don’t, thanks to the station’s volunteers.

“The guys take you out to see different parts of the city,” he said. “I got to see a lot of Williamsport and the surrounding area that I wouldn’t have gotten to see (by living) on campus. It really made it a much better experience. I really had a lot of fun.”

Upperclassman Heiss and 2008 graduate Matthew P. Elliott, who lived in the Montgomery Volunteer Fire Department facility, described the relationships they’ve formed with the station’s personnel as a brotherhood.

“It’s a tough career field,” Heiss said. “We see the worst of the worst and are faced with life-or-death situations. The brotherhood that evolves from living that kind of life is unparallel to anything I can describe. It’s an awesome feeling.”

Old Lycoming Township Volunteer Fire Co. Assistant Chief Charles E. Kiessling Jr. said his department implemented the program to help bolster its volunteer levels.

“We see elements of this world that the average person doesn’t, and shouldn’t, have to experience.”

“We’ve recognized for some time now that volunteers are dwindling,” Kiessling said. Part of the reason, he said, is that training requirements in volunteer fire and emergency medical services have increased while many people must commit more and more time to their work. “It’s not just showing up to meetings and coming when the whistle blows. … People just don’t have the time anymore,” he said.

Having the volunteers already in the building becomes especially valuable during overnight emergencies, when minutes count.

“Everybody has manpower issues,” said Tim Boush, chief of the Loyalsock Volunteer Fire Co., which initiated its live-in EMT program in the fall. “This is our way to help the company and the community get the trucks out quicker.”

The Loyalsock station accepted two applicants in Fall 2008. Boush said the company had talked for several years about implementing such a program. When the company renovated its facility, it took the opportunity to create living space for such a program.

Both said they have room for more live-in participants and would love to see a full house.

“It’s good experience,” Kiessling said. “If they’re going into nursing, or paramedic training, physician assistant, or other medical fields, this gives them good experience running both emergency and routine operations.”

“The live-in program is an example of how Penn College and the community have formed a partnership that directly supports the public safety. … The community involvement, with mentoring provided by the volunteer and career fire-department and emergency-service providers, is a model example of how together we can foster the growth of our next generation of public-service workers,” said Mark A. Trueman, director of the college’s paramedic technology program.

While they are gaining valuable hands-on knowledge, the participants are – foremost – students, and balancing the duties can be a challenge.

“Studying in a firehouse takes time and effort to master,” Heiss said. “My first semester was definitely a huge adjustment to the lifestyle; however, I’ve since figured out the techniques of studying in a”

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The firehouses offer wireless Internet access and quiet areas to help accommodate the students’ needs and allow them to work around their class schedules. “Making time for extra studying was a challenge,” Gates said. “It seemed like every time you’d sit down to get a little work done—to catch up—you’d get a call or something.”

Sleep deprivation is a big problem, the students said, each recounting the common experience of falling asleep only to be awakened a short time later. And even though a call may take only an hour, Lyons-McCracken said, getting back to sleep is not easy. Then again, Counsil said the adrenaline rush of answering a call is what drew him to the profession.

“We can go weeks with a full night of sleep (every night) as well as go the same duration without sleep,” Heiss said. “I believe that is the toughest aspect of being a live-in student at a fire department.”

In addition to Internet access and study areas, the firehouses offer the students a lounge area, kitchen and laundry facilities. Some fire departments offer additional perks. The Willing Hand company in Montoursville was the first in the area to offer the live-in program to students.

Andrew Mattocks, ’06, was the first student to participate in the program in 2005. He’s now EMS lieutenant at the company, where he said participants first must become members of the fire company. A second application process for the live-in program includes reviewing the students’ professional credentials and academic records, as well as interviewing the potential participants. The students then hold the same rights as other members of their host departments, including training opportunities.

Heiss said the experience has helped him become well-rounded. It’s not for everyone, he said, and some of his bunkmates have not stayed long, but the memories he’s made with them will last a lifetime. “The friendships I’ve developed at the firehouse are nothing short of a true brotherhood,” he said. “We’re a very tight group of people. We see elements of this world that the average person doesn’t, and shouldn’t, have to experience. After a bad call, it’s nice to know that a ‘brother’ is going to be there to talk to. We’re always there for each other. We’re the kind of brotherhood that are not only there for each other, but as well as for each other’s family and friends. I currently live with the individuals who will be in my wedding someday, as I will be in theirs.”
In their new home away from home, Pennsylvania College of Technology students are faced with innumerable questions and challenges, opportunities and temptations. Beyond their coursework, perhaps none of those experiences is more important than the chance to belong, to fit in, to surround themselves with like-minded (and potentially lifelong) friends.

In the warm cocoon of collegiality, a student can find others who share his or her interests, the common ground of fellow gamers and hobbyists, or, simply, the welcome support of a confidante’s ear.

There are more than 50 student organizations at Penn College: stretching from the broad membership of the Student Government and Residence Life associations to the more-specialized focus of groups related to academic majors.

