Fitness
Is Life
It’s not about looking good; it’s about feeling well
See Page 10

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One College Avenue, published by the College Information & Community Relations Office, considers for publication materials submitted by students, alumni, faculty, staff and others including letters to the editor, alumni notes and other information. We reserve the right to edit or refuse items for publication.

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JOSEPH M. VAN NOY, an electronics and computer engineering technology student, works on his senior project: using a field programmable gate array to develop a high-speed clocking circuit. The project was suggested by QorTek in Williamsport, where Van Noy completed an internship and was hired full time after his graduation in May 2011.
‘Crude’ Alternative
Could natural gas be the first step to weaning the United States off foreign oil? An energy expert believes that it is, and that it can boost employment.

Me? Procrastinate?
The first step in overcoming procrastination might be as simple as asking a question.

As He Sees Fit
Personal trainer – and science geek – Domenick Schiraldi-Irrera, ’11, doesn’t want to train you; he wants to teach you.

Determined to Lose
Kristi Ritchey’s quick rise in the elite California restaurant industry mattered little when her health hit rock bottom. She became determined to change her lifestyle.

The Campus That Works Hard Plays Hard
Students take their work in Penn College’s classrooms and labs seriously. But they also make time for fun.

Undrafted
Fitness and lifetime sports faculty member Babe Mayer talks about his work with Giants rookie starting fullback Henry Hynoski, using the same techniques Penn College teaches its students.

degrees that work.

On the Cover
Domenick Schiraldi-Irrera, a recent applied health studies and physical fitness specialist graduate, does abdominal work in the Penn College Fitness Center where, as a personal trainer, he focused on educating clients about the science of fitness – and unteaching the “lessons” of magazine covers and infomercials. Read more about Schiraldi-Irrera on page 10.
Students Hold Benefit Sales

Human services students hosted a fair-trade sale of internationally handcrafted items in November. The Ten Thousand Villages Festival sale is an annual event organized by students as part of the Community and Organizational Change course. It coincided with a Gifts That Give Hope sale, through which patrons purchased “alternative gifts” for loved ones by donating to local nonprofit agencies. Gifts That Give Hope was organized by students in the course Service Learning in Sociology.

College Wins Equipment Rodeo

Pennsylvania College of Technology students won the 29th Precision Heavy Construction Equipment Rodeo. The crowd-pleasing competition drew 52 participants from five schools in Pennsylvania and New York. The “rodeo,” which features such events as excavator soccer ball, rubber-tired backhoe garbage can pick and excavator egg drop, is sponsored by student members of the Service and Operation of Heavy Equipment Association and is held on a recreation field at the Schneebeli Earth Science Center near Allenwood.

Hospitality RA, Residents Prepare Meal in Living-Learning Community

Students in the Hospitality Living-Learning Community work with their Resident Assistant, culinary arts and systems student Lewis D. Robinson, third from left, to prepare a meal for one another in their residence hall.
The Gallery at Penn College announced the winners of “Kaleidoscope: The Alumni Exhibit.” The juried exhibit featured original artwork from 29 talented alumni of Penn College, Williamsport Technical Institute and Williamsport Area Community College.

First prize was awarded to Larry Erb, of Alto, Ga., for his photograph “M.C. Carlos – 360.” Erb graduated from W.A.C.C. in 1970 with a degree in graphic art. Second prize was awarded to Rick Karp, of Williamsport, for his photograph “Shoe Repair Shop, Market Street.” Karp graduated with a degree in computer information systems from W.A.C.C. in 1982. Third prize was awarded to Cindy (Warner) English, of Montoursville, for her work “Viola,” constructed of Lego elements. English graduated from W.A.C.C. in 1986 with a degree in technical illustration.

The Viewers Choice Award went to Michael A. Dreese, of Kreamer, for his photo “Winter Mirror.” Dreese received a degree in forest technology in 1984.

A team of 10 cadets from Penn College, Lycoming College and Bucknell, Bloomsburg and Susquehanna universities represented the Bison Battalion Army ROTC Program in this year’s Second Freedom Brigade Ranger Challenge.

The three-day competition, held at Camp Smith, N.Y., included demanding events designed to evaluate each team’s ability to maintain attention to detail under constant physical duress. Bison Battalion Ranger Challenge cadets finished in the top three in numerous events, placing second divisionally and 17th overall out of the 42 ROTC host schools and two military academies in the Second Freedom Brigade.

A 1965 Ford Mustang convertible restored by collision repair students – with a little help from their friends – recently won the highest honor possible in its inaugural adjudication: a first-place junior award at the prestigious Antique Automobile Club of America Eastern Regional Meet in Hershey. It is the first top-prize trophy ever won by a college on the East Coast and only the second nationwide.
Student Project Aids Those Displaced by Floodwaters

Students in Campus View Apartments cooked and packed 100 hot dinners of chili, corn, crackers and cookies for local residents uprooted by flooding in September. The meals were distributed in Picture Rocks, Glen Mawr and Sonestown.

Wildcat Comic Con Scheduled April 13-14

With a lineup that includes Oscar and Emmy winners, a National Book Award finalist and a recognized leader in introducing comic books and graphic novels to school libraries, the inaugural Wildcat Comic Con promises to deliver a host of cartoonists, authors and industry trailblazers to Penn College.

More than 30 talented writers, artists and experts in the fields of comics, graphic novels, animation and video-game development, as well as pioneers from the educational and library markets, are to be among the presenters and panelists at the groundbreaking April 13-14 event at Penn College.

“What’s really exciting about the speakers we have for this event is they will be seen not just as presenters, but teachers, as well,” said John Shableski, program organizer and publisher liaison. “Many of these attendees will be working with students who want a career in some aspect of the comics world, game development and even costume design for the film industry.”

There also will be fan-friendly offerings such as an Artist Alley, a cosplay (costumed play) contest and masquerade ball, gaming events and certain surprises.

Find information and register online at wildcatcomiccon.pct.edu.
Students Learn About Medical Flight Operations

A Life Flight crew that includes part-time paramedic instructor and 1987 alumnus Kevin Niedzwiecki, below, center, landed a helicopter on campus for the benefit of students in emergency medical services majors. The regional helicopter service, part of Geisinger Health System, operates aircraft from the Williamsport Regional Airport, along with four other locations.

Penn College Unveils New Wildcat

Among the new faces on campus this fall as students moved in was a brand-new, furry one, as Penn College unveiled its “new” Wildcat. The updated costume was designed and created by Pennsylvania-based company Keystone Mascots, with input from the college.

Find Complete Articles on PCToday

To find more comprehensive versions of the articles in Campus News – and to read other news stories about Penn College – visit PCToday, the college’s news-and-information website, at oca.pct.edu/pctoday.

Phi Mu Delta Takes Children on Shopping Trip

Penn College’s Phi Mu Delta fraternity worked with the Favors Forward Foundation in co-sponsoring a back-to-school shopping trip with three elementary-age youngsters.

“The family ... was in tears as they watched these young men in action,” said Beth McMahon, foundation board president. “The kids couldn’t quit smiling ... as they shopped for new clothes. I assure you three little kids entered their schoolrooms ... holding their heads high and ‘looking sharp’ from head to toe. ‘Thanks’ goes out to Phi Mu Delta for caring enough to act!”
THE FACE OF ENERGY USE IN THE REGION

surrounding Pennsylvania College of Technology is quickly changing, and legendary oil magnate T. Boone Pickens sees it as a step in the right direction for the environment, the economy and national security. A wind farm is set to be operational by September along a seven-mile stretch of mountain in northern Lycoming County. Moxie Energy is pursuing permits for two natural gas-powered energy plants, one in Bradford County and one in Lycoming.

And Greater Williamsport’s public transportation system, River Valley Transit, received state and federal grants to add a compressed natural gas fueling station at its hub on West Third Street. The transit company plans to convert all 30 of its buses to natural gas over the next five to 10 years, displacing an estimated 45,000 gallons of fuel per year and eliminating nearly 504 tons of greenhouse gas emissions annually, according to the state Department of Environmental Protection. The fuel would also be available to county and city vehicles and Williamsport Area School District buses, which already use the facility, as well as to the public and to private fleets.

Greater use of domestic energy sources like wind and natural gas, according to Pickens, who visited the city in September, is not only viable in Pennsylvania and the heart of Marcellus Shale natural gas production, but is a key step to weaning the entire nation from its heavy use of imported oil.

