

# Penn College

Spring 2019

MAGAZINE

The logo for Larson Design Group (LDG) is displayed in white, bold, sans-serif capital letters on a yellow rectangular background. The background is part of a larger graphic design featuring a grid of dark blue and grey squares.

## PARTNERSHIP DRIVES PROGRESS

More than 150 alumni have put degrees to work at Larson Design Group

SEE PAGE 6



Penn College Magazine, a publication of Pennsylvania College of Technology, is dedicated to sharing the educational development, goals and achievements of Penn College students, employees and alumni with one another and with the greater community.

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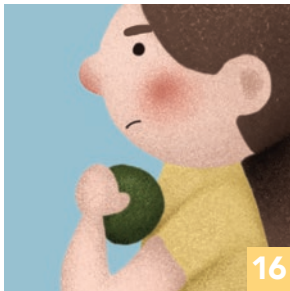


**Army ROTC cadets run near the Student & Administrative Services Center during pre-dawn training. The cadets are part of Bald Eagle Battalion, headquartered at Lock Haven University.**



## Locally Grown, Globally Known

E-Tech Industries founder John Estep, '74, credits his team – 70 percent of them graduates of Penn College or its predecessor – for his company's made-in-the-USA success.



## Active Bodies, Healthy Outlooks

Exercise nourishes mental health. A mentorship program offered by the college's Counseling Services Office and Fitness Center guides students who are struggling with anxiety and depression to become more active.



## Symbiotic Relationship

There's a continual flow of contact between Penn College and Larson Design Group – including a stream of graduates earning positions at the thriving architecture/engineering/surveying firm.



## Helping and Healing

Personal health, passion and empathy are key for employees in health and human services professions to effectively care for others.

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## degrees that work.

### ON THE COVER

Pennsylvania College of Technology graduates, from left, Nick Hannan, '08; Ashley Hetrick, '17; Brent Dressler, '11; and Ruth Frontz, '90, put their "degrees that work" to work for architecture/engineering/surveying firm Larson Design Group. The company and the college share a special relationship. Read more on Page 6.

### ATTENTION, ALUMNI

Share your story and catch up with classmates online at [magazine.pct.edu/cn](http://magazine.pct.edu/cn)

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### Future-builders

A high school student descends from a tree on the Penn College campus during the college's first PA Build My Future day. Nearly 800 high schoolers from across Pennsylvania attended the event, which attracted scores of businesses to engage the students. Hands-on activities displayed the breadth and depth of opportunities in the construction and design industry, from skilled trades to management. Ninety-one percent of contractors and construction managers reported in a recent survey that they are having a difficult or moderately difficult time finding skilled workers.



### Library opens VR studio

Penn College's Virtual Reality Studio was an immediate hit when it opened in September, as patrons lined up in the rear second-floor hallway of Madigan Library for 10-minute sneak peeks. The college's Office of Instructional Technology, in collaboration with the library, designed the studio.

"We wanted to lower the barrier of entry to using VR and provide a space where students and faculty can explore and create without having to pay the high price tag for a VR system themselves," said Tracey Amey, library director. "Health sciences students can explore what happens to cells as they travel through the body. Engineering students can experience flying into space beside astronauts in a manned space rocket, and gaming and simulation students and faculty have a new 3D environment in which they can create."

The studio is a space for experimenting with realistic and immersive content in a three-dimensional environment experienced or controlled by movement of the body.

Students can reserve time in the VR Studio in one-hour increments.

**Industrial design student Tyler M. Schmill laughs heartily while slashing through Fruit Ninja VR in the college's new Virtual Reality Studio.**





## Manhattan gallery displays professor's work

Wood engravings by David M. Moyer, assistant professor of graphic design, were included in "The Print Effect: Small Works/Big Impact" at Manhattan Graphics Center, on 40th Street in New York's artistic garment district. The exhibition ran Nov. 1-30. At left, "RTG 4" is one of three Moyer engravings selected.

## 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 [pctoday.pct.edu](http://pctoday.pct.edu)

## Welding expansion underway

Construction commenced in October on a project that will expand and enhance the space available for welding instruction.

Made possible, in part, by a \$2 million grant from the U.S. Department of Commerce's Economic Development Administration, the expansion will increase the size of welding-related instructional space in the Lycoming Engines Metal Trades Center by approximately 35,000 square feet.

The expansion will allow the welding program to grow its curriculum and enroll up to 60 more students annually. Traditionally, the program has a waiting list for enrollees.

It is anticipated the project will be completed in time for Fall 2019 classes.

The college seeks additional funds and equipment donations for the newly expanded facility. To learn how to participate, visit [www.pct.edu/weldingexpansion](http://www.pct.edu/weldingexpansion).





## SPORTS REPLAY



### Baseball

The 20-15 Wildcats solidified their status as one of the North Eastern Athletic Conference's top teams by advancing to their third NEAC Championship game in four years. For the second consecutive season, Penn College finished as the NEAC runner-up.

Sophomore **Brittan Kittle** was named to the All-NEAC First Team, and senior pitcher **Max Bair**, sophomore third baseman **Ben Flicker** and sophomore outfielder **Cody Cline** received second-team honors.



### Men's Soccer

The Wildcats matched the promise of the previous season by once again reaching the NEAC semifinals and finishing 6-4-1 in conference play.

Penn College produced the most All-NEAC selections in program history. Sophomore midfielder **Chris McFarland** made the second team, and senior goalie **Hunter Gosnell** and freshman forward **Colton Wartman** were awarded third-team honors.



### Softball

Penn College continued to garner respect throughout the NEAC with a solid 7-3 conference mark and second straight playoff berth.

Several Wildcats earned All-NEAC accolades: junior center fielder **Taylor Krow** (first team), freshman pitcher **Morgan Heritage** (second team), and sophomore utility player **Alyssa Gentile** and freshman third baseman **Chelsea Gray** (both third team).



### Women's Soccer

The Wildcats remained among the best in the NEAC with an appearance in the conference semifinals for the third consecutive year. Penn College finished 12-8 overall and 8-3 in the conference.

The NEAC recognized two Wildcats for stellar play: freshman midfielder **Kaelan Cronan** (first team) and sophomore goalie **Taylor Gonzales** (third team).

### Men's Tennis

The Wildcats produced a historic season with two NEAC champions. Sophomore **Garrett Benner** captured the No. 3 singles gold, and senior **Stephen Helminiak** won the No. 6 singles championship. The NEAC named Penn College coach **John Machak** as Co-Coach of the Year.

Other highlights included three NEAC second-place finishes: freshman **Will Demarco** (No. 4 singles), Demarco and Benner (No. 2 doubles), and Helminiak and junior **Ethan Rosler** (No. 3 doubles). Sophomores **Luke Whitenight** and **Blake Whitmire** placed third in No. 1 doubles.

### Archery

Penn College built on its reputation as a national power. Freshman **Nathaniel Haefka** won the 2018 USA Archery National Outdoor Collegiate Championship in men's bowhunter to become the Wildcats' seventh archery national champion in four years.

Haefka, junior **Tim Lamont**, sophomore **Rylee Butler** and senior **Tyler Schoonover** were named to the All-American team (a combination of an archer's indoor and outdoor finishes).

Haefka, senior **Justin Rinehehimer** and freshman **David Fox** finished third in men's bowhunter team. Lamont was fourth in men's compound, and Butler finished seventh in women's bowhunter.



The Penn College team that participated in a welding fabrication competition at the SkillsUSA National Championships shows the rocket stove they fabricated during the event. The stove was donated to a family in the developing world by WaterStep. From left are Joelle E. Perelli, Natalie J. Rhoades and Erin M. Beaver.