“When students look back on their college experience, studying will only be part of it,” said Kimberly R. Cassel, director of student activities. “Getting involved outside the classroom helps foster positive memories of their time at Penn College. With 6,500 students here, it isn’t always easy to find that fit. But if someone can hook up with one organization of 20 students that they feel comfortable with, someone to turn to when there’s a problem or they need help, it really can help in finding that niche.”

The Student Government Association awards “SGA Cup” points to organizations for their campus involvement – the number of members who donate at an American Red Cross Bloodmobile or participate in a leadership conference, for instance – and the top finishers annually receive money for their organizations’ accounts.
The benefits aren’t merely financial, however. Student organizations are required to perform two college-service projects and two community-service projects each year. Whether it be a fundraiser for a charity, litter cleanup along an area highway, washing police cruisers or doing the heavy lifting for a budget-conscious nonprofit agency, Penn College students are making their presence known across campus and throughout Greater Williamsport.

“They learn that they don’t operate in a silo,” Cassel said. “They get the good feeling that comes from helping someone, and the community members easily can see the emphasis that we place on positive involvement.”

Some have even taken that reputation across the border.

The Construction Management Association, Penn College’s student arm of Associated Builders and Contractors Inc., was chosen as the “Student Chapter of the Year” at this year’s ABC National Convention in San Juan, Puerto Rico. CMA, sponsored by ABC’s Central Pennsylvania chapter, was recognized among the top college and university student chapters during the 2008 Student Chapter Excellence Awards ceremony at the convention.

“CMA and its members have been extremely active on campus and in the community,” said Wayne R. Sheppard, assistant professor of construction management in the college’s School of Construction and Design Technologies. “The award recognizes the amount of time invested to promote construction management careers while serving others and having a great time. They submitted around 80 pages of documentation related to meetings, social events, industry interaction, fundraising, community and college service, and all sorts of additional activities that show they are the best in the country.”

In just the past year, members built a playhouse that was raffled to benefit the local Habitat for Humanity chapter, helped the Habitat office move into new headquarters, sponsored several field trips, hosted guest speakers, and participated in multiple charity and volunteer activities around Williamsport. The group also is the lead sponsor and provides management for the traditional fall “Hog Bash” pig roast on campus.

When it comes to civic contributions, students also have a shining example in the institution’s president, a longtime community volunteer who readily and regularly preaches the gospel of giving.

“The student body at Penn College is renowned for its public service: Habitat for Humanity, Special Olympics, the American Cancer Society, AIDS awareness, Little League Baseball and so many others,” President Davie Jane Gilmour told one group of graduates during commencement ceremonies. “But when they saw what I was involved with – SGA, ACM president – they crumpled up their interview questions,” Garrett said.

Meeting with corporate officials in his attempt to obtain an internship at a stressful financial firm in which computer crashes can cost millions of dollars, he had done his homework, knew about the company and was fully prepared to dazzle his inquisitors with what he had researched about their business.

But among them is Thomas P. Garrett, an information technology: information technology security specialist concentration major from Lansford, who interned this past summer with ING Direct in Wilmington, Del. April’s “Student of the Month” at Penn College, Garrett has amassed a formidable record of service: student government’s vice president of finance and chair of the allocations committee, president of the Association for Computing Machinery and a stint as a Resident Assistant at the Rose Street Apartments.

Fraternities are among Penn College’s latest opportunities for students to contribute to their ever-growing world. Three national fraternities are represented with chapters, or “colonies,” at Penn College – Phi Mu Delta, Sigma Nu and Chi Phi – and Cassel noted that two sororities will be on campus by fall.
The college’s Student Affairs Office engaged in an extremely transparent selection process by inviting faculty/staff and students to each fraternity’s presentation and proactively addressing the more prevalent concerns. Officials made it clear, for one, that alcohol will be forbidden at all Greek functions – on Penn College’s campuses and off – and that the college will neither provide on-campus Greek housing nor encourage off-campus fraternity houses.

While acknowledging the stigma that follows some fraternal organizations, the college – with the blessing of the administration – instead highlighted the principles of scholarship, service and philanthropy, leadership, community, and brotherhood in explaining its decision to initiate Greek life.

“Bringing fraternities and sororities to Penn College was not a decision that was made lightly,” noted Erin M. Datteri, the college’s assistant director of student activities for Greek life and leadership. “The administration reviewed both the positive growth of our students and the risk that it felt would be taken with these groups and decided that it was an opportunity Penn College was interested in providing.”

Greek life historically has played a critical role in strong student-life programs and has been noted for offering students opportunities to gain leadership skills and experience outside the classroom; to be active in college/community service and philanthropy activities; to develop institutional pride and build connections between friends, faculty and the college that leads to a stronger alumni base; and to find their place on a college campus, making a large institution feel smaller and more like home.

“I believe that the opportunities we provide for our students to get involved … make for more dynamic graduates. We want our students to feel proud of what their résumé looks like from curricular skills and from interpersonal relationships,” Datteri said. “This experience is provided when students work with a group of peers through Greek life, student government, residence life or programming experiences. It challenges them to think about their own personal values and what type of leader they would like to become.