The 83-year-old billionaire, who began his career in oil as a geologist in 1951 and became known for steadily growing his own Mesa Petroleum while acquiring other companies, was hosted by the Williamsport-Lycoming Chamber of Commerce and the Community Arts Center, a wholly owned subsidiary of Penn College.

Pickens has been campaigning for natural gas for three years, “The fuel’s cleaner, it’s cheaper, and it’s ours,” he told his audience at the Community Arts Center.

The United States uses 20 million barrels of oil every day, according to Pickens, who says 7 million are produced domestically, 13 million are imported, and of that, 5 million are imported from the Organization of Petroleum Exporting Countries.

Those 5 million barrels are of grave concern to Pickens. He has developed the “Pickens Plan” to help reduce the need for that oil. “Seventy percent of all the oil used every day in the world is used for transportation,” he said. “It’s so important to all of us to understand that we are going through, every day in the world, 90 million barrels – 90 million. And we’re using 20 million of them in the United States.”

His plan starts with converting heavy-duty truck fleets to natural gas. He has proposed legislation – which has been endorsed by President Obama and introduced in both houses of Congress – that would provide a five-year tax incentive to companies that convert their diesel trucks to natural gas.

He says there are 8 million heavy-duty trucks in the United States. “If we can do 8 million 18-wheelers in five years, you will cut OPEC in half,” Pickens said. “We import 5 million barrels of oil a day; that’s 2.5 million barrels right there, and you’ve changed the dynamics of our world when you do that, just with 8 million trucks.”

‘Crude’ Alternative

Oil tycoon T. Boone Pickens presents his plan to reduce petroleum use

by Jennifer A. Cline
writer/editor-One College Avenue

Automotive technology students have access to natural gas fuel technology via a Honda Civic natural gas vehicle. The college’s automotive technology: Honda major was developed from a partnership of the Professional Automotive Career Training program of American Honda Motor Co. Inc. and Penn College.
On the economic front, Pickens reminded audiences in Williamsport that the first industrial revolution was funded “on the back of cheap energy,” and lower-cost energy sources can again help to reinvigorate the U.S. economy.

The onset of Marcellus Shale drilling has brought new jobs to Pennsylvania already. An economic impact study by the Marcellus Shale Education & Training Center – a partnership of Penn College and Penn State Cooperative Extension – estimates that each new Marcellus well generated 30 jobs – both direct and indirect – in Pennsylvania in 2009 and around $4 million in total output within the state’s economy.

During a panel discussion that was part of Pickens’ visit, Rob Broen, president of natural gas drilling company Talisman Energy, said that 70 percent of his company’s employees in Pennsylvania are local.

“We want it to be 100 percent,” he said, listing benefits to his company’s bottom line of hiring skilled employees from the area where drilling is taking place.

Gov. Tom Corbett, also part of the panel, said the job potential is a boon for Pennsylvania.

“We have the responsibility of educating our citizens and our workforce,” he said, noting the work Penn College is already doing in preparing workers for the natural gas industry.

The college has incorporated industry-specific needs into existing curriculum for such majors as welding, electronics and heavy construction equipment, and the Marcellus Shale Education & Training Center provided training for more than 2,600 people in natural gas-related topics in 2010-11.

Doug Miller, president of Exco Resources Inc., said drilling will continue for 50 years, adding that companies have had to go more slowly than anticipated. Pickens estimates those wells will produce natural gas for 100 years.

Still, the resource is nonrenewable and will run out. But Pickens sees natural gas as an essential “bridge fuel,” allowing an immediate reduction in oil imports while buying time to develop new technologies that would make other transportation fuels – such as electric and hydrogen – more viable and to upgrade the nation’s power transmission grid to take advantage of wind energy in the Central Plains.

And it finally provides a plan to accomplish what Pickens says every presidential candidate since Richard Nixon has promised – to end the United States’ dependence on oil from the Middle East.

“None of them has had a plan,” Pickens said.

Pickens has spent $82 million promoting his plan and “telling the energy story to America.” And he has invested heavily in both wind and natural gas energy. He is the founder and largest shareholder in Clean Energy Fuels, which supplies natural gas for transportation, and owns mineral rights on 156,000 acres in Pennsylvania.

While he stands to gain financially, he says his concern is national security.

“This is God-sent,” he said during a talk with a group of Pennsylvania legislators in Williamsport. “This is divine intervention for the United States to show up with this resource. ... I know this has happened to our country at the right time.”

“it’s so important to all of us to understand that we are going through, every day in the world, 90 million barrels.”
As soon as the words came out of my mouth, I could clearly see this was a bad idea. I set myself up. I had waited until the tail end of a One College Avenue story-idea meeting.

"Hey, I’m interested in doing something topical – a subject like procrastination. It plagues everyone. Doesn’t everyone procrastinate? (I added hopefully.)"

No hands were raised, but surely there must be some area in life where it is hard to get started; we’re tempted to put things off. I can think of anything I’d rather do than, perhaps, write about procrastination. But if there is any time not to procrastinate, this is it.

Doesn’t the word itself have a kind of hopeful feeling?

Let’s get started.

Now.

We have a saying at my house: “Do it now, Charles.” There is no Charles. You can say it to anyone at my house, and we will know what you mean. It sounds less bossy or obnoxious than if you used our names. And we might even do what needs to get done. For instance, if you are a 12-year-old girl who is supposed to do the Saturday morning breakfast dishes, and they are still in the sink at 4 p.m., this is a “Do it now, Charles” situation.

But how do we motivate ourselves? How can we set ourselves up for success, a feeling of satisfaction, and avoid that awful time crunch?

I asked Kimberly L. Bolig, director of the Pennsylvania College of Technology Academic Success Center, if she would meet with me to share some tips on overcoming procrastination. She gave me a better understanding of it, as well as an overview of what goes on at the Academic Success Center.
The Academic Success Center offers resources for students that include tutoring, time management, a writing center and an academic mentoring program, among others. Its resources are being used more widely every academic year. Last year alone, 1,679 students came through the center for 19,000 hours of tutoring.

Understanding why we procrastinate may be the first roadblock in overcoming it. Procrastination can be debilitating. “There is a fear of asking for help,” said Bolig, “as well as a perception that help is for someone else.”

Asking for help may be the first step in overcoming procrastination. Am I avoiding the task at hand because I don’t know how to do it, and admitting that I need help is scary? Dealing with the reality of a situation – writing a report for work, studying for a test, preparing for a presentation – and reaching out to a tutor or coworker for help can be the first step in getting started.

Let’s say I already know how to do something, but haven’t done it yet. Now what?

Bolig shares these ideas:

- **Block out time to do the task**: Schedule it on your calendar.
- **Start the task during your peak time of productivity**: If you’re a morning person, don’t put it off until the evening.
- **Use your resources**: Talk to faculty or co-workers; network to overcome your isolation.
- **Become engaged in a positive community**: The people you surround yourself with affect your productivity and can hold you accountable to follow through.
- **Know your strengths**: Start the task by breaking it down and starting it with something that you already know how to do.

And if you need to know the origins of “Do it now, Charles,” you can ask my husband. It’s a fantastic, long tale, and he’ll happily spin it out for you. Especially if there is something pressing you need to get done.

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**Nothing is so fatiguing as the eternal hanging on of an uncompleted task**

William James

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**It’s a job that’s never started that takes the longest to finish**

J.R.R. Tolkien
As He Sees FIT

by Tom Wilson
writer/editor-PCToday

Domenick Schiraldi-Irrera coaches clients in the Pennsylvania College of Technology Fitness Center.
He’s a self-described geek, a fitness advocate who spurns washboard abs and a nutritionist’s son who guiltlessly enjoys the occasional fast-food meal. And as a personal trainer, Domenick S. Schiraldi-Irrera really doesn’t want you as a client.

Well … not for long, anyway. “The best thing I can do for you is to teach you to do it yourself,” says Schiraldi-Irrera, who holds Pennsylvania College of Technology degrees in physical fitness specialist (May 2009) and applied health studies (December 2011). “People don’t need to see me three times a week for four months. It’s much better when they do it for themselves, to fix it on their own.”

Sitting down (if only barely) during the waning days of his senior year, he talked fervently about the contracted services he performs for members of the college’s Fitness Center, the faculty, staff and students who come to him for help toward their strength and conditioning.

He’s not a fan of wasting their time, and he’s pointedly critical of the commercial fitness industry and quick-fix infomercials that get people impossibly hooked on the next big thing.