PHOTO COURTESY OF WATERSTEP

A rocket stove manufactured by welding and fabrication engineering technology students **Erin M. Beaver**, **Joelle E. Perelli** and **Natalie J. Rhoades** at the SkillsUSA National Championships in Louisville, Kentucky, was donated to a family in the developing world.

“You don’t realize what you have until you find out what other people don’t have,” Rhoades said. “That made me appreciate the competition even more.”

**USING SKILLS FOR OTHERS**

WaterStep, a Louisville nonprofit, teamed with SkillsUSA to earmark all the rocket stoves produced during the welding fabrication competition for international distribution. Rocket stoves are small, efficient and eco-friendly.

“Realizing that with my trade I can do something for others is a cool thing to think about,” Perelli said. “It gave me a separate sense of pride besides the competition.”

**VYING FOR A NATIONAL TITLE**

The competition gave teams approximately six hours to build a rocket stove based on blueprints and materials provided on-site. Penn College finished seventh out of 23 entrants with their 31-inch-high stove made mostly of carbon steel.

“We had to make decisions quickly. If something didn’t go

as planned, we had to figure out the next best way forward,” Perelli said. “I think that skill is invaluable.”

As the only all-female welding team, the Penn College trio received significant attention during the national championships, which showcased the nation’s best career and technical education students. They were interviewed by several outlets, including the WorldSkills podcast.

The team qualified for nationals by winning district and state competitions.

**THE BIGGER PICTURE**

The team members admit that they were initially disappointed by their seventh-place finish. But the true result of the competition makes them smile.

“Once we got to WaterStep and saw all the rocket stoves sitting on pallets, and it was explained to us where they were going and how they were going to be used, it completely changed our perspective,” Perelli said.

“You usually don’t have too many opportunities to help people far away,” Beaver said. “It was a small thing that we made, but it will impact a family more than we can imagine.”

 Watch a video produced by SkillsUSA at [magazine.pct.edu/pc](http://magazine.pct.edu/pc)



# SYMBIOTIC RELATIONSHIP

College, company drive  
each other forward

by Jennifer A. Cline, writer/magazine editor

**Brent Dressler, '11,  
building science and  
sustainable design**



THERE'S A SPECIAL RELATIONSHIP between Pennsylvania College of Technology and Larson Design Group.

Both institutions sprouted in Williamsport to help meet the needs of their community, and both have grown to national proportions.

A symbiosis developed naturally: Penn College graduates earn “degrees that work.” That means they are ready to work when they are hired and are prepared to continue a lifelong journey of learning and critical thinking.

And Larson Design Group needs those graduates to continue its growth in providing top-level architectural, engineering and surveying services to clients across the nation.

Penn College benefits when Larson Design Group employees share their expertise with students and faculty. Their industry perspective helps to ensure that a Penn College education continues to meet changing workplace realities.

“With strong shared beliefs that learning, technical excellence, growth and leadership are critical for personal and professional success, it’s understandable why more than 150 Penn College graduates over these (33) years have put their ‘degrees that work’ to work at Larson Design,” Larson Design Group President and CEO Keith Kuzio said during his remarks at a luncheon that brought together Penn College scholarship donors and recipients. The firm has established two endowed scholarships at the college and supported a third with a challenge grant that matched funds donated by LDG employees and others.

“These alumni have contributed significantly to our growth from six people in Williamsport in 1986 to more than 325 people today, working across 10 offices in four states, on projects located in 43 of the 48 contiguous states,” Kuzio said.

The company has, in turn, contributed to the college’s ability to offer a world-class education.

“Industry connections are an integral

component of our hands-on, applied technology education,” said Naim N. Jabbour, assistant dean of construction and design technologies. “LDG has been one of our strongest supporters in that endeavor. They’ve provided continuous support over the years to promote and push forward the college’s overall vision.”

There is a continual cycle of contact between the college and the firm.

The company’s employees visit the college several times each year to lend expertise to students in classrooms. They provide tours of the firm’s facilities to architectural technology classes and, more recently, gaming and simulation students, with whom they exchanged ideas on the uses of virtual reality. In 2018, the company invited architectural technology faculty to learn about 3D scanning and how it can be implemented into coursework.

LDG employees serve as guest jurors for Architectural Design Studio class presentations, recruit interns and full-time employees at the college’s Career Fair, and volunteer for Penn College programs that provide career exploration for school-age students, including the college’s Architecture Odyssey summer pre-college program, its Boy Scouts Merit Badge College and PA Build My Future.

They also serve on the Penn College Foundation board and on the program advisory committees for the college’s accounting, architectural technology, civil engineering technology and surveying technology programs. These committees – made up of industry representatives who contribute input about trends and new developments – help the college refine its instruction and better prepare students for their fields.

Perhaps most tangible to students, Larson Design Group offers paid summer internships, as well as cooperative education experiences that are much like internships but occur during the academic year, providing flexible schedules that allow students to gain experience while taking classes. The firm’s retail design division has three



Penn College students working in co-op positions this year.

The internship/co-op experience has been a strategy for LDG to help build its employee-recruitment “pipeline” as the nationwide demand for qualified engineers exceeds the supply.

Those who take on employment at LDG have the opportunity to impact development in communities throughout the nation as the company continues to expand.

“Without a doubt, this magnitude of success for LDG would not be possible without this large, talented pool of Penn College graduates,” Kuzio said.

**BRENT DRESSLER, '11**  
building science and sustainable design  
Retail design project manager

Dressler uses two Penn College degrees – a bachelor’s in building science and sustainable design and an associate degree in architectural technology – to design spaces for retail clients. Among them is the Party City national retail chain.

“It’s a fast pace,” Dressler said. “They want things done yesterday; that’s the typical schedule.”

In addition to managing projects, Dressler leads a group assembled to integrate innovation into the retail design division’s workflow.

The group – whose four other team members, like Dressler, hold Penn College degrees in building science and sustainable design and architectural technology – have implemented such technologies as 3D scanning and virtual reality.

“3D scanning captures everything on-site, well beyond the tape and laser, which was the old way of doing things,” Dressler said. “We bring that data home, and from there we develop construction drawings.”

The division’s use of VR allows clients to virtually walk around in a digital rendering of their space.

Dressler and the innovation group drove the research, development and integration of these technologies and

other changes to improve the efficiency and quality of the retail design division’s work. The implementations generated a 20-to-1 return in the first year.

Dressler initially enrolled at Penn College to pursue the architectural technology associate degree.

“My goal was to start somewhere,” he said. “I wanted to improve my education and get at least a two-year degree to give myself a better opportunity with employers.”

He chose the college based on its quality, location and price.

“My education taught me how to buckle down, how to focus,” Dressler said. “They’ve been key to my success here.”

As Dressler worked toward his associate degree, the college announced it would initiate a bachelor’s degree in building science and sustainable design. He chose to extend his education.

“It’s definitely paid off,” he said. “That was a good move for me.”

A co-op experience with LDG during his senior year was a good move, too. It followed a summer internship with the company.

“I’m more proud now than ever to have done the co-op, getting a taste for what’s ahead of me and what’s possible,” he said.

He remains enthused about what’s ahead and how much more there is to learn.

“We’re a growing firm,” Dressler said. “In retail design, there are boundless opportunities. I’m thoroughly excited for the future of this division.”

**RUTH FRONTZ, '90**  
advertising art  
Division business analyst

Frontz is, at the same time, a detective and a wise adviser.

“The best part of my job is getting to analyze the numbers: why something may not be showing up correctly,” Frontz said.

Frontz is one of three business analysts at Larson Design Group. Among her duties, she manages a monthly >>

LDG

“Without a doubt,  
this magnitude  
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talented pool of  
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graduates.”**

KEITH KUZIO  
Larson Design Group  
President and CEO



**Ruth Frontz, '90,**  
advertising art





Nick Hannan, '08,  
civil engineering technology

financial review process with division leaders. She investigates and answers such questions as: How efficient are we at converting direct labor into revenue? Are we earning enough to support existing staff? Why was a revenue goal not met?