“The key message is that, to maximize the college experience is to be involved both inside and outside the classroom,” she said. “And, there are many options at Penn College to help a student achieve that goal.”

Volunteers spruce up the grounds at the Lycoming County SPCA pet cemetery, among the regular “Civility Saturday” events to encourage interaction between students and their adopted community.

A collaborative effort among several Penn College organizations, the annual Hog Bash provides food, fun and friendship.
What do nearly 80 percent of Pennsylvania College of Technology students have in common? All receive some form of financial aid to pay for their college education.

Penn College draws students from diverse economic backgrounds. Many of our students are the first in their families to attend college; we serve a large population of lower-income, working-class families who seek to provide a better life for the next generation. However, no matter what their level of household income, students and parents are looking for grants, scholarships and student loans to finance their education.

In 2007-08, Penn College students qualified for more than $76.5 million in financial aid including federal and state grants, scholarships, veteran’s education benefits, Work-Study, and student and parent loans.

The college’s admission representatives get questions about financial-aid opportunities on a regular basis. They are pleased to be able to share information about financial aid – both merit- and need-based – offered by the federal government, the Pennsylvania Higher Education Assistance Agency and the college itself.

It is disheartening when prospective students and parents decide they cannot afford college before even going through the aid process. For first-generation college-bound students, the costs associated with higher education can seem daunting. We try to persuade these individuals to see the big picture and to recognize the potential earning power that’s available to them with a post-secondary degree.

We all recognize there are expenses involved in going to college, and families often are reluctant to seek assistance. But the college has the trained staff available to assist with the process. The greatest challenge is encouraging students and families to seek the help they need – it’s all about understanding the process.

Penn College’s Financial Aid Office offers various year-round programs to get the word out to prospective and current students about the opportunities that exist. Staff emphasize that all students and parents have to do is apply and then follow up on the paperwork; in many cases, it can all be done electronically.

It all starts with the Free Application for Federal Student Aid. Without completing the FAFSA form, the world of financial aid is closed to students. It is the No. 1 application that all colleges encourage students to complete. And, the key word is “free.”

There are many companies eager to assist people in pursuing money (scholarships) – for a fee. Their ads, noting that millions of dollars in scholarship funds go unspent each year, certainly attract attention.
Candy S. Baran, Penn College’s director of financial aid, meets with Bradley S. Jackson, a student who receives financial aid and works as a Resident Assistant and Student Ambassador.

**Finding Funds for College**

With three siblings in his home in Warrington, Bradley S. Jackson – a junior enrolled in the information technology: security specialist concentration major – was very involved in the search for financial aid, including filing the Free Application for Federal Student Aid himself.

While financial aid was not a major factor in Jackson’s decision to attend Pennsylvania College of Technology, it certainly helped ease his parents’ minds. Jackson and his parents had many discussions about finances and college, including his working a part-time job while in school.

Jackson is a Penn College Student Ambassador and a Resident Assistant in the Rose Street Apartments student-housing complex. Those positions keep him quite busy when he’s not in classes.

“The availability of financial aid has reduced my concerns about having to work off campus and incurring those expenses,” he said. “Students need to do the hard work of understanding and filing for financial aid, including scholarship essays. The money is out there. You just have to do some work to find it.”

Jackson completed a summer internship with Lockheed Martin in King of Prussia. He hopes to work at Lockheed again this summer and eventually be hired at one of the company’s facilities.

To the uninitiated, the services offered by these companies seem to be a great deal. Until, that is, families pay the fee and learn that the same information is provided (at no cost) by the college’s Financial Aid Office.


The second part of the financial-aid picture is student and parent loan programs. While the economy has been in a bit of upheaval lately, Penn College has a full range of lender opportunities for parents and students.

The final stage of the financial-aid process is completing the Penn College Financial Aid Scholarship application. Last spring, the college launched a “one-stop shop” to apply for any Penn College scholarship. Previously, students had to file separate applications for each scholarship that they believed matched their academic background and performance.

With the new process, the Financial Aid Office has eliminated the extra work; students simply need to complete the single application and write a brief essay about their career goals. This has not only simplified the application process for students, but also for faculty and staff, who have pored over thousands of applications in the past year.

Now, it is much easier to evaluate each student with correct, up-to-date information about economic need and academic performance.

This new process has also expedited the awarding process, allowing students to be notified earlier in the year so they may better assess their financial situation.

“**No matter what their level of household income, students and parents are looking for grants, scholarships and student loans to finance their education.”**

Completing the appropriate forms in timely fashion is foremost for students and families seeking aid to fund a college education.
The morning of Aug. 9, 2008, was beautiful and crisp, more indicative of fall than summer commencement. Of the 225 graduates, nine in particular had a secret to their success. Those nine were participants in Pennsylvania College of Technology’s Student Support Services program.

Penn College graduates come from all walks of life. Many exhibit the typical characteristics of a college student: someone fresh out of high school, perhaps their parents attended college, and for them, going to college is a given.