Like a teenager who takes summer jobs to buy a car, Schiraldi-Irrera’s clients are encouraged to do the necessary work rather than have someone hand them a solution. Automotive analogies, in fact, frequently and fittingly pepper the trainer’s animated discussions of the care and feeding of one’s body. >>

“What you’re seeing on that magazine cover is unachievable if you want to live a normal life.”
A Healthy Wildcat Is a Happy Wildcat

A group of health-conscious students, faculty and staff, known as the “Healthy Wildcats,” was formed last year to promote health and wellness at Penn College. Following health promotion theories and best practices, the Healthy Wildcats strive to positively affect student health, engagement, achievement, retention and, ultimately, student success.

Healthy Wildcats meets monthly. Within the organization are smaller “advocacy” groups that work to bring awareness to issues such as alcohol and other drugs, mental health, nutrition and fitness, sexual responsibility/sexual health, safe spring break, eating disorders and sexual assault. These areas of advocacy evolve based on the needs of the Penn College community.

During Healthy Wildcats activities, members – many of them students in health science and human services majors – work side-by-side with specialists in the health and wellness industry to plan on-campus events. Students also find many leadership-development opportunities, including professional training in advocacy areas, attendance at regional conferences, networking and résumé-building experiences.

For more information or to become a Healthy Wildcat, contact Kristi Hammaker, health and fitness specialist, at khammake@pct.edu.

- Deborah K. Peters, graphic designer

Healthy Wildcats student members Brian J. Schlener and Danielle A. Lister join School of Hospitality students Kristina M. Wisneski and Crystal Butler-Peterson at a “Roadhouse at the Field House” event at the opening of the fall semester. The event featured line-dancing, mechanical bull riding, free wings and “mocktails” prepared by the hospitality students, offering a healthy venue for students to get together.

“You take your car to the mechanic, what does he do? He repairs it and hands you the bill,” Schiraldi-Irrera says. “I teach people to understand the fundamentals of how their own internal engines work, to step outside and analyze themselves. They shouldn’t do it because someone told them to do it; they should do it because they understand why.”

Certified by the National Strength and Conditioning Association and the American Council on Exercise, Schiraldi-Irrera could rightfully expand on that with a physiological lecture about homeostasis, joint abnormalities and muscular imbalance that would be over the heads of many.

He pares it down to a much simpler credo: Fitness is life.

Simpler, yes. But difficult to convey in a fast-paced country more obsessed with looking good than feeling well.

“Most get it in their head, ‘I want to be like those people in the magazine.’ That societal notion of perfection, the ideal physique,” he says. “Half of my time, I’m teaching you new things. The other half is undoing everything that corporate fitness has misguided you to believe.

“Because what you’re seeing on that magazine cover is unachievable if you want to live a normal life.”

It doesn’t help that many people approach exercise with a negative connotation, he says: “My trainer’s gonna yell at me” ... “It’s one more thing I have to program into my schedule” ... “It’s interrupting my relaxation” ... “It’s time away from work.”

So Schiraldi-Irrera’s first order of business is to get to know his clients, eventually tailoring a plan to their specific goals and schedules, modifying behavior with an eye toward sustained success.

“It needs to be about what they realistically need, about pointing them in the right direction,” he emphasizes. “It’s not about what the industry tells them they need – giving them just enough information to buy another magazine, another piece of equipment, another nutritional supplement.”

In a profession stereotypically represented by the likes of Jack LaLanne and Charles Atlas, Schiraldi-Irrera could be his own before-and-after poster.

Looking at him now – lean, toned and so impassioned as to be unable to sit still for an
interview – it’s hard to imagine him at nearly 300 pounds. Yet, after breaking his leg as an eighth-grade soccer player, he was that very real picture of non-health.

“I had the mentality, ‘This tastes good. I want to eat it,’” he recalls. “I gained a lot of weight and thought, ‘If I just exercise, I’ll get back to normal.’ But I was anything but ‘normal.”

It was then that his education began in earnest, everything from chiropractics to pain management.

“Many in the industry actually keep you at a level that inhibits your progress,” he says. “If you’re not in a state of stress, you won’t change. Nature doesn’t like change, but the things that live the longest – the Galapagos tortoise, the sequoia (and) redwoods, those giant clams that are 300 years old – are the things that adapt.”

Exercise is part of the equation, but so is making the right food choices. “If you’re ripped and shredded, and saying, ‘Now I can eat donuts and McDonald’s,’ you have a lot worse problems than your physique.”

“Grilled is better than fried,” he notes, but what’s better than either? Too often, it’s the food lost in the societal disconnect between what’s cheaper and what’s healthier. Only in America, perhaps, is it more cost-effective to market food – high on sodium, low on quality and in ridiculous abundance – that’s awful for our bodies.

“It’s crazy the way we look at food in this country. You don’t go for the $10 salad or spinach or the apple or the granola bar. You don’t go for natural (instead of) processed. You head straight for that $4 basket of fries with ketchup and cheese,” Schiraldi-Irrera says. “I ask my clients, ‘If that’s backward, what else is backward?’ And they have that ‘Wow!’ moment when they say, ‘Hey, you make a lot of sense.’

That straightforward, practical manner isn’t lost on colleagues, either.

“We who teach in the physical fitness specialist degree say, ‘We plant the seed of knowledge, nurture and water thoroughly through the four semesters and, unless we hear back from the alumni, don’t often see the flower bloom,’” said Judy Quinti, assistant professor of fitness and lifetime sports – and a mentor since Schiraldi-Irrera arrived at Penn College in 2007.

“In Domenick’s case, we have seen him learn, grow and excel in our field.”

He fulfilled his senior capstone requirement by student-teaching Quinti’s 8 a.m. Basic Fitness Training class on Fridays during the Fall 2011 semester.

“His dedication is apparent just for the fact he does not need to be on campus that early on Fridays and there is no monetary reward as an incentive,” she says. “His ability to communicate each lecture topic efficiently and succinctly tells me that Domenick’s future might include education along with his skills as a personal trainer.

“I am proud of Domenick and have enjoyed watching him grow from a physical fitness specialist seedling to a strong, healthy tree of knowledge,” she adds. “He will go far.”

And he’ll get there with his body and his mind.

“I like helping people, and I like explaining things. I don’t have to separate them,” he says. “In an age of technology, we are less reliant on our bodies. What do we do instead? We watch TV, play video games, drive our cars, use our brains. But we’re not working our bodies, except to buy that ‘Ab Belt’ we see on the commercial at 2 a.m. and wonder why we’re not built like ‘that guy.’

“We need to do the more difficult thing because it’s better for us,” he advises. “The more difficult thing is what made us human in the first place.”

Geek. Advocate. Trainer. And maybe a bit of a romantic.

“It’s not reps, sets and exercises. It’s not diet. It’s just like a relationship,” Schiraldi-Irrera says. “It’s getting your brain and your body to fall in love again.”

Web Extra: Hear more about Schiraldi-Irrera’s fitness journey at oca.pct.edu/ah
A slim Kristi Ritchey, ’02, who once survived – barely – on espressos and energy drinks – stands before Greenleaf Gourmet Chopshop in Los Angeles’s Century City, where she is executive chef. On facing page, Ritchey at her Penn College graduation, before making her health a priority, and after – “chief leaf-tenant” to Greenleaf’s two L.A. locations.

Greenleaf Gourmet’s Trail Mix, with “Greenleaf Granola,” almonds, walnuts and cranberries.
Kristi Ritchey enjoyed a rapid rise in the culinary capital that is California. Since traveling across country with her belongings stuffed in a U-Haul, she had advanced from a green college graduate to a sous chef to a trusted “fixer” for a premier restaurant and food service company.

But as she lay in a hospital emergency room, watching medical staff struggle to find a vein for a nourishing IV, none of those accomplishments mattered. She had hit rock bottom.

Earlier that morning, Ritchey had collapsed into her cutting board at the chic Palm Springs restaurant where she was charged with improving the efficiency and quality of its kitchens. A steady diet of 17-hour workdays fueled by energy drinks and espressos finally took its toll on Ritchey’s 5-foot-7-inch, 260-plus pound frame. One of her prep cooks had to rush her to the hospital.