"Those are items we're constantly measuring," she said. "I give that information to management to help them make decisions."

Frontz attributes her success to loving what she does.

"I have worked at several other places, many of them not so good," she said. "The culture and attitude here at LDG is different: very positive. ... It is not: 'How do I get through my day to go home?' but, 'What more can I do? What is the next step?'"

Finding her way to the job she loved took time.

Frontz has conquered algebra, having successfully completed two courses at Penn College.

"But when I was in high school, I could never do algebra, so I switched over to business math, and I really liked it," she said.

She also liked drawing, and so enrolled in Penn College's advertising art major, attaining an associate degree.

When she realized it was not the career she was meant for, she later earned an accounting degree. In this field, she has found a career she loves. She feels valued each time she uncovers helpful information in the numbers.

"It's the best feeling because I know I'm doing this job right," Frontz said. "I'm providing the financial information my internal clients need. I have earned their trust. ... That's an awesome feeling."

### **NICK HANNAN, '05, '08** civil engineering technology Project manager - Energy

Hannan's team works with energy companies, primarily designing oil and gas drilling sites.

He enjoys the fast pace.

"(Clients) are interested in getting

things done ASAP," he said. "If they're not drilling, they're not making money. ... It's very rewarding to see your work come to fruition quickly, to have something done, and two months later be able to see it and learn from what you designed."

He also enjoys becoming a trusted adviser to his clients.

"We pull in all the information that we can and give our opinion," Hannan said. "As an engineer, we tend to want to say, 'Yes, I can get that permit for you.' ... But we ask, 'Is that really what they want to do?' We try to determine what is best."

He has seen the benefits. When energy companies moved crews from Pennsylvania to other states, they continued to work with Hannan and LDG.

Like many, as Hannan finished high school, he was unsure what he wanted to do. So he enrolled in Penn College's general studies major.

"When you're a freshman, you don't always get the classes you want," he said. "So I had my plan, but when I couldn't get the class, I said, 'Well, I'll take photography.' It was the best decision I've made."

In that class he met his wife, the former Alison Seasholtz, who earned a bachelor's degree in graphic design in 2007.

Hannan earned his general studies degree in 2005, trying out classes in a few majors along the way. He was introduced to civil engineering by an engineer who worked with his father.

"At Penn College, you have smaller classes, so you can talk to your professor. You know your classmates," he said. "We would look at real-world projects and apply what we were learning to them."

While still a student, Hannan began his work experience with LDG. A summer internship led to a cooperative education experience during the school year. Upon graduation, he accepted LDG's offer of a full-time design position.



He worked his way up to project designer before becoming a project manager. He has also gained his professional engineer license and is a certified professional in erosion and sediment control. He supervises a staff of seven, six of whom are Penn College graduates.

“For me, being an engineer offers the ability to work as a professional with the right balance of office and field time, a variety of challenges and experiences, and plenty of career opportunities,” Hannan said. “The job includes using math and science principles while still having a design element that at times requires creativity and aesthetics.”

**ASHLEY (ROUSH) HETRICK, '17**  
**civil engineering technology**  
**Designer - site engineering**

Behind the scenes of most building projects are engineers like Hetrick.

As a certified engineer in training in Larson Design Group's site engineering department, Hetrick designs land development plans.

“I pull all the information on how to design the site,” she said. That includes researching local and state zoning ordinances to determine requirements for driveway widths, stormwater control, parking, and the like. “I will come up with what I think it needs to look like.”

Among her favorite projects is a four-story addition to Evangelical Community Hospital's complex in Lewisburg.

“I can drive by and see my work come to life in my community,” the Mifflinburg native said.

She also prepares land development plans for some of the firm's national retail clients.

Like others, Hetrick began her LDG experience as a summer intern, continued during the school year in a co-op position, and accepted a full-time offer upon graduation.

“The reason I never left is that I liked the people I worked with,” she said. “I

wanted to find a company that would take me under its wing and help me grow in my career. Larson Design has done that.”

As did her alma mater.

Hetrick often accepts invitations to return to the Penn College campus. In October alone, she returned three times: to give a classroom talk to current students, to meet prospective students at the college's semiannual Open House, and to join selected students and alumni in a meeting with the civil engineering technology program's accreditor, ABET.

“I could never say no, because the professors and the program itself have done so much for me,” she said. “If it wasn't for my professors, I wouldn't be where I am today, and I truly mean that. So I like giving back when I can.”

She enjoys encouraging future engineers.

“I like telling my story to current and potential students so they can see that anyone can do it,” she said. “I am not your typical student. I waited two years after high school to start classes at Penn College because I didn't know what I wanted to do.”

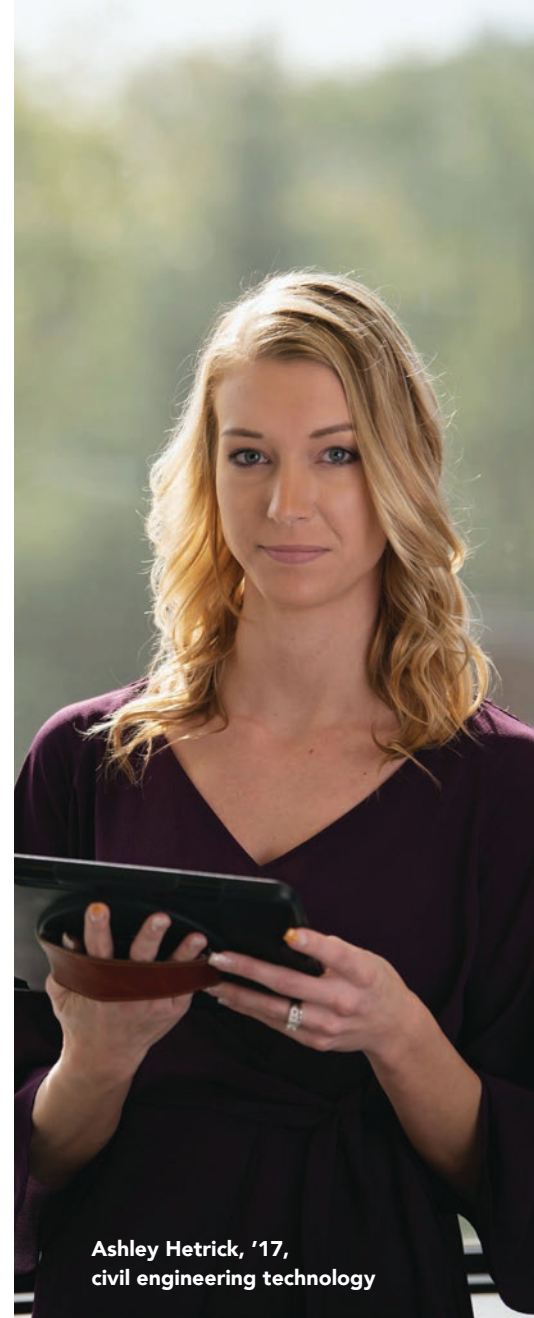
But she knew she liked math and science, and became aware of civil engineering careers through her father's work for an excavating company.

“It seemed like a really good fit for me,” she said.

It seems she was right.