However, a larger percentage of students come from nontraditional backgrounds. They didn’t perform well in school and are only just realizing the importance of a college degree. They may be the first in their family to attend college and are unaware how to navigate through various offices, paperwork and emotions that can be overwhelming.

Or, they are older students with families of their own and years of work experience, eager to advance in their careers but in need of a degree to do that. Jumping into a sea of 18-year-olds can be a little intimidating.

That’s where Student Support Services steps in. The program is funded through a federal TRIO grant. As stated on the U.S. Department of Education’s Web site: “The Federal TRIO Programs are educational opportunity outreach programs designed to motivate and support students from disadvantaged backgrounds. TRIO includes six outreach and support programs targeted to serve and assist low-income, first-generation college students and students with disabilities to progress through the academic pipeline from middle school to post-baccalaureate programs.”

The specific goal of Student Support Services “is to increase the college retention and graduation rates of its participants and help students make the transition from one level of higher education to the next.” In 2000, Penn College submitted a grant proposal to administer a Student Support Services program. Eligible students receive customized tutoring and guidance through workshops and one-on-one advising with professional and peer staff members.

A recent study by the Department of Education showed that participants in Student Support Services programs have a higher grade-point average and earn a greater number of credits per semester than nonparticipants. Penn College’s SSS program is funded 100 percent by the Department of Education at an annual amount of $243,095.

Over the years at Penn College, Student Support Services has served 160 students annually. One participant, Sue A. Gigunito, recently earned admission to the nursing program for a bachelor’s degree. While attending the college in a pre-program status, she recognized that she may need some help adjusting to the classroom.

“I came to Penn College to pursue a college education after not being in school for 23 years,” Gigunito said.

She acknowledged that it was a huge adjustment to join a classroom after so much time, and she felt that she needed help in almost every class.

“I needed to know there were people that were available to see me through the most difficult times with my education,” she explained.

Gigunito valued not only the one-on-one tutoring she received, but also the encouragement and help pursuing scholarships. After
successfully navigating several challenging courses, she has secured a job in a hospital and loves every minute of it. She earned a scholarship from AARP that she would never have considered applying for until an SSS staff member presented it to her. (It’s offered to women over age 40.) She is thrilled to begin clinicals in Spring ’09 to really delve into her program.

One feature of SSS is the annual grant aid awarded to eligible participants. Active participants submit an application for the grant. Michelle B. Rabenstein, a 2007-08 recipient, stated in her application: “Without the support from TRIO Student Support Services, I do not think I could have gotten to where I am today. … I recall my goals starting out small and now my goals have expanded. … Talking with the staff of TRIO helps me to vent when the stress is overwhelming … and just knowing that I have support to turn to helps me get through the day.”

During the 2008 summer commencement, Rabenstein graduated with her associate of applied science degree in occupational therapy assistant. Not only did she reach her goal of a degree, she also received the Board of Directors’ Award, presented for achievement under exceptional conditions, and the Occupational Therapy Assistant Faculty Award, presented to a graduate of the occupational therapy assistant major who demonstrates dedicated service to the program.

SSS was proud to have more than one participant honored during the 2008 commencement. Stephen L. Lachat, of Lamar, received the award for Surgical Clinical Performance, presented to a graduate of surgical technology who has demonstrated outstanding clinical performance and professionalism in surgical technology.

Lachat is the father of two young girls and has been a volunteer emergency medical technician for many years. Going into the medical field was a natural extension; however, with a family to support, it was often challenging. During his academic career, he juggled the roles of student, father and breadwinner with humor and determination. Not easily discouraged, he seemed to gear up when facing setbacks. He availed himself of coaching and one-on-one tutoring, utilizing all the resources offered to reach his goal.

More often than not, SSS participants face obstacles not typical of many students. Whether being out of school for many years or challenged by a disability, they have the desire and ability to be successful in college.

Often, they are simply in need of some guidance and individualized attention that hasn’t been forthcoming in the way it has for the traditional student.

Located in the Academic Support Services wing of the Klump Academic Center, Student Support Services aims to provide resources that offer a shoulder to cry on, calm reassurance and connection to the multitude of services that Penn College offers all of its students.

Of course, the best part of SSS is cheering students on as they cross the platform to receive their degrees.
**Business and Computer Technologies**

Terry A. Girdon, professor of business administration/management, attended the 2008 Biennial International Conference of the International Assembly for Collegiate Business Education, held Sept. 23-25 in Barcelona, Spain. Girdon led a presentation/workshop for prospective international members on how to develop a self-study report and prepare for an accreditation visit. He is serving his third term as chair of the IACBE Board of Commissioners, the body responsible for setting accreditation expectations and reviewing the self-study and site-visit reports for accreditation purposes. Afterward, Girdon remained in Barcelona to conduct an accreditation site visit to La Salle University.

Nicholas A. Vonada, associate professor of computer science, received a doctorate in adult education and instructional systems from The Pennsylvania State University. Vonada’s dissertation focused on students – particularly nontraditional students and those enrolled in distance learning – who attend Penn College through the federally funded Trade Adjustment Act program, which provides educational support to workers who lose their jobs due to the impact of foreign imports.