“Being as heavy as I was and not eating properly, my body just shut down,” Ritchey recalls with a sigh. “They couldn’t get an IV in me because my veins had collapsed so bad from dehydration and not taking care of myself. I was at an all-time low. I was alone in a hospital bed with doctors talking about potentially having to put an IV into my neck because they couldn’t get it into my arms. I was scared. I was embarrassed.”

And from that point on, she was determined. Determined to start losing weight. Determined to live a healthy life. Determined to “pay it forward.”

It’s now an October morning approximately six years since her emergency-room trauma. A trim Ritchey is clad in black pants and a white T-shirt with a white apron dangling from her waist. It will be about an hour before the first hints of sun reflect off the neighboring high-rise office buildings in Century City, Calif., but as the executive chef and director of operations of Greenleaf Gourmet Chopshop, Ritchey is already working up a sweat.

Today is Thursday, which means that Ritchey’s to-do list is even longer than in her typical 12- to 14-hour day. Besides routine production for breakfast, lunch, wholesale and catering customers, prep work is required for Greenleaf’s booth at the city’s weekly farmer’s market. Ritchey and her dedicated kitchen staff whiz back and forth behind the stainless-steel counter, putting finishing touches on colorful salads and a slew of whole-wheat wraps.

“We come in early and do prepacked food that we serve at the market,” says Ritchey, as she slices one in a seemingly endless line of wraps. “Typically, our regular clientele goes to the market on Thursdays, so it’s our way to extend our product to them. It’s a simple menu, but it’s the only healthy lunch option in the entire farmer’s market.”

For proof, the 2002 Pennsylvania College of Technology graduate points to a chicken salad wrap. It looks sumptuous even without the promise of mayonnaise.

“We’ve found ways to have great flavor without all that additional fat and things that are bad for you,” Ritchey says with a rapid-fire delivery that belies the early-morning hour. “This chicken salad has a homemade citrus basil vinaigrette in it with fresh pineapple juice, fresh lemon juice and extra-virgin olive oil. We mix in celery, grapes, apples, fresh basil and almonds.”

The result is enticing even at 6:45 a.m. But there is no time to sample the creation. Ritchey is already jumping in her Mini Cooper for the five-minute drive across town to Greenleaf’s other location in posh Beverly Hills, where her staff is busy preparing food to be delivered to 20 wholesale clients throughout greater Los Angeles. As the silhouette of her cream-white convertible reveals itself on the passing storefronts, it’s clear that the 30-year-old has completed a remarkable transformation.

Raised outside Williamsport in tiny Linden, Ritchey says she was the shy, overweight girl. By fourth grade, she weighed 142 pounds. By her days at Warrior Run High School, Ritchey says she lived on the “yo-yo” diet, losing 50 pounds only to gain 75. By the time she
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“Kristi’s success was completely expected.”

CHEF PAUL MACH

graduated from Penn College, her scale read 250 pounds.

No doubt complicating matters, Ritchey’s work, even as a teenager, centered around food. While those initial hospitality experiences didn’t help her waistline, they did point her to the career destination she relishes today.

At 16, Ritchey was a waitress. Tired of apologizing to customers for the cooks’ various mistakes, she moved to the kitchen.

“I never saw cooking as a career at that point. I just saw it as my job,” she says.

That outlook changed a few years later when working at DiSalvo’s Restaurant in Williamsport. Vince DiSalvo, the restaurant’s owner and executive chef, marched Ritchey over to Penn College’s School of Hospitality after being informed that she would be reducing her hours to attend college. DiSalvo wasn’t mad at the college; rather he was upset with Ritchey’s career choice. She intended to pursue the construction trades.

“My father’s passion has always been woodworking. He always had a shop set up in our garage. I built things with my dad all the time. I loved building things,” Ritchey explains. “I thought going into the construction realm and working with my hands would make me the happiest.”

DiSalvo thought Ritchey should be building recipes, not homes. He took her to meet the late William C. Butler, then dean of the School of Hospitality. The duo gave Ritchey a tour of the facilities and prodded her to transfer to the culinary arts technology associate-degree major. Ritchey acquiesced.

“My first day of class, Chef Trometter (Mary G. Trometter, assistant professor of hospitality management/culinary arts) made me feel very, very comfortable, and I never looked back,” she says.

Chef Paul Mach, assistant professor of hospitality management/culinary arts, directs students during a Visiting Chef event. The Visiting Chef series allows students to work alongside renowned chefs from across the country, as well as abroad. A 2002 Visiting Chef at the college, Todd Downs, helped Ritchey make connections to land a job in California.
Trometter remembers a scared student who quickly blossomed.

“As the semester progressed, I saw Kristi gain in knowledge and skill through her motivation and desire to learn as much as she could every day,” Trometter says. “I saw her fall in love with cooking and all that the hospitality industry can be. She stopped being afraid and moved with confidence. She had desire.”

Balancing a full-credit course load and full-time hours at area restaurants while “living off of Mountain Dew,” Ritchey graduated in December 2002 with a 4.0 GPA.

Chef Paul E. Mach, assistant professor of hospitality management/culinary arts and one of Ritchey’s favorite teachers, says he was always impressed with her “willingness to listen, understand and execute while exhibiting a positive attitude.” Mach adds, “Kristi’s success was completely expected.”

Ritchey, who makes return visits to Pennsylvania every two years or so, remains grateful to her alma mater.

“My success today started with me going to Penn College,” she says. “Penn College gave me the basis of everything that I do, but I think the most important thing they taught me that I don’t think I would find anywhere else is the passion for what they (the faculty) do. They truly cared about every single individual who came to their classes. They were trying to make a difference every single day. It’s the same philosophy I walk into my kitchens with.”

Ritchey was in a California kitchen about two months after graduating. She desired an elite culinary scene and felt California would offer greater professional rewards than rural Pennsylvania.

Within two weeks of moving to the Golden State, Ritchey had a cooking position. A contact in the Napa Valley (renowned chef Jan Birnbaum) provided to her by Todd Downs, the Fall 2002 Visiting Chef at Penn College, opened doors for her at Restaurant Pinot Blanc, part of the prestigious, bicoastal Patina Restaurant Group. Ritchey advanced to sous chef in eight months. Later, Patina tapped her to help open restaurants in Palm Springs and Hollywood.

The move to Hollywood occurred shortly after Ritchey’s harrowing trip to the hospital in Palm Springs. She had lost about 20 pounds since the ER visit, but not nearly enough for L.A., where body image rules supreme.

“I’d walk down the street and people would just stare at me,” Ritchey says. “I’d go into the dining room because I was working at Eat on Sunset in Hollywood, and people would look at me like I was going to eat their meal. It was horrible.”

It’s also hard to believe the 30-year-old athletic woman twisting, turning and lifting heavy coolers filled to capacity with salads and wraps could have been mocked for her physical appearance. Ritchey is back to her Century City Greenleaf location, delivering instructions in Spanish to her predominantly Hispanic kitchen staff.

The five coolers need to be wheeled across the street for the farmer’s market, and there is the inevitable lunch rush inside the restaurant to prepare for.

But first it’s time for pushups. Ritchey and eight of her staffers, dressed in their Greenleaf white jackets and ball caps, do as many pushups as possible against the back kitchen’s green floor. At Greenleaf, health is more than salads called “the antioxidant orchard” or sandwiches billed as “turkey with cranberry aioli, apple, arugula and blue cheese on wheat.” Health is a lifestyle.

“The whole concept of Greenleaf is a healthy lifestyle,” says Ritchey, whose chef jacket is accessorized with the words “Chief Leaf-tenant” on the back. “It’s about being able to enjoy really...”
flavorful food and not having to diet. Every single day, hundreds of people are coming through our doors because they want that healthy balance.”

Devoting itself to fresh, organic and local ingredients, Greenleaf began about three and a half years ago in Beverly Hills offering a dozen creative salads. Today, in its two locations, the restaurant’s menu has expanded to include sandwiches, wraps, side dishes, pizzas and soups. Ritchey has played an integral role in developing and enhancing the offerings with Greenleaf owner Jonathan Rollo, the man Ritchey credits for helping her lose 110 pounds.

Rollo, an accomplished chef and triathlete, used his connections to enroll Ritchey in Barry’s Bootcamp while the two worked together at Eat on Sunset in Hollywood. A favorite of celebrities, Barry’s Bootcamp is known for hourlong, high-intensity cardio and strength-training workouts in which participants can burn up to 1,000 calories.