To be successful, she said, “You have to really like what you do. I love what I do. You could call me nerdy.” ■

 **Learn more about why Larson Design Group supports Penn College at [magazine.pct.edu/sr](http://magazine.pct.edu/sr)**



**Ashley Hetrick, '17,**  
**civil engineering technology**



# Locally Grown, Globally Known

*1974 grad produces precision tools for world's manufacturers*

*by Tom Wilson, writer/editor-PCToday*



**E-Tech's team approach to business begins with the couple that built it: John, '74, and Nanette Estep.**

**Cutting-edge equipment and a skilled workforce find a common purpose in E-Tech's clean and spacious manufacturing facilities.**

## **MANUFACTURING PRECISION POWER-TOOL**

attachments for the aerospace and automotive industries requires keen attention to detail and a substantial investment in quality, both of which are thriving in the industrious incubator that belies the serenity of rural Bradford County.

John M. Estep could easily take credit for the success of E-Tech Industrial Corp., given his parenting of the brainchild. He has attained five patents in a 42-year professional life, twice been a finalist for the Governor's Impact Award and was a 2003 "Business of the Year" honoree by the Northern Tier Regional Planning and Development Commission.

Estep selflessly cites another factor in the flourishing enterprise he founded on Skyline Drive in Troy, an hour from his Williamsport Area Community College alma mater: the proud employees who daily give their all.

"When I started the company in 1999, it was 'Me, Myself and I,'" the mechanical drafting alumnus said. "The business becomes your baby, but it doesn't take long before you realize that you need help."

Over the years, he has been joined in the front office by his wife, Nanette, and brother James, '72, each of whom left another job to join the team, as well as a dedicated and like-minded corps that adds its unique skills to growing what "is very much a family business." A couple of cousins are on board, as are a nephew and the Esteps' three children: Nicholas, Jeremy and Natalie.

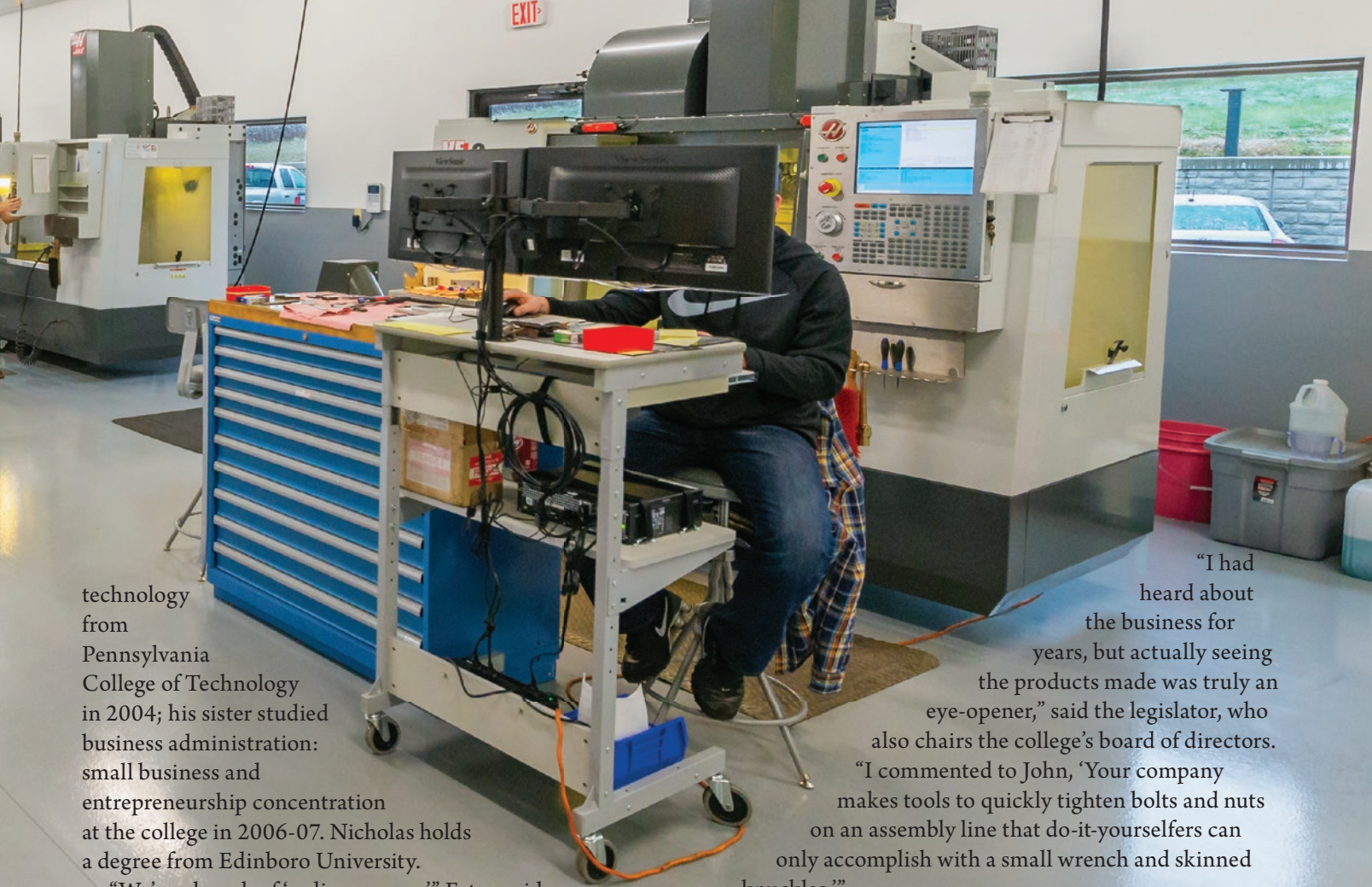
About two-thirds of the E-Tech workforce was educated at WACC or its successor. Jeremy earned a degree in toolmaking





Precision-designed parts, meeting the rigorous standards of industry, bear the company's mark of quality.

**Only a handful of businesses worldwide do what E-Tech does: develop and manufacture attachments that reach limited-access areas where a traditional power tool can't fit.**



technology from Pennsylvania College of Technology in 2004; his sister studied business administration: small business and entrepreneurship concentration at the college in 2006-07. Nicholas holds a degree from Edinboro University.

“We’re a bunch of ‘ordinary guys,’” Estep said, “and when you put us all together, we do extraordinary things.”

So extraordinary, in fact, that only a handful of businesses worldwide do what E-Tech does: develop and manufacture attachments that reach limited-access areas where a traditional power tool can't fit.

State Sen. Gene Yaw, in whose 23rd District the manufacturer is headquartered, toured the facility last year and was impressed with what he learned.

“I had heard about the business for years, but actually seeing the products made was truly an eye-opener,” said the legislator, who also chairs the college’s board of directors. “I commented to John, ‘Your company makes tools to quickly tighten bolts and nuts on an assembly line that do-it-yourselfers can only accomplish with a small wrench and skinned knuckles.’”

“Yes, that’s our business,” Yaw was told.

The seeds of that venture were planted in the 1970s, when Estep was a student at Troy High School. Affordable tuition was one factor in his postsecondary choice – in those days, the cost of a WACC education was split equally among the student, the state and the respective sponsoring school district – but the degree offerings were also attractive.

“You kind of gravitate toward your passion,” he said of his decision to attend classes in Williamsport. “I had three >>





**Anthony R. Bastion, a 2018 manufacturing engineering technology alumnus and former intern, is among the Penn College-educated talent to find a home in his Bradford County backyard.**

years of mechanical drafting and always enjoyed drawing and designing something. That's what drove me to that curriculum and that particular college."

Among the faculty who fed his ambition were Jackie E. Welliver, who died in February 2009, and Chalmer Van Horn, who remains connected to the institution through philanthropy, volunteerism and frequent visits.

As Estep's 1974 graduation loomed, he entertained offers in Texas and New York state. Then, at the serendipitous 11th hour, an instructor said Ingersoll-Rand was hiring if anyone was interested. Eight students made the trip to Athens for a group interview; Estep was one of two who were hired.