**Health Sciences**

Jane J. Benedict, associate professor of nursing, was reappointed to a second term on the National League for Nursing Accrediting Commission’s evaluation review panel, effective Jan. 1. The NLNAC is recognized by the U.S. Department of Education as the national accrediting body for nursing-education programs. In her role, Benedict is responsible for reviewing self-study materials and program-evaluator reports from schools seeking initial and continuing accreditation. She continues to serve as a site visitor for the commission.

Brady L. Breon, instructor of paramedic, and Steven A. Wilson, part-time instructor of paramedic, were honored at the Regional Emergency Medical Services Council banquet in Williamsport. Breon was recognized as “EMS Instructor of the Year.” Wilson was named the “Rescue Technician of the Year” for Lycoming County. Breon also serves as the EMS chief for the Waterville Volunteer Fire Department, a staff paramedic with Susquehanna Regional EMS, and a flight paramedic with Geisinger Life Flight. Wilson is a flight paramedic with Geisinger Life Flight, assistant chief with the Montoursville Volunteer Fire Department, a Pennsylvania State Fire Academy instructor and a member of the regional and state Urban Search and Rescue teams.


**Integrated Studies**


Jeremiah C. Gee, assessment coordinator, and Penn College business management student Brandon J. Close toured Rikers Island – the location of 10 New York City Department of Correction facilities – to learn about educational programs offered there. At the invitation of Timothy Lisante, deputy superintendent of alternative schools for the New York City Department of Education, Gee and Close toured three facilities and met with school principals and instructors. Close has been developing the Collegiate Association for County Correctional Education, which seeks to provide educational media for libraries in Pennsylvania’s county correctional facilities.

Clifford P. Coppersmith was named dean of integrated studies. He assumed his new responsibilities Aug. 18. Coppersmith had been assistant dean of integrated studies/liberal arts. He began his employment with Penn College in June 2004.
At the annual conference of the Pennsylvania Economic Association, held June 5-7 at Slippery Rock University of Pennsylvania, Abdul B. Pathan, professor of economics, presented a paper on child labor, “Child Labor in Developed and Developing Nations: Some Comparisons” discusses how child labor was, and still is, being used by various businesses in many countries to save money and make profits under exploitative situations. The PEA is a professional organization of economists and allied social scientists in Pennsylvania and neighboring states.

Natural Resources Management

Debra A. Buckman, assistant professor of environmental technology, completed two courses of field training and was named to the latest editions of four “Who’s Who” publications. Buckman has been certified by the Department of Homeland Security as a Master Trainer for Avian Influenza Response. She also completed Train-the-Trainer instruction for hazardous-materials response. That training was provided by the Hazardous Materials Training and Research Institute through a grant from the National Institute of Environmental Health Sciences. Buckman was named to Marquis “Who’s Who in the World;” to Marquis “Who’s Who of American Women” and “Madison Who’s Who of Executives and Professionals,” both for the second year; and to “Cambridge Who’s Who Among Executives, Professionals and Entrepreneurs,” of which she is a lifetime member.

For the second consecutive year, the college’s lead faculty member for diesel equipment technology, William P. Kilcoyne Jr., instructor, was honored by Penn College and Caterpillar Inc. with the “Pathfinder to Excellence” award. Presented since 2003, the award recognizes a faculty member who “develops effective teaching techniques, enhances learning materials, demonstrates a keen sensitivity to student needs and maintains high academic standards.” Kilcoyne received a commemorative plaque and a cash award, funded by matching annual contributions from the Caterpillar Foundation and its regional dealerships.

Information Technology Services

Penn College’s “myPCT” intranet for employees and students was the subject of a presentation by Jim E. Cunningham, vice president for information technology and business process improvement, at the “Portal 2008: Measurement and Assessment” conference, held June 3-6 in Gettysburg. Cunningham’s presentation, “Campus Portals, Take Two: Moving Forward With Online Collaboration and Social Networking,” reviewed the design, development and implementation of the college portal, with specific focus on its document-management, workflow, team-collaboration and social-networking capabilities.

Madigan Library

At the annual conference of the SirsiDynix Northeast Users Group, held in June at Lehigh University, Tracey Amey, librarian for digital initiatives, lectured on delivering library resources with Web 2.0 tools. Amey’s presentation, “Cool & Creative Ways to Promote Your OPAC,” discussed delivering library resources — such as the Online Public Access Catalog — directly to users’ desktops. She demonstrated examples of Web 2.0 tools the Madigan Library staff has created, such as RSS feeds, custom extensions and Google applications.

Donald O. Praster was named dean of industrial and engineering technologies in October. Praster, who joined Penn College in 1976, had been serving as interim dean of the School of Industrial and Engineering Technologies since 2007. Before becoming interim dean, he had been assistant dean of the school for 10 years, as well as an assistant professor and instructor of welding.