“I was so heavy, and it was such a shock to my body, that I got sick every single class for weeks in a row,” Ritchey says. “I’d get off the treadmill, go get sick, come back and keep going. It was that overwhelming to my body. But the thought of giving up wasn’t an option because I knew I needed to do this for myself, and there were people standing behind me who were supporting me and counting on me.”

In nine months, Ritchey dropped 100 pounds. She then lost another 10. Thanks to regular visits to Barry’s Bootcamp, mixed with kickboxing, marathon running and healthy eating habits (soft drinks and junk food are taboo) Ritchey has kept the weight off for more than three years and is now approaching her fourth-grade weight of 142 pounds. Her inspiring story has been featured on the NBC weight-loss series, “The Biggest Loser,” and in publications from USA Today to the Los Angeles Times.

When Rollo offered her the opportunity to come with him to start Greenleaf, the restaurant’s philosophy was a natural fit for Ritchey’s new life. However, she admits it is a challenge to marry flavor and health and their contrasting aims.

“As a chef, I never, ever thought for a second about the health side of a dish, how many calories it would be,” says Ritchey, who served as executive chef of a French-Italian restaurant in Los Angeles before joining Greenleaf. “Those are things that never come into a typical chef’s mind. It’s all about flavor, flavor, flavor. That’s it. At Greenleaf, it’s all about finding the flavor but making sure it’s healthy for you. I think I have larger challenges in front of me now than I ever did in the past.”

It’s clear that Ritchey cherishes that challenge. She wears a smile while dashing between the front counter and kitchen as a horde of customers, mainly entertainment executives and business people, anticipate the Greenleaf experience.

The phone might be ringing off the hook for takeout orders. The grill might be filled to capacity with paninis. The man sitting at the bamboo table might need a new utensil. And the line to place orders soon might be spilling out of Greenleaf’s sun-drenched glass doors. But she takes the time to wish patrons “a good day” as she hands them food she knows will taste good and be good for them. That knowledge is the only nourishment that Kristi Ritchey needs.

“I’m ecstatic with my life and everything that happens on a daily basis,” she says. “From the weight loss to the team that works with me on a daily basis to the adventures that we are taking on with Greenleaf, I’m the luckiest girl in town.”

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Web Extra

Watch a video profile and get one of Kristi’s favorite recipes at oca.pct.edu/dl
Only 2 in 10 students could attend Penn College without financial assistance.

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Robb Dietrich, executive director
Penn College Foundation
570-320-8020
rdietric@pct.edu
Throughout the Fall 2011 semester, Pennsylvania College of Technology students showed their spirit inside the classroom and out.

Automated manufacturing technology student Britni M. Fennell sets up cutting tools for machining a piece of steel on a Haas TM-1 Vertical Machining Center in the college’s automated manufacturing lab.

Brittanie M. Lenig takes orders during an “International Delights” bake sale conducted in The Market by students in the Advanced Patisserie Operations course.

Twenty-three white-shirted teams turn out to the Field House for “Black Light Dodge Ball.”
The volleyball team celebrates during a “Pink Out” game that drew nearly 200 fans to help commemorate Breast Cancer Awareness Month.

Chess Club members consider their next move while recruiting new members at Fall FIESTA.

Cross-country team members present and past (students Michael S. Fischer, Travis M. Cain and Daniel H. Flynn) prepare to take off in a 5K race to raise funds for the School of Health Sciences Endowed Scholarship Fund.
Students pack the Field House lawn for the Wet ‘n’ Wildcat House Party, traditionally held during the first week of classes. Sponsored by the Wildcat Events Board, the Off-Campus Housing Organization, the Student Government Association, the Residence Hall Association and Greek Life, the night offered free food, music, water slides, T-shirts and more.

Penn’s Inn is transformed into a winter wonderland for the Wildcat Events Board’s annual “Snow Ball.”

Students Michael E. Mroczka, left, and Vincent L. Coates continue Penn College’s tradition of hands-on learning in the new Construction Masonry Building on Vine Avenue.
Phi Mu Delta’s Steven J. Kanaley and Dustin C. Bailey, Sigma Nu’s Ryan Enders, and Kayla E. Bosley are among “warriors” that did battle during Greek Color Wars, tossing sponges soaked in washable children’s paint to vie for superiority.

Sigma Nu brothers show off the tickets that signify they’ve been chosen for between-inning games at Penn College’s Pack the Park Night at historic Bowman Field, home of the Williamsport Crosscutters.

The Wildcats warm up for a Homecoming soccer match against Penn State York. Penn College prevailed, 2-1.
How Penn College connected with the National Football League

by Babe Mayer, associate professor of fitness and lifetime sports

HENRY HYNOSKI IS A FAMILIAR NAME AROUND THE PENNSYLVANIA FOOTBALL COMMUNITY. At Southern Columbia High School, he was a starting running back on four consecutive Pennsylvania Interscholastic Athletic Association State Champion football teams; he is a Top 10 all-time PIAA leader in total career rushing yards, and he was named to the Pennsylvania Big 33 All-Star Team. Hynoski received an athletic scholarship to attend and play football at the University of Pittsburgh, where he became a standout NCAA Division-I fullback and graduated cum laude following his junior season. Rated the top collegiate fullback in the country, he forwent his senior year of football at Pitt and declared his eligibility to enter the NFL draft. That’s where the story begins.
The NFL Draft

In February 2011, NFL draft-eligible Hynoski was invited to participate in the NFL Scouting Combine in Indianapolis. The Scouting Combine is a showcase where top-rated draft-eligible collegiate football players demonstrate their physical and mental skills for NFL coaches and owners. Like all combine participants, Hynoski’s agent hired a professional trainer for the upcoming event. He chose an established Pittsburgh-area trainer in early January and trained for two months prior to the combine testing. In late February, while running the combine’s 40-yard dash test, he pulled a hamstring muscle in his left leg and was forced to withdraw from the remainder of the combine testing. The injury would later prove to be a major setback to his NFL draft hopes and dream of playing professional football. On April 28, the worst would happen. The once highly regarded draft candidate would not be selected by any of the 32 teams as one of the 224 selections in the 2011 NFL draft, a disappointment to both Hynoski and his family and the possible end to what otherwise was a celebrated football career.

“NEVER, NEVER, NEVER GIVE UP” – WINSTON CHURCHILL

Following his spring graduation from the University of Pittsburgh, Hynoski decided to return to his Elysburg home and prepare for his future. Prior to his return home, Hynoski’s mother, Kathy, contacted me. The Hynoskis were familiar with my unique training techniques and my work with athletes. Hynoski had trained with me at the Mayer Sports Training Center from ninth through 12th grades, prior to attending the University of Pittsburgh. Kathy Hynoski inquired whether I would consider once again working with her son in preparation for the possibility of Hynoski being picked up by an NFL team as a free agent. Free agency means a team invites an undrafted player to try out during their preseason camp. It was a long-shot opportunity, but it was Hynoski’s last option to play in the NFL. He began working with me in late spring.
THE LOCKOUT

Prior to the NFL draft, players had voted to strike over a contract dispute, and the NFL owners, in turn, closed their preseason camps, locking out the players. This postponed the free agency draft, shortened teams’ preseason training camps and set back Hynoski’s last opportunity to make an NFL roster. Hynoski would again have to demonstrate patience and wait to find out if he would get another opportunity to play professional football.

THE PENN COLLEGE CONNECTION

I specialize in a unique form of physical training referred to as “functional training.” I instruct my physical fitness specialist majors in the biomechanic philosophies and methodologies of functional movement, training specifically designed to reduce the risk of injury and improve human performance. At Pennsylvania College of Technology, our physical fitness specialist students learn how to incorporate functional training techniques into training protocols. These functional-training methodologies are designed to be effective whether used for injury rehabilitation, or for training professional athletes like Hynoski, amateur athletes, or health-and-fitness-minded individuals of any age. This year, special classes in Functional Fitness Training have been added to the college’s fitness and lifetime sports curriculum, designed to give health science majors in occupational therapy assistant and physician assistant programs a foundation in functional fitness training techniques.

The philosophy behind functional training is to view the body as one large muscle, not individual muscles as in traditional training. The methodology views the body as one integrated unit producing coordinated, powerful movements flowing vertically from head to toe and horizontally from fingertip to fingertip. The training involves exercising in all three planes of motion: forward and backward, side to side, and mostly in rotation, while always maintaining the body’s structural and proprioceptive balance. It focuses on training the body from the inside out by developing core strength first and the outer muscular system second. Or, simply stated, training the body in the manner in which the body is designed to function.