He packed everything he owned into his car on a Friday afternoon and began work three days later – first in general engineering, and within a few months, in product development.

During his 25-year career there, he patented a valve system for a small-die grinder, a retaining-pin module for a power tool, an electronic push-to-start nutrunner, a tube-nut wrench and a pneumatic power tool. Estep also traveled to San Francisco to accept a gold-medal award for product development from Design News magazine.

As the 21st century neared, however, the writing on the wall was coming into focus. Ingersoll-Rand was diversifying its output and planning to move the engineering staff to New Jersey. A lifelong Bradford Countian, Estep did a lot of soul-searching before opting to stay in the area.

He had been a liaison for Lubbering GmbH, a small company in Germany with no presence in the United States, and approached the manufacturer about an operation in North America. Lubbering was looking for someone who knew the technical side of the product line. Someone with business sense. Someone who knew the market. Someone exactly like Estep.

He left Ingersoll-Rand with the January 1999 founding

of Lubbering Corp., and for the next 18 years, Estep built a company that reached international status from its bucolic home office. The relationship with Lubbering ended in June 2017, and E-Tech was relaunched as a fully independent made-in-the-USA company.

"Everything we do in the business is for the next generation," he said. And when it comes to investing in human capital, Estep clearly walks the walk. An initial expansion added 5,500 square feet of manufacturing space and nearly doubled the workforce to 29.

"Today, 95 percent of our manufacturing is done in-house, with the exception of some heat-treating and finishing," the business owner explained.

E-Tech has a full line of aerospace products – passing the stringent certification requirements of no less an industry giant than Boeing – and has a complete catalog for its automotive customers (which include General Motors, Chrysler and Ford).

He has offered a number of internships to Penn College students. Two of the most recent – Anthony R. Bastion, of Millerton, and John M. "Max" Brenchley, of Canton – began full-time E-Tech employment upon graduating in December with degrees from the college's School of Industrial, Computing & Engineering Technologies.

And in the fall, he enrolled two employees in the college's state-renowned apprenticeship program for computer numerical control occupations.

All of which adds up to an operation forged from the same ingredients as its products: longevity, reliability and uncompromising performance.

"E-Tech is an outstanding example of the innovative thinking that Penn College and its predecessor institutions instill in their students," Yaw said. "The result is a business with an international reputation, located right here in northcentral Pennsylvania." ■



by Elaine J. Lambert, retired special assistant to the president for creative development and public relations

## **"IT'S NOT THE KNEE IN EXAM ROOM 4.**

It's not the shoulder in Exam Room 7. That's a person, and they come with a story, and they come with feelings."

Words from Tina M. Evans, associate professor of applied health studies, describe how Pennsylvania College of Technology faculty view the importance of people skills in health and human service professions.

Evans and other Penn College faculty are featured in "Working Class: Helping & Healing," the fifth in a series of Telly Award-winning documentaries produced by Penn College and WVIA Public Media. Each career-focused episode explores how students prepare for the world of work through academic study and hands-on experience.

Putting people first is a path to success for those who want to assist in the healing process, according to the faculty.

"The best nurses are those who care about their patients, not about making money, or just doing a job to get it done," says Jessica L. Bower, nursing education simulation lab coordinator. "They need to ... put themselves in their patient's shoes, or the patient bed, and think: How would they feel if they were lying there? How would they want to be treated?"

Tom A. Zimmerman, associate professor of psychology, agrees that caring is the most important quality when dealing with patients.

"If you're going to work in health >>

# Helping Healing

People skills make an impact

During a flu shot clinic on campus, physician assistant student Savanna R. Stauffer, '17, draws a dose of the vaccine into a syringe.





A green ECG (heart rate) line is visible in the background of the top and bottom sections of the page. The line is set against a dark blue background. In the top right corner, there is a small white box containing the text "x10".

## **“It’s not about the paycheck.**

**It’s about doing something meaningful that makes an impact and isn’t just about you.”**

care, you have to be able to assume the role of the patient and understand what that person is going through,” he says. “Your goal is to be professional, to do a good job, and to make a difference. ... It’s not about the paycheck. It’s about doing something meaningful that makes an impact and isn’t just about you.”

In the documentary, Zimmerman, who describes his service to the Lycoming County community after a group of local high-schoolers died in the crash of TWA Flight 800 in 1996, insists that providing good care requires good listening skills.

“I can’t tell you how many times I’ve caught myself thinking I was listening, and I wasn’t,” he admits. “That’s tricky especially in social services, where the perception is you’re supposed to have answers, but ... you can’t have an answer unless you understand the question. And if you jump too soon and start giving advice, I don’t think you’re going to be very effective.”

When offering career advice to students, he points to words of wisdom from the author of “The Power of Myth” – one of the most popular series in the history of public television.

“Joseph Campbell, who was a much revered writer, methodologist and cultural anthropologist, believed

that the big goal in development and in choosing a career was to find your bliss,” Zimmerman says. “Do what you love, and love what you do. And I think that that’s good advice for anybody.”

Passion (or lack of passion) for what we do affects brain circuitry, according to Justin M. Ingram, assistant professor of biology, whose work experience includes researching brain function.

“If I’m doing something that I’m not passionate about, ... that circuit starts to get a little bit muddier, and it doesn’t work like it potentially could. Now I’m not performing at my full potential.”

Ingram says this also explains why average students who are highly motivated can survive the high academic rigors required in preparation for health care careers.

“You can see a student who might not be academically as strong, but they have that passion; they have that drive,” Ingram says. “They’ve found their niche; they know what it is, and that type of student is the student that’s going to succeed.”

Among the academic rigors that students interested in health care must face is the study of human anatomy.

“Science is the foundation in the health sciences,” Ingram explains. “Biology is the study of life. Chemistry is what your body is made up of and all

the chemistries and all the drugs that affect that body. Physics is the study of motion. ... Students don’t necessarily see that. They see ‘I want to help this person, ... and that’s my passion; that’s my drive.’ But in order to do that, there’s a bigger back story, and that’s where all the science comes in.”

The “back story” of science is crucial in health care and in all 21st-century technology careers. Yet, there is concern among scientists that society’s commitment to teaching and learning science may be weakening.

Could science be lost?

Robert N. McCauley, author of “Why Religion Is Natural and Science Is Not,” believes that science is more fragile than most realize.

McCauley, a professor of philosophy, psychology, religion and anthropology at Emory University and the founding director of the university’s Center for Mind, Brain and Culture, adds, “Science is something really that’s out there quite at a distance from (most people), but they do understand, first and foremost, the spinoffs in two domains of life. One is in technologies ... also in health care. Those are the two obvious places. And for most human beings, there’s a certain point in their life when these consequences of science turn out to be really important.”



**Nursing instructor Tushanna M. Habalar (in white), leads students in inserting an IV into "SimMan," an electronically controlled patient simulator.**

McCauley was a speaker in Penn College's Technology & Society Colloquia Series in 2017. He discussed the impact of living in a culture increasingly reliant on technology and the dissemination of information via images rather than the printed word.

He believes that science "crucially depends upon a sound system of education throughout the society. Not everyone is going to be a scientist. Not everyone is going to be a technologist. But we don't know who they are from the outset, and moreover, it seems to me in a democratic system, it's vitally important that all of our citizens gain a solid education and become literate citizens."

Penn College President Davie Jane Gilmour says science was her favorite subject.

"In my public school education, when I look back over it, I loved science," she says. "I loved biology, anatomy, chemistry. ... Science was 100 percent me!"

The president, who started her career as a dental hygienist, says amazing advances in science and technology seen in her lifetime – such

as organ transplants and robotic surgery – will continue to impact health care into the future.

"I think the biggest impact will be in solving the origins of some of our problems. It will be the technology-driven research that will help us identify what causes cancer, what causes some of the autoimmune diseases that we deal with today," Gilmour says.