Patricia A. Scott, librarian for collection development and archives, traveled to China from Oct. 10-20 with the Global Archives Management Professional Delegation, part of the People to People Citizen Ambassador Program’s initiative on Global Information Management Systems. The delegation of 22 archivists included representatives of California Institute of Technology, Ford Motor Co., the Catholic Archdiocese of Chicago, the Folger Shakespeare Library and the National Archives and Records Administration. Delegates visited a number of institutions in Beijing and Shanghai — the Society of Chinese Archives, the Beijing City Archives, the School of Information Resource Management at Renmin University of China, Shanghai Municipal Archives and the Shanghai Museum — where they and their Chinese counterparts discussed trends in archival management, digitization of paper records and open access to archival information.

Georgia R. Laudenslager, librarian, reference and outreach, has been selected for inclusion in the latest edition of Marquis “Who’s Who of American Women.” Laudenslager will be listed in the 2008-09 edition of the annual publication, which features the careers and credentials of America’s most successful women. A member of the American Library Association and the Association of College and Research Libraries, she served on the disaster teams at Bucknell and Lycoming universities. She is serving a second term on the Interlibrary Delivery System of Pennsylvania Board of Directors and is the organization’s secretary and a member of its planning committee.
University Faculty Senate Visits Penn College

Leaders of the Penn State University Faculty Senate – a body that seeks ways to improve communication and collaborative decision-making across the university – visited Pennsylvania College of Technology on Oct. 15.

The group consisted of Ingrid M. Blood, senate chair and a professor in the department of communication sciences; Susan C. Youtz, executive secretary and special project associate in the division of outreach and cooperative extension; Chair-Elect Lee D. Coraor, associate professor in the computer science and engineering department; and Dr. John P. Boehmer, senate secretary as well as a cardiologist and associate professor of medicine at Milton S. Hershey Medical Center.

They met with Penn College administrators and representatives of the internal Governance system; toured campus with William J. Martin, senior vice president, and Lizabeth S. Mullens, vice president for academic affairs/ provost; lunched at Le Jeune Chef Restaurant; and finished the afternoon by meeting with members of the Student Government Association’s Executive Board.

The University Faculty Senate is the representative body of Penn State’s faculty with legislative authority on all matters pertaining to the educational interests of the university and all educational matters that concern the faculties of more than one college. The senate also serves as an advisory and consultative body to the president on all matters related to educational objectives.
Wildcat Athletic Teams Shine in Fall

Pennsylvania College of Technology’s men’s golf team won the 2008 United States Collegiate Athletic Association National Golf Invitational in the fall, and four other Penn College teams competed in their first USCAA championships. In addition, four Wildcat teams captured Penn State University Athletic Conference titles.

In addition to winning the USCAA invitational, the golf team won its sixth consecutive PSUAC title, concluding its season with an 18-1-1 record. Over the past six seasons, the team’s record is 166-1-1.

Two teams – men’s cross country and women’s cross country – came away with third-place USCAA finishes. The women’s soccer and men’s soccer squads also competed for USCAA championships, with the women advancing to the semifinal round.

In both the men’s and women’s cross country championships, held at Buena Vista, Va., Penn College finished behind only Diné College and Southern Virginia University.

Earlier, the men’s cross country team won the PSUAC championship for the sixth straight year, while the women’s team finished second for the fourth consecutive year. The men finished 36-9 overall (16-0 in the PSUAC); the women were 14-2 overall (10-1 in the PSUAC).

The men’s soccer team captured its fifth consecutive PSUAC championship, finishing 13-0 overall and 11-0 in the conference. The team won 29 consecutive matches over two years before falling 4-2 to NHTI, Concord, N.H., in the first round of the USCAA championships, held at Rochester Hills, Mich. The Wildcats lost 1-0 to Columbia Union College in the consolation round.

In the USCAA women’s soccer championships, held at Vermont Technical College, the Lady Wildcats beat Vermont Tech 6-0 in the first round but lost 2-0 to Christendom College in the semifinals. They finished their season 9-4-1, playing an independent schedule.

Penn College’s coed tennis team won its first PSUAC championship this fall, finishing the season with a 17-2 overall record.

College Hosts International Event for Automotive Teachers

Nearly 170 North American automotive instructors gathered in summer at Pennsylvania College of Technology to update their training. The college and its School of Transportation Technology hosted the 35th annual conference of the North American Council of Automotive Teachers from July 21-25.

“Energize Your Future” was the theme for the conference. Steve H. Wallace, assistant dean of transportation technology, served as conference coordinator.

Seminars were presented on hybrid vehicles from manufacturers including GM, Ford, Chrysler and Toyota. Toyota’s hydrogen fuel-cell hybrid prototype vehicle attracted much attention from the regional news media.

Other presenters included representatives of Honda, BMW, Infiniti and Mazda; several automotive-textbook authors; current and retired Penn College faculty; and graduates of the college’s automotive technology management major.

The college also conducted a trade show in the Field House featuring numerous other companies that serve the automotive and educational fields.
Elmer L. Pauhnamus, '52, industrial machine shop, is retired after spending his career working for Avco Lycoming and Darling Valve Co. He lives in Trout Run.