I use my Williamsport training center as my research lab to test the quality of training methods prior to teaching my Penn College classes. Gene L. Haupt, Ron E. Kodish, Emily B. Miller, Erin J. McMurray and Judy Quinti, members of the physical fitness specialist faculty, also incorporate functional training concepts into their courses.
For more than two months, Hynoski traveled 50 miles each way from his home in Elysburg to Williamsport to train, not knowing if he would get picked up by an NFL team or get a fair chance to make the team due to the lockout-shortened preseason. He patiently waited for a call while focusing on his daily three-hour functional-training workouts. Hynoski also lifted weights to maintain his muscle mass and worked with a physical therapist to strengthen his injured hamstring.

His functional training regimen focused on performing proper movement patterns, increasing joint stabilization and developing core strength and power. For football-specific training, he focused on how to keep the body low while keeping his feet moving. The program included exercising with simple pieces of equipment like stability balls, medicine balls and agility ladders. His heaviest resistance was moving his 265 pounds of body weight through functional movement patterns. He utilized the same training techniques that make Penn College physical fitness specialist graduates more marketable by learning these cutting-edge skills, addressing the Penn College theme “degrees that work.” The workout routine was recorded so Penn College students now have a video of Hynoski’s training to use as an educational resource. (View the video online at oca.pct.edu/workout.)

On July 29, the NFL lockout ended. As Hynoski returned home from his Williamsport workout, the phone calls he had been waiting for over the past three months finally came. Sixteen teams requested that Hynoski sign with them as a free agent. He and his family, including his father, Henry Sr., who played in the NFL in the mid-1970s, decided his best opportunity would be with the New York Giants. With no bonus money from the draft, Hynoski reported the next day to the Meadowlands Sports Complex in East Rutherford, N.J., where the Giants held a modified preseason camp. He joined nine other free agents and seven drafted rookies.

Hynoski completed the Giants’ training camp without missing any practice time due to injury. He performed at a level that impressed the Giants coaching staff so much that they placed him on their final 48-man roster for the beginning of the 2011 season. He made the team!

During the remainder of the preseason camp, he was so impressive that he was named the Giants starting fullback, and on Sunday, Sept. 11, Hynoski’s long journey to the NFL finished when he was named the starting fullback in the Giants’ regular season-opening game against the Washington Redskins.

He missed five mid-season games due to a neck injury but returned to not only finish the season as the Giants’ starting fullback, but on Feb. 5, roughly nine months after not being drafted by any NFL team, Hynoski blocked, caught two passes for 25 yards and recovered a critical fumble as he and his teammates defeated the New England Patriots in Super Bowl XLVI.
Business and Computer Technologies

Gerald D. “Chip” Baumgardner, associate professor of business administration/management, attended the Economics at Community Colleges Workshop, a gathering of economics educators charged with planning professional development programs for faculty at two-year institutions. It is the first phase of a National Science Foundation-funded project to improve economics education.

Health Sciences

Shawn A. Kiser, director of dental hygiene, began a three-year term on the Northcentral Pennsylvania Area Health Education Center Board of Directors. He will also serve on the center’s personnel committee. The center’s goal is to provide health care education to underserved communities through recruitment of health care providers.

Dottie M. Mathers, associate professor of medical-surgical nursing, received a Doctorate in Nursing Practice from Chatham University. Her studies focused on improving outcomes for patients with central venous access devices.

Mark A. Trueman, director of paramedic, received the 2011 Emergency Medical Services Educator Award. Presented by the Pennsylvania Emergency Health Services Council and the Pennsylvania Department of Health, the award honors an emergency medical services educator who has contributed to the development and growth of EMS education in Pennsylvania.

Industrial and Engineering Technologies

Scott D. Neuhard, assistant professor of electronics, has his biography published in the 2011-12 edition of Montclair Publishing’s “Who’s Who in Collegiate Faculty.” According to the publisher, Montclair Who’s Who recognizes and highlights men and women of leadership and distinction in various industries in the United States and Canada.

Life: Fine-Tuned

AS THE DEAN OF THE SCHOOL OF TRANSPORTATION TECHNOLOGY and a retired U.S. Navy officer, Colin W. Williamson is used to shifting gears and changing course. He’s also adept at fine-tuning his life’s priorities.

Ten years ago, Williamson was mourning the loss of former Pentagon associates in the Sept. 11 strike and facing the rigors of caring for ill, elderly parents. Added onto those struggles came the passing of a close college colleague and his own health issues, Williamson began to realize he needed a new outlet and found himself drifting back to the simple joys of his childhood – playing percussion music and building model ships.

After 28 years away from music, he eased back in as the percussionist for the Selinsgrove Adult Band and, in time, added the title of timpanist for the Hershey Symphony Orchestra to his repertoire. He also regularly performs with the Susquehanna Valley Chorale, Bucknell University Orchestra, Penn Central Wind Band Ensemble, the Imperial Teteque Band and Chesapeake Bay Community Band. Other ensembles that have called upon his talents include the Susquehanna University Orchestra, Greenwood Brass Band, Danville Community Band and the Williamsport Symphony Orchestra and its Billtown Brass.

“Last year, I played with 13 different orchestras. It’s a lot of fun.”

Larry L. Michael was named assistant vice president for workforce development and special projects, and Tracy L. Brundage was appointed assistant vice president for workforce and economic development.

Michael, who had been executive director of workforce and economic development for the college, will focus on special projects and the Plastics Innovation and Resource Center.

Brundage, who had served as managing director of workforce development and continuing education, is responsible for all operations in Workforce Development & Continuing Education, with the exception of the PIRC.

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Vinay Bahl, associate professor of sociology, presented “Islamic Women’s Attire and Identity Politics” at the annual meeting of the Pennsylvania Sociological Society. Her paper, presented during a session on Gender and Identity, puts into context the issues surrounding Islamic women’s attire, including the ban against the veil in Europe.

Abdul B. Pathan, professor of economics, chaired a panel on Economic Education at the Pennsylvania Economic Association’s annual conference. He also presented a paper titled “Effective Ways of Evaluating Economics Teaching and Learning to Undergraduate Students” and served as a discussant for Tariffs and Outsourcing, addressing how those topics could be taught to students via the experiential learning method.

Richard Sahn, instructor of sociology, presented a paper at the annual meeting of the Pennsylvania Sociological Society. His paper, “The Precarious Existence of Academic Tenure Today and the Rise of Neo-Fascism,” explores how and why tenure at colleges and universities is under attack and his assertion that the inclination to abolish tenure is connected with an extreme right-wing agenda.

Carl J. Bower Jr., instructor of horticulture, was designated a Landscape Industry Certified Horticultural Technician by the Professional Landcare Network (PLANET) following an exam covering a variety of topics, including plant physiology, insect and disease identification, and pesticide safety.

Justin W. Beishline, instructor of diesel equipment technology, was honored by the college and Caterpillar Inc. with the annual Pathfinder to Excellence award. Presented since 2003 on the basis of student nominations, 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.”

Wendy A. Cunningham, manager of portal development and college documentation, joined a panel discussion on “Implementing a SharePoint Portal: A Roadmap to Success” at the 2011 Educuse Annual Conference in Philadelphia. The four panelists, from three colleges and universities, discussed the hurdles in delivering a collaborative internal-communication system to a diverse campus population.

Evaluating Economics Teaching and Learning to Undergraduate Students” at the annual meeting of the Economic Education Association, presented a paper titled “Implementing a SharePoint Portal: A Roadmap to Success” at the 2011 Educuse Annual Conference in Philadelphia. The four panelists, from three colleges and universities, discussed the hurdles in delivering a collaborative internal-communication system to a diverse campus population.

Integrated Studies

Natural Resources Management

Career Services

Erin S. Shultz, coordinator of career development, and Danielle M. Liddie, part-time instructor of First Year Experience (Academic Affairs), attained the Global Career Development Facilitator designation from the Center for Credentialing and Education. The two received the certification following a 120-hour course through The Pennsylvania State University.

Web Extra
Watch Williamson perform with the Hershey Symphony Orchestra and talk about how playing with an orchestra is like working at a college at oca.pct.edu/fsFocus

orchestras and concert bands and in probably 40-some performances,” Williamson offered. “The more I can play with different conductors, the better I can become, I always have this goal to become a little better.”