The technology advocate also likes the idea of one day being able to carry personal medical records with her wherever she goes.

"Whether it's in my wallet or under my skin. ... That's going to change the way we can save lives and take care of people," she insists.

Health information is a modern career path that offers many opportunities for individuals who would like to work in the health care system without being responsible for direct patient care.


"Health information does save lives if we can rely on that information, and it's readily available, and it's accurate," says Daniel K. Christopher, founding faculty member in the college's health

information technology program. "It definitely helps improve the quality of patient care to make sure that (health care providers) are making the best decisions for the patient's life and treatment."

John Kravitz, senior vice president and a chief information officer at Geisinger Health System, describes the importance of information technology in health care in the documentary.

"We look at technology at Geisinger as, how do we assist a care provider, a physician, a nurse, a therapist? ... How do we make their lives a little bit better by serving up information to them where they can use it for decision-making purposes? That's what really our focus needs to be in information technology, because – think about this – we don't exist without people. People are our lifeline."

"Working Class: Helping & Healing" and other films in the award-winning series appear on WVIA-TV and other public television stations, as well as on YouTube and the <http://workingclass.tv> website. ■

 Read "Self-health is key to career satisfaction" at [magazine.pct.edu/hh](http://magazine.pct.edu/hh)



# ACTIVE BODIES

PROGRAM PAIRS COUNSELING,  
FITNESS SERVICES TO HELP STUDENTS



## Overcast Mondays were a readily accepted invitation for Dustin W. Brown to remain in

**bed.** The gloomy sky – coupled with the dawn of another demanding week – darkened his depressed state, a condition making him predisposed to take refuge in his room.

But on this gray Monday morning, the Pennsylvania College of Technology student is brightening his life. His “room” is spacious and consumed by a menagerie of weight machines. A trainer is nearby, offering instruction and encouragement. Brown heeds the words, as evidenced by the beads of sweat clouding his glasses.

Brown is participating in the college’s exercise mentorship program, a joint initiative of Counseling Services and the Fitness Center. Students incorporate structured physical activity to cope with issues that they are also addressing during individual, on-campus counseling sessions.

“This is a tremendous program,” says Brown prior to his workout. “I was genuinely considering leaving college. Everything was closing in. I felt like I had to get out of here. Then, I was able to get help. That was three years ago, and I haven’t left yet!”

Instead, he’s entrenched on the leg extension machine, dutifully completing three sets of 15 repetitions.

“You’re making it look easy,” says certified personal trainer Domenick S. Schiraldi-Irrera, who records Brown’s progress on a clipboard. “Your glutes, quads and hamstrings are all fired up now. It’s not super enjoyable, but it’s super effective.”

“‘Not super enjoyable’ should be your tag line,” replies Brown with a wry smile.

Smiling and exercising weren’t prevalent in Brown’s past. The Hanover native began struggling with depression and weight issues about eight years ago. He describes staring into a mirror and seeing a “fat loser.”

“I internalized it. It was like it didn’t matter that I felt like crap all the time,” he recalls. “It was just, ‘Get through the day.’ I had no real care for what I was doing.”

Brown’s experience isn’t uncommon. Depression, anxiety and an unhealthy weight are often intertwined, according to Kathy W. Zakarian, director of counseling at Penn



# HEALTHY OUTLOOKS

by Tom Speicher, writer/video producer

Illustrations by Kennedy L. Englert, graphic design student

“I was genuinely considering leaving college. ... Then, I was able to get help. That was three years ago, and **I haven't left yet!**”

College.

“In response to the negative thoughts and feelings that accompany anxiety and depression, some people use food to provide a false, temporary sense of comfort,” she says. “So-called ‘emotional eating’ can lead to weight gain, which in turn can cause people to feel worse about themselves. In addition, people with anxiety and/or depression often report decreased energy, and may lack the motivation to engage in physical activity.”

Alex J. Templeman relates. “I’m a fat ass,” he says matter-of-factly. For years, he’s struggled with weight and anxiety issues. Those problems intensified once he arrived on campus.

“College stress on top of being overweight kind of stacks up,” he says.

The electrical technology major accepted his counselor’s advice and enrolled in the free, confidential exercise >>



Dustin W. Brown is among students enrolled in the college’s exercise mentorship program, designed to pair structured physical activity with on-campus counseling sessions to help students cope with anxiety, depression or other issues.

■ The Centers for Disease Control and Prevention reports that 20.6 percent of adolescents ages 12-19 have obesity (as determined by body mass index). Approximately 71 percent of adults ages 20 and over are overweight or obese.

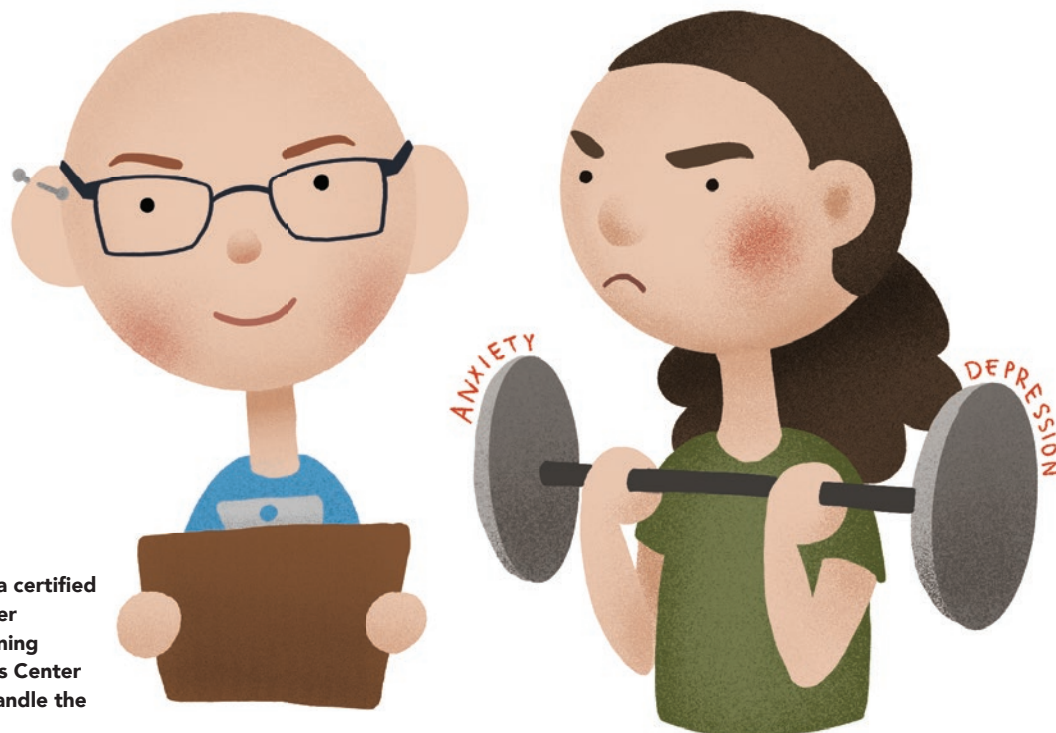
■ In an American College Health Association survey, about 40 percent of students nationwide said that they felt so depressed in the prior year that it was “difficult to function,” and 61 percent reported “overwhelming anxiety.”

■ According to a University of Vermont study, students gained an average of 10 pounds over four years of college.

■ A National Institutes of Health study found that people aged 18-23 had the highest prevalence of serious mental health issues.

■ The National Alliance on Mental Illness estimates that 43.8 million adults experience mental illness each year, with half of all chronic mental illnesses beginning by the age of 14.