David Allen Clark, '61, business management, resides in Murrells Inlet, S.C., and is retired after 30 years in retail management.

Alan Wesley DeWolfe, '61, technical illustration, was an illustrator for 30 years. He resides in Corning, N.Y., and is an insurance specialist for the Office of the Aging, where he assists senior citizens in finding state and federal entitlement programs.

Stephen Herbert Craft, '65, business data processing, is retired and resides in Monroe, N.C.

Elmer L. Pauhnamus, '52, industrial machine shop, is retired after spending his career working for Avco Lycoming and Darling Valve Co. He lives in Trout Run.

Joseph Charles Stubler, '72, electrical construction, resides in Pittsburgh and is a level-three electrician at Carnegie Mellon University.

John A. Winner Sr., '73, computer science, is retired and resides in Carlisle.

Debbie Dawes, '75, ornamental horticulture/floriculture, received a bachelor’s degree in elementary education/art education from the University of Idaho in 1977. She is a third-grade teacher in the Potlatch School District. Dawes, who resides in Princeton, Idaho, and her husband own a wildlife habitat nursery, where they grow riparian and streamside vegetation for wildlife and fish habitat.

Robert W. Petersen, '76, electrical construction, is a zone maintenance electrician at Geisinger Health System’s Janet Weis Children’s Hospital and lives in Northumberland.

Philip A. Roeder, '79, construction technology, is a building inspector for the city of Bethlehem, where he resides.

Anita Rae (Salvatori) Tempesco, '82, advertising art, is employed by Sherwin Williams as marketing manager of its $1.5 million facility, which deals with the decorating and construction markets. Tempesco, who resides in Blandon, obtained her interior design diploma in 1985.

Judith Lee Shaffer, '83, accounting, resides in Williamsport and is a post-office teller with FNB N.A., for which she received the employee recognition award in March 1989.

Calvin "Rob" Bargo, '86, electronics technology, is director of manufacturing for Videon Central Inc. Bargo resides in Reedsville and is a partner in the business, which was founded 11 years ago.

Kraig S. Okerlund, '88, business management, is territory manager for GTS-Welco, where he was awarded Account Manager of the Year for 1994 and 1996. He and his wife, Brenda (Master) '88, clerical studies, reside is Smethport.

Ute Ritz-Deutch, '92, business management, holds a doctorate in history from Binghamton University/State University of New York. She earned a bachelor’s degree in international relations in 1995 from Bucknell University and a master’s degree in 1998 from Binghamton. After her oral Ph.D. exams, she conducted archival research in Germany in 2002, in the Czech Republic in 2005 and in Brazil in 2006. Ritz-Deutch, who resides in the Binghamton area, teaches at the SUNY Cortland.

C. Lee Grassmyer, '93, early childhood education, is owner of Martin’s Famous Potato Roll routes and works part-time at Maple Motors Service Center. Grassmyer, who resides in Cogan Station, has the distinction of being the first male graduate of the early childhood education major.

Alice Erdly, '95, occupational therapy assistant, received a master’s degree in occupational therapy from College Misericordia in 1999 and is a staff occupational therapist for an adult day-care program at Geisinger Health System. Erdly, who lives in Bloomsburg, was elected Danville Rotary Club president in July 2008.

Deborah Jane (Gillette) Steppe, '95, food and hospitality management, is a certified dietary manager and certified food-protection professional at Kramm Nursing and Rehabilitation Center. She earned her certifications through the Dietary Managers Association’s Master Track Series and national continuing-education seminars. Steppe, who resides in Williamsport, credits her success to the many opportunities she had at Penn College, including working the food stands at the Kentucky Derby, helping cater a four-day winery event in New York, and representing the college at a five-day food and restaurant show in New York City.

Diana G. Cox, '96, food and hospitality management, resides in Jersey Shore and is district manager for Sodexo, overseeing 10 accounts in the Williamsport and Pittsburgh areas.

Shawn Sidey, '96, food and hospitality management, recently received an Excellence in Leadership Award from Starbucks. He was one of four leaders from throughout the company picked for the prestigious yearly award. He hopes to attend the leadership conference in New Orleans and be in the running for leader of the year.

Rebecca Hoover, '97, floral design/interior plantscape, is pursuing a degree in paralegal studies at Lackawanna College. She is a paralegal for the law offices of Andrew Phillips and resides in Scranton.
Matthew Kerstetter, ’97, architectural technology and building construction management, is project engineer and CAD detailer for Allan A. Myers Inc. He resides in Worcester.

Cynthia A. Love, ’99, applied human services (human services, ’97), is executive director of the Clinton County Women’s Center and resides in Lock Haven.

2000s

Shawn Carroll, ’00, construction management, lives in Avondale and is project manager for Paul Restall Co. Inc.

John E. Duma, ’02, automotive technology, is a certified Automotive Service Excellence master technician at Pohanka of Salisbury and resides in Salisbury, Md.

Shawn M. Melly, ’02, landscape nursery technology, resides in Binghamton, N.Y., and is a nursery assistant at W & W Nursery & Landscaping.