He adds that all of this evening and weekend activity is also “a way to make up for lost time.” In his youth, he played timpani, marimba, snare drums and piano with a great deal of success. However, after graduating high school, he tucked all of that away to join the Navy, receiving a full scholarship to the University of Pennsylvania, where he earned a bachelor’s degree in biology and a master’s degree in education — both in just four years. He became a commissioned Naval officer and served on active duty until 1987, after which he joined the college. He continued to serve in the Naval Reserves until 2000 and was actively engaged in raising a family.

“I was busy working and with the kids growing up; I just didn’t think about doing this (playing music),” he said. “It’s probably my biggest regret that my father didn’t live to see this.” Williamson’s father was a classical music enthusiast and bass singer with Penn Glee Club, which regularly performed with the Philadelphia Orchestra. He raised his children listening to classical music, and Williamson jokes that he chose to play timpani “to bother my older sister.”

Another favorite childhood pastime returning to Williamson’s adult life is model ship building. While recovering from spinal surgery four years ago, he constructed a model of the U.S. Brig Niagara, circa 1813, from scratch to museum and contest standards — a project deemed a significant challenge by modelers. Another model ship sits on his desk at work, inspiring him to maintain a balance between work and play. The models, like his music, are reminders that it’s never too late to embark on new dreams — or return to old ones.

- Cindy Davis Meixel, writer/photo editor
Norman D. Putman, ‘57, electronics, retired as a group leader from Lockheed Martin Missiles and Space in Sunnyvale, Calif., where he worked in quality assurance. He resides in Blossburg and may be reached at searchin4it2@aol.com.

John F. Probst, ’70, aviation maintenance, is an aircraft maintenance manager for Northrop Grumman’s 3001 International Business Unit. He resides in Fayetteville, Ga., and may be reached at probstx10@hotmail.com.

Roxanne M. (Howard) Gohrig, ’76, legal secretary, is an administrative assistant for the Commonwealth of Pennsylvania. She resides in Williamsport.

Susan K. (Kiodo) Wright, ’76, business management, is a Realtor for Fish Real Estate in Williamsport, where she was named Realtor of the Year. She resides in Montoursville.

Janet L. (Robison) Oglesby, ’77, graphic arts, was awarded the Frederick D. Kagy Life Achievement Award, which is granted by the International Graphic Arts Education Association for significant contributions to graphic arts education and industry. She has taught at the SUN Area Career and Technology Center in Middleburg. She resides in Lewisburg.

Rusty Wendt, ’78, horticulture, is NAFTA head of brand management for Syngenta Crop Protection in Greensboro, N.C., where he heads up marketing for insecticides and fungicides in the United States and Canada. He earned a Master of Science in plant protection from Virginia Tech in 1981.

Jeffrey Hanselman, ’82, computer operations, resides in Allentown and is an administrative operations analyst for Selective Insurance.

Roger W. Davis, ’86, mathematical computer science, is a teacher in the Loyalsock Township School District.

John C. Falger, ’88, electronic media/mass communications, is a master control operator for Discovery Communications. He lives in Leesburg, Va.

Bonnie Bailey, ’89, practical nursing, is an automated optical inspection inspector and trainer for Sanmina-SCI in Owego, N.Y. She resides in Sayre.

Lori L. (Broughton) Deitrick, ’92, computer information systems: business programming, is the office manager for Occupational Health and Wellness at Laurel Health System in Wellsboro. She resides in Morris.

Frances R. (Sommerfeld) McMahon, ’94, office administration: executive, is an administrative assistant for SmileOdontics in Mason, Ohio. She resides in Waynesville, Ohio.

Jennifer L. (Kipp) Parks, ’95, business management, is a human resource information system analyst for Guthrie Healthcare System.

Sonya (Dubiel) Pursell, ’95, nursing, is an advanced registered nurse practitioner at Central Florida Inpatient Medicine in Longwood, Fla. She resides in Apopka, Fla., and received a Master of Science in Nursing from the University of South Florida.

Laurie (Kessler) Dunkle, ’97, nursing, is director of nursing at Kramm Nursing & Rehabilitation Center in Watsontown. She resides in New Columbia.


Lisa J. Caputo, ’98, office information systems, is secretary to the School of Construction and Design Technologies at Penn College. She may be reached at lcaputo@pct.edu.

Benjamin W. Kerstetter, ’98, electronics engineering technology: communications/fiber optics, is a test technician for TE Connectivity. He is pursuing a bachelor’s degree in technology management via distance learning. He resides in Thompsonstown and may be reached at bkerstetter@hotmail.com.

Jason E. Krick, ’98, construction management, ’97, building construction technology, is an instructor of construction management and building construction at Penn College. He received a Master of Business Administration from The Pennsylvania State University in 2009. He resides in Williamsport.

Wayne D. Osgood, ’98, diesel technology, is a trooper for the New York State Police. He resides in Randolph, N.Y.

Chad H. Rudloff, ’98, automotive technology management; ’96, automotive technology: Toyota, is an automotive instructor at Penn College. He is pursuing a master’s degree in workforce education and development from Penn State. He resides in Muncy.

Adam Diltz, ’00, culinary arts technology, is chef de cuisine at FARMCIA in Philadelphia. He oversees the kitchen staff and menu design and works with area farmers. He may be reached at adiltz@hotmail.com.

Bryan E. Harlacker, ’00, manufacturing engineering technology, is a project coordinator for Synthes. He resides in Nelson.

Susan D. Roberts, ’02, physician assistant, is a certified physician assistant at the Family Practice Center in Middleburg. She resides in Lewisburg.

Jessica M. (Lamey) Welshans, ’02, broadcast communications and mass communications, is an outdoor/travel staff writer for the Williamsport Sun-Gazette. Welshans received a first-place Keystone Press Award from the Pennsylvania Newspaper Association for outdoor beat reporting and an honorable mention Keystone Press Award for feature beat reporting. She resides in Loganton.

Brent R. Bortner, ’03, heating, ventilation and air conditioning technology, is a service manager for R.S. Bortner Inc. Mechanical Contractors, a third-generation family business in York, where he resides.

Jennifer (Weaver) Dennis, ’03, legal assistant-paralegal studies, is a claims analyst for Sallie Mae. She resides in Pocono Pines and may be reached at Sadie140@yahoo.com.

Andrew R. Marsic, ’03, construction management, is a project manager for Landau Building Co. in Wexford. He resides in Murrysville.

Joseph Raymer, ’03, electronics engineering technology, is an electronics engineer for Tobyhanna Army Depot. He resides in Dalton.
Mark Butler, '04, computer information technologies: data communications and networking, works in local area network support for Cross Country Healthcare in Boca Raton, Fl. He resides in Coconut Creek, Fl., and may be reached at markbutler99@yahoo.com.

Sherry R. (Fenstermacher) Osman, '04, business management, is an assistant for Glenn O. Hawbaker Inc. in Montoursville. She resides in Hughesville.

Jeff Turner, '04, building construction technology and building construction technology: masonry, is co-owner of Turner Custom Building and Restoration in Northumberland. He resides in Selinsgrove.

Nathanael A. Anderson, '05, information technology: data communications and networking, is a Perl developer for Teleperformance. He resides in Nashport, Ohio.

Andrew J. Bubb, '05, information technology: data communications and networking, is CEO of Altify Software, LLC, in Bensalem, where he resides. He received a Master of Business Administration from La Salle University.

Adam F. Green, '05, automotive technology: Ford ASSET, is an automotive technician for Freeman Toyota in Harrisburg. He resides in York and is pursuing a bachelor’s degree in mechanical engineering technology from Harrisburg Area Community College.

Olalee Hornberger, '05, applied health studies; '94, occupational therapy assisting, is a licensed certified occupational therapy assistant for Ambassador Rehabilitative Services in Mifflin. She resides in Mount Pleasant Mills.

Jason D. Praster, '05, welding and fabrication engineering technology, is a welding engineer for NuWeld Inc. in Trout Run. He resides in Montoursville.

Ashley (Wilt) Rippey, '05, technology management; '04, advertising art, is an art teacher in the Keystone Central School District. She resides in Mill Hall and is pursuing a Master of Education in reading from Edinboro University.

Kayla (Machamer) Berger, '06, business administration: management information systems, is a work coordinator for Capital BlueCross.

Sharon L. Brown, '06, nursing, is a registered nurse for Geisinger Health System. She earned the licensed massage therapist credential through the Mount Nittany Institute of Natural Health in 2009. Brown resides in Lewisburg.