**Domenick S. Schiraldi-Irrera, '11, a certified personal trainer and Fitness Center assistant, observes that after training sessions, Brown leaves the Fitness Center tired but empowered, ready to handle the day's challenges.**

mentorship program to combat that stress and improve his physical conditioning, so one day he can enlist in the Army.

"I consider myself a realistic thinker," he says before placing wireless headphones over his ears and stepping onto an elliptical machine for a five-minute warmup. "If I don't fix my habits, I could be looking at death at 45 or 50 just because of being overweight and stressed. If nothing else is working, why wouldn't I try this? Why not do it and see if it works? It's working for me."

College counselor Jacklyn R. Leitzel isn't surprised.

"We are always talking about the connection between exercise and mental health," she says. "There are tons of clinically supported research showing why exercise is important for mental health. It makes a lot of sense, because exercise acts on the same system that antidepressants target."

As the Mayo Clinic explains in Housecall, its e-newsletter, regular exercise releases "feel-good endorphins" and other natural brain chemicals that enhance an individual's "sense of well-being."

The sense of empowerment emanating from exercise also nourishes mental health, according to college counselor Brian J. Schurr, who – like Leitzel – routinely recommends the mentorship program to clients.

"One of the ways to fight back against depression and anxiety is to feel empowered over your emotions," he says. "You don't want to feel like your emotions are leading you through life, but rather you are walking through life with your emotions. When you know you can really do something that can influence your emotional well-being, that's empowerment."

In completing 10 reps at 140 pounds on the leg press machine, Templeman's determined face embodies empowerment. His singular focus and the sweat penetrating his untucked gray polo shirt impress Schiraldi-Irrera.

"Movement has to be with purpose. You have to squeeze those muscles," the trainer exclaims. "Beautiful!"

Moments later, the Tioga resident moves to the prone leg curl machine to strengthen his hamstrings. The headphones that once were comfortably covering his ears are now wrapped around his neck. Templeman grunts his way to 10 curls. For him, the struggle is well worth it.

"I'm exhausted, but I'm doing something," he says. "I'm not as stressed, and it's helping me fix my body issues. I'm extremely thankful for the program."

"Alex is very dedicated, and he's on the right path," says Schiraldi-Irrera, a Penn College alumnus with a physical fitness specialist associate degree and a bachelor's in applied health studies. "Each time you go to the gym, it's a coin into the workout savings. You save enough, one day you get a new you."

Schiraldi-Irrera's status as a part-time Fitness Center assistant limits his client list. "We hope for more resources to grow the program," says Leitzel, who serves as the initiative's coordinator. "There are many students who can benefit."

During the fall of 2017, Counseling Services had 1,026 personal psychotherapy appointments, a 10.2 percent increase in two years.

"Our top two presenting issues are anxiety and depression, and that is consistent with college counseling centers nationwide," Zakarian says.



# A

## A GOOD WALK ALMOST SPOILED

**TRAINER DOMENICK SCHIRALDI-IRRERA** prides himself on knowing how far to push clients enrolled in Penn College's exercise mentorship program. He routinely challenges them to advance their fitness level to help reduce anxiety and deal with other emotional issues.

But he's not above a relaxing walk, to the surprise of client Dustin Brown.

"One day, I was in a bad head space, and Dom suggested going for a walk rather than a high-intensity workout," Brown recalls. "The whole time, I was looking around, wondering what he was going to do. Like, was he going to pull out some weights from behind a bush and say, 'Hold these and keep walking!' But nothing happened."

Schiraldi-Irrera smiles at the story.

"A walk can be very therapeutic," he says. "If it's a nice day, I can say, 'Let's go breathe some fresh oxygen. Let's get some vitamin D.'"

But he does have a warning for Brown. Next time, there just might be some weights behind a bush.

– Tom Speicher

The counseling recipients who enroll in the exercise mentorship program meet with Schiraldi-Irrera to devise individual fitness goals. Several workouts are conducted over the ensuing weeks, with additional sessions as needed. Participants also have free access to the college's nutritionist.

"We have about a 50 percent success rate with people who continue for the entire semester or academic year," says Schiraldi-Irrera. "I'm in constant contact with them, reminding them that they have a schedule and need to be here. Sometimes, 75 percent of the battle is just getting to the gym."

Both Templeman and Brown admit to losing that battle in the past. Templeman began working with Schiraldi-Irrera last spring but slacked off over the summer due to a kidney stone and "lack of motivation." Brown blames summer laziness and "mama's cooking" for halting his past progress. It's a mistake both vow they won't repeat.

"It was a wakeup call. I knew I messed up," says Brown, a web and interactive media student. "As quickly as I got to where we wanted to be, it can just as quickly go away if you don't keep up that consistency."

His actions support that statement. Without complaint, Brown begins a challenging circuit of body squats, step-ups and situps.

"Does your core feel stronger?" asks Schiraldi-Irrera.

Brown nods in response. The intense activity renders him temporarily speechless, and that's before Schiraldi-Irrera hands him a 10-pound medicine ball to increase the difficulty of the movements.

When he began the program, Brown could only muster a handful of pushups and situps. Now, he can do 20-plus at a time, not to mention squat 200 pounds.

"He's not only physically becoming in better shape, he's able to handle more," Schiraldi-Irrera says. "He doesn't decondition as fast. He's self-motivated."

He's also nearing exhaustion, but that's OK. Brown knows this work has alleviated chronic lower back and knee pain and has enhanced his outlook, leading to better grades.

"When he leaves here, he's tired, but he usually has pep in his step," Schiraldi-Irrera says. "His posture is better. He's awake and ready to go handle the things he has to handle."

Now, Brown is confidently handling the medicine ball while stepping one leg at a time on an 18-inch-high plyometric box. His workout is nearing its end, when he says waves of "euphoria" and "pride" sweep over him.

One more time, Brown raises the ball above his head and toward the clouds enveloping the Fitness Center's glass ceiling. It's obvious he's generating his own sunshine. ■



# Financial Markets Investment Lab

niche

Multiple screens can access a variety of real-time market data. Today, the left screen shows a sample retirement plan. Most students are shocked to learn that by the time most of them turn 70, it is expected to take about \$328,000 to equal the buying power of a \$45,000-a-year salary today.

"Historically, there has been a market correction every 10 to 15 years for the last two centuries," says Roy A. Fletcher, assistant professor. "The students need to prepare mentally and financially for that." Fletcher and his daughter are attempting to become "46ers," hiking to the summits of all 46 "high peaks" of the Adirondack Mountains.

Michelle D. Thomas is a bachelor's degree accounting student who is the mother of a 2-year-old, works part time at a local accounting firm and is taking a full-time course load. "It's a reliable field," she says of her choice to return to college to study accounting. "People are always going to need accountants." When not working or studying, she and her husband play soccer in indoor and outdoor leagues.