Jenny R. Petrosky, ’02, individual studies, is furthering her education at Mansfield University and is employed by the Williamsport Municipal Water Authority. She resides in Williamsport.

Paul E. Pomplio, ’03, computer-aided product design, lives in Cornwall, N.Y., and is a CAD technician/designer for Northrop Grumman.

Pamela K. (White) Tyler, ’04, applied health science, is pursuing a master’s degree in social work from Marywood University. She resides in Turbotville and is employed as a counselor at White Deer Run Treatment Center.

Denise Harrison, ’05, health information technology, is a patient-care advocate at Penn Presbyterian Medical Center. Harrison, who resides in Philadelphia, is pursuing a nursing degree from Community College of Philadelphia.

Alan Donald Lehman, ’05, aviation technology, is employed as an Airframe and Powerplant/lead mechanic for Hagerstown Aircraft Services and resides in Greencastle.

Steve N. Ober, ’05, diesel technology, lives in Watsontown and is a mechanic for Watsontown Trucking Co.

Jared A. Hoover, ’06, construction management, is a project engineer for The Whiting-Turner Contracting Co. and resides in Towson, Md.

Samuel Ranck, ’06, business administration, is employed by Little League Baseball and resides in South Williamsport. In July, he had the honor of coaching a West team that played on the south lawn of the White House. Calling the event a once-in-a-lifetime opportunity, Ranck met the president and first lady, as well as Baseball Hall of Famers Frank Robinson and Ryne Sandberg.

Sara Rust, ’06, electric power generation technology, is a plant equipment operator trainee at PPL Corp.’s Brunner Island power plant. She resides in Newburg.

Alex James Wendel, ’07, forest technology, is an assistant sales manager for TruGreen Chemlawn. Wendel, who lives in St. Marys, was a senior territory account representative before his promotion to assistant sales manager and credits his success to the knowledge he gained at Penn College.

Alumnus Finds Niche in Education, Health Care

Thomas Cordell, ’06, applied health studies, is employed by Geisinger Health System as an education administrator. Cordell coordinates the radiography residency and medical student programs at Geisinger, working directly with supervising physicians to ensure residents and students are on track with work schedules, conferences, classes and finances. His duties include managing the application process of the student program. Cordell also is a part-time instructor in Penn College’s School of Health Sciences, and he plans to pursue a master’s degree in business administration with a health-care focus. He advises students to work in customer service to experience as many communication styles as possible, and he recommends developing future plans before the last semester in college in order to outline career goals and capitalize on opportunities. To learn more about Cordell and other alumni, or to find out the latest news about alumni activities and events, visit www.pct.edu/alumni/, e-mail the Alumni Relations Office at alumni@pct.edu or call toll-free 1-877-PCT-ALUM.
Give Us Your Nominations

Help the Alumni Relations Office honor worthy graduates from Pennsylvania College of Technology and its predecessor institutions (Williamsport Area Community College and Williamsport Technical Institute) by nominating someone for an alumni award.

The college accepts public nominations for four of its annual awards:

**Alumni Citizenship/Humanitarian Award**
Presented to two alumni at December commencement, this award recognizes distinguished community or volunteer service. Nomination deadline is Oct. 1.

**Distinguished Alumna/Alumnus Award**
Presented at May commencement, this award recognizes significant contributions in the field, as well as a leadership role in the community and commitment to college and community relations. Nomination deadline is March 1.

**Alumna/Alumnus Achievement Award**
Presented to a recent graduate at May commencement, this award recognizes noteworthy professional or career accomplishment or dedicated volunteer service to the college or community. Nomination deadline is March 1.

**Outstanding Varsity Athletic Alumni Award**
Presented during Homecoming, this award recognizes the accomplishments of Penn College varsity athletic alumni and contributions they have made to their communities. Nomination deadline is July 1.

A nomination form and the full criteria for each award are published on the Alumni Relations Web site: [www.pct.edu/alumni/nominate.htm](http://www.pct.edu/alumni/nominate.htm)
Renowned illustrator Brad Holland brought his “Third Eye” exhibition to The Gallery at Penn College in August. The artist, whose work has been featured in publications ranging from Rolling Stone to The Atlantic gave an artist’s talk and delivered a special lecture.

ONE COLLEGE AVENUE has launched an online edition at www.pct.edu/oca. The new Web site features articles found here in the print edition, as well as Web exclusives, including additional photos, interactive content, and more alumni and student news. Sign up for e-mail announcements regarding the online edition by sending your e-mail address to onecollegeavenue@pct.edu.
Famed film actor and western Pennsylvania native Michael Keaton accepts the Distinguished Arts Award from Gov. Edward G. Rendell and First Lady Judge Marjorie O. Rendell at the 2008 Governor’s Awards for the Arts, held Nov. 12 at the Community Arts Center in Williamsport. The college-owned facility was the venue for the ceremonies, a 28-year tradition recognizing outstanding Pennsylvania artists, arts organizations and patrons who have made significant contributions to the advancement of the arts.