Travis C. Fairbanks, '06, computer aided drafting technology, is a designer/drafter for The Hilliard Corp. in Elmina, N.Y.

Nicholas A. Ivey, '06, construction management, is a senior project engineer with Gilbane Building Co. He resides in Middletown, Va., and is lead project engineer on a $100 million new building for Virginia Commonwealth University. He received the Gilbane Excellence Award in 2010, the Tom and William Gilbane Project Achievement Award in 2009, and is LEED AP certified.

Jacob S. Knauer, '06, information technology: Web & applications technology, is an implementation specialist for Lancaster General Health in Lancaster.

Goli Kocharian, '06, dental hygiene: health policy and administration, is a lecturer/clinical instructor at Bergen Community College. She resides in Saddle Brook, N.J.

Kim Learn, '06, human services, is an apprentice for General Electric in Erie. She is pursuing a degree in mechanical engineering from Penn State Erie, The Behrend College and a degree in criminal justice from Edinboro University.

Joseph T. Naimoli, '06, radiography, is a radiologic technologist for Ephrata Community Hospital. He resides in Blossburg and may be reached at jnaimoli@ptd.net.

Michael D. Powell, '06, construction management; '03, architectural technology, is a project engineer for Balfour Beatty Construction. He resides in Harrisburg.

Rebecca G. (Brearey) Waigand, '06, health arts: practical nursing; and '04, office technology: medical emphasis, works for Dr. Allen & Associates in Chantilly, Va. She resides in Ashburn, Va., and may be reached at awrb2107@yahoo.com.

Melani (Grady) Decker, '07, dental hygiene: health policy and administration, is a dental hygienist for the U.S. Army, serving as the only hygienist in the Troop Dental Clinic at Fort Wainwright, Alaska.

Joshua M. Frederoski, '07, forest technology, is a pipeline technician for EnerVest Operating, of Houston. He is in charge of major natural gas transmission lines in the northwest Pennsylvania and northeast Ohio regions. He completed the Appalachian Gas Measurement Short Course at Robert Morris University and resides in Clarendon.

Ashley I. Arvin, '08, business administration: marketing, is assistant director for college relations at the University of Maryland University College, where she is pursuing a master’s degree in management: acquisition and supply chain management. She resides in Laurel, Md.

Jodi L. (Spotts) Binkley, '08, early childhood education, is the early childhood lab assistant at Penn College. She resides in Williamsport.

Erin E. (Moslak) Crain, '08, nursing, is a registered nurse for Mount Nittany Physician Group in State College. She resides in Tyrone.

Bryan Toth, '08, welding and fabrication engineering technology, is a welding engineer for The Shaw Group in Charlotte, N.C., where he has been involved in six fossil-fuel power plant construction projects and the first two nuclear reactor projects to be built domestically since 1978. He assisted Lincoln Electric in developing two power supplies for nuclear applications and assisted in the development of the first robotic welding package to be used in the construction of nuclear wall modules. He is a site welding engineer for the Cliffside Modernization Project, one of the largest “supercritical” boiler and retrofit projects in the United States. Toth resides in Pineville, N.C., and may be reached at bryan.toth@shawgrp.com.

Shanna Cook, '09, information technology: network specialist, is a workstation analyst for Geisinger Health System in Bloomsburg, where she lives.

Ray I. Kanapesky, '09, aviation maintenance technology, is an assembly and test technician for General Electric Aviation’s Durham engine facility. He resides in Wake Forest, N.C., and can be reached at rayk155@comcast.net.

Ryan A. Moret, '09, construction management, is a project manager for Continental Office Environments in Homestead. He resides in Lower Burrell.

David B. Sigel, '09, business administration: small business and entrepreneurship, is a fuel contract analyst for Piedmont Airlines, a subsidiary of US Airways. He resides in Lancaster.

Jocelyn A. Dalgarn, '10, technology management, resides in Williamsport and is a human resources generalist for First Quality Tissue. She is pursuing a master’s degree in human resources and employee relations from Penn State.
Benjamin W. Kerstetter, '98, electronics engineering technology: communications/fiber optics, and his wife, Amanda, welcomed a daughter, Madelyn, on April 24, 2011. They reside in Thompstown.

Andrew R. Marsic, '03, construction management, and his wife, Morgan, welcomed a son, Andrew Jr., on April 21, 2011.


Sara (Jinar) Praster, '06, physical fitness specialist, and Jason D. Praster, '05, welding and fabrication engineering technology, welcomed a son, Rylan J., on March 23, 2011.

Joshua M. Frederoski, '07, forest technology, and his wife, Alicia, welcomed a son on June 28, 2011. They reside in Clarendon.


Laura J. (O'Connor) Miller, '10, health arts: practical nursing, is a licensed practical nurse with Dedicated Nursing Associates Inc., which has offices in Pittsburgh and Lewisburg. She may be reached at ocolau55@yahoo.com.

Juliette K. Yeager, '10, physical fitness specialist, is pursuing a bachelor’s degree in nutritional sciences at Penn State. She resides in Hamburg.

Lisa Alexander, '11, accounting, is an accounting clerk for Key Energy Services in Muncy. She resides in Watston town.

Amanda M. Baker, '11, surgical technology, is a surgical technologist for Susquehanna Health. She resides in Watston town.

Bert E. Balinski, '11, electromechanical maintenance technology, is a production machinist for Tyco Electronics in Harrisburg. He resides in Middleburg.

Jennifer M. (Harley) Bassler, '11, accounting, is an accounting specialist for Ritz-Craft Corp. in Mifflinburg. She resides in Selinsgrove.

Steven M. Collins, '11, information technology: network administration, is a computer analyst for Geisinger Health System. He resides in Lewisburg.

Amber J. Croak, '11, nursing, is a circulating nurse in the general operating room at Williamsport Hospital. She resides in Lock Haven.

Clifford T. Early III, '11, aviation maintenance technology, is an aircraft mechanic for AeroWays Inc. in New Castle, Del. He resides in Middletown, Del.

Janet Y. (Watts) Eiswerth, '11, early childhood education, is a casual part-time/substitute assistant group leader in the Children’s Learning Center at Penn College. She resides in Allenwood.

Tyler V. Gale, '11, manufacturing engineering technology, is an engineer for Uff Machine Co. in Kennedleville, Md., where he resides.

Ashley Janoka, '11, nursing, is a registered nurse in the emergency department for Geisinger Medical Center. She resides in Auburn and is pursuing a Master of Science in Nursing with a specialization in family nurse practitioner from Bloomsburg University of Pennsylvania.

Justin M. Kershaw, '11, automotive technology management, is a technician for Firestone Complete Auto Care in Blackwell, N.J. He resides in Sewell, N.J.

William P. McCormick Jr., '11, legal assistant-paralegal, is the office manager for David M. Bogaczycz PC in Mansfield, where he resides.

Michael Reidell, '11, nursing, is a registered nurse for Susquehanna Health. He resides in Avis.

Lee D. Michels, '11, construction management, is an assistant project manager for Honeywell in Herndon, Va. He resides in Manassas, Va., and is pursuing an associate degree in business administration from Northern Virginia Community College.

Nicholas P. Seigenfuse, '11, information technology: network specialist, works in production support/change management for Verizon Data Services in Basking Ridge, N.J. He may be reached at nicholas.seigenfuse@verizon.com.

Liz Watts, '11, graphic communications management, is an LDP (leadership development program) associate at H&N Printing and Graphics in Timonium, Md.

Adam J. Yoder, '11, building automation technology, is a service energy analyst for Honeywell Automation and Control Solutions in Albany, N.Y. He resides in Guilderland, N.Y., and can be reached at adam.yoder@honeywell.com

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Save the Date

Open House (alumni volunteers welcome) – March 24
Comedian Paul Varghese – March 29
Wildcat Comic Con – April 13-14
Walk-It-Out & Motorcycle Rally – April 21
School of Health Sciences 5K – April 21
Student Portfolio Exhibit, The Gallery at Penn College – April 27
Welcome Weekend (alumni volunteers welcome) – Aug. 18-19

Contact Alumni Relations: alumni@pct.edu or 1-877-728-2586
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The beaming faces of Resident Assistants Troy C. Weimer, Kayla E. Bosley, Darren S. Kanagy and Adam S. Feather are reflected in the smile of fellow RA Jonathan M. Probst.