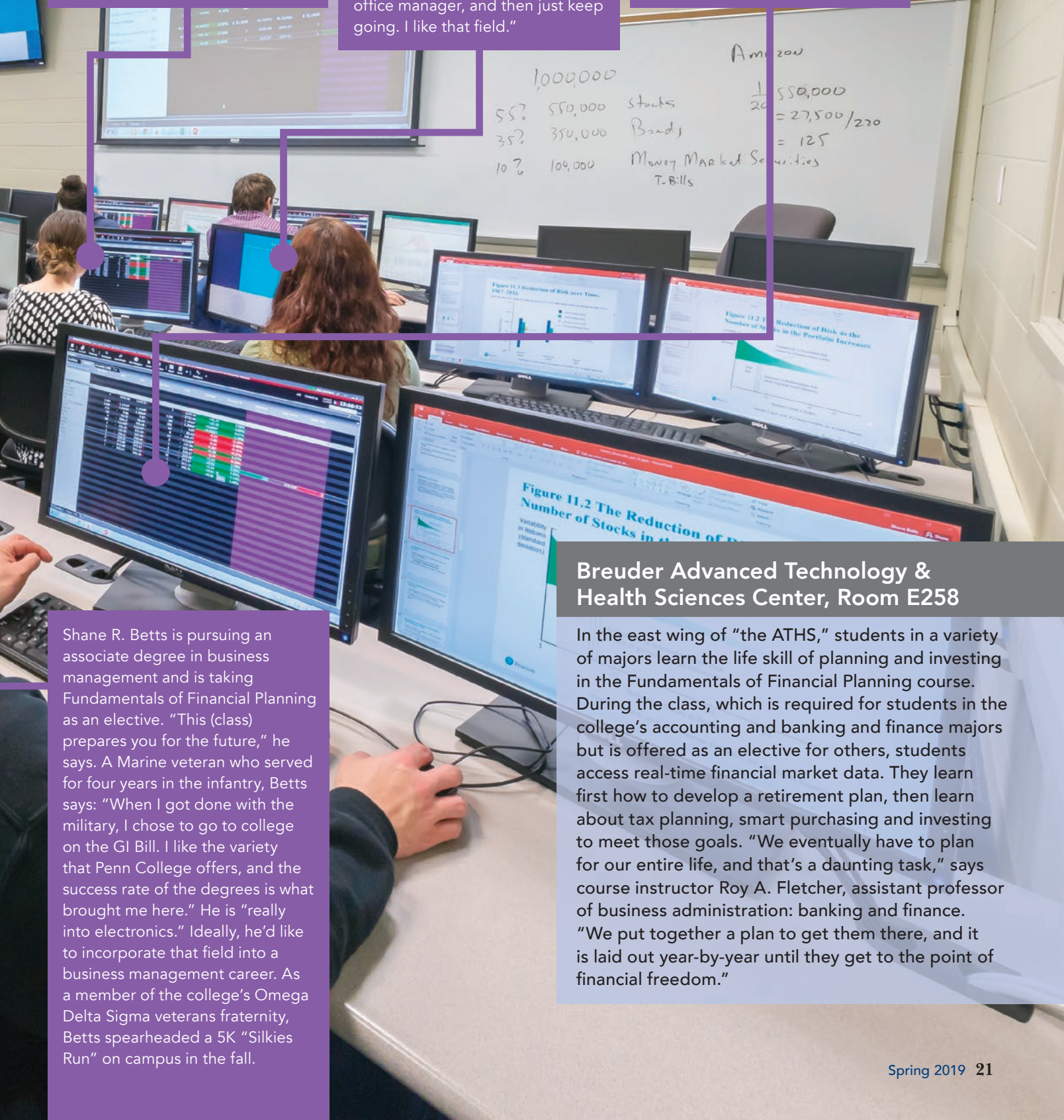
Braden A. Rishcoff majors in business administration: banking and finance concentration. He initially studied accounting because he had enjoyed high school classes in the subject, but as he moved through the college's coursework, he found that finance classes piqued his interest even more. "I like the aspect of planning out the saving you have to do and the goals you have to meet," he says.



Brittany M. Weiskopff began taking accounting courses in high school before enrolling in Penn College's bachelor's degree. She is on the college's cross-country team, which in the fall advanced to not only the conference championships but the NCAA Midwest Regional Championships. "We put a lot of work in," she says.

"I am 28 years old and I have three kids," says Samantha R. Miller, who is pursuing a degree in business administration: management concentration. "Going back to school is something I've wanted to do, and now I have the opportunity. I've always worked in the health care field, so where I'd like to head is being a health care office manager, and then just keep going. I like that field."

Through free accounts provided by Interactive Brokers LLC, Penn College students have access to all the world's financial markets in real time. It's where students can simulate managing a portfolio before actually putting their money into it. "Everything is real except for the real pain of losing their life savings," Fletcher says.



1,000,000  
55% 550,000 Stocks  
35% 350,000 Bonds  
10% 100,000 Money Market Securities  
T-Bills

Am 200  
 $\frac{1}{20} 550,000$   
 $= 27,500 / 220$   
 $= 125$

Shane R. Betts is pursuing an associate degree in business management and is taking Fundamentals of Financial Planning as an elective. "This (class) prepares you for the future," he says. A Marine veteran who served for four years in the infantry, Betts says: "When I got done with the military, I chose to go to college on the GI Bill. I like the variety that Penn College offers, and the success rate of the degrees is what brought me here." He is "really into electronics." Ideally, he'd like to incorporate that field into a business management career. As a member of the college's Omega Delta Sigma veterans fraternity, Betts spearheaded a 5K "Silkies Run" on campus in the fall.

## Breuder Advanced Technology & Health Sciences Center, Room E258

In the east wing of "the ATHS," students in a variety of majors learn the life skill of planning and investing in the Fundamentals of Financial Planning course. During the class, which is required for students in the college's accounting and banking and finance majors but is offered as an elective for others, students access real-time financial market data. They learn first how to develop a retirement plan, then learn about tax planning, smart purchasing and investing to meet those goals. "We eventually have to plan for our entire life, and that's a daunting task," says course instructor Roy A. Fletcher, assistant professor of business administration: banking and finance. "We put together a plan to get them there, and it is laid out year-by-year until they get to the point of financial freedom."





## MEET ANDY LUZECKY, '19

**HOMETOWN:** Southampton, Pa.

**MAJOR:** automotive technology

**PROFESSIONAL DREAM:** become the best automotive technician I can be, and one day open my own automotive repair shop that is equipped to repair all makes, models and types of cars quickly and correctly

**EXTRACURRICULAR INTERESTS:** Outside of work and school, I enjoy working on my Jeep along with other people's vehicles. I also love to go off-roading with friends.

**WHAT DONOR SUPPORT MEANS TO ME:** Donations to Penn College allow for the various majors to expand, and provide new equipment and materials. This gives students the tools to be prepared for their careers and allows them to be as successful as possible.

# GIFTS THAT WORK!

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or call 570-320-8020



## MEET ERIN SHAFFER, '19

**HOMETOWN:** Williamsport, Pa.

**MAJOR:** graphic design

**PROFESSIONAL DREAM:** working at an agency where I could design special packaging products or working in higher education design

**EXTRACURRICULAR INTERESTS:** basketball, music, lead student development assistant, student ambassador, and AIGA (professional organization for design)

**WHAT DONOR SUPPORT MEANS TO ME:** In my role as a basketball player, I have benefited from the new Wildcat Club. Gifts to support athletics help enhance my experience and skills both on and off the court. It truly helps motivate my coaches and team in so many ways by having those well-needed resources, equipment and facilities.



**1989 PENNSYLVANIA COLLEGE OF TECHNOLOGY**

**1965 WILLIAMSPORT AREA COMMUNITY COLLEGE**

**1941 WILLIAMSPORT TECHNICAL INSTITUTE**

## 1950s

**Donald R. Miller, '58, drafting,** retired from mechanical engineering and resides in Jersey Shore.

## 1960s

**Don W. Klinger, '62, architectural drafting,** is an award-winning registered architect. He designs custom homes and commercial buildings. He resides in Millersburg.

**Janes A. Nichols, '66, automobile mechanics,** owns Nichols Bus. He resides in Fleetville.

**John E. Pettingill, '67, business administration,** retired from Florida Atlantic University, where he was the human resources director. He resides in Vero Beach, Fla.

**Ross Scott, '67, technical illustration,** retired after a 30-year career in drafting and design engineering and lives in Haines City, Fla. He roomed at Mammy Wheeland's at 966 Vine Ave. "In those days, school was parallel to industry; in other words, you attended school 8 a.m. to 5 p.m. with a break in the morning, lunch, and another break in the afternoon, and two weeks off in the summer." He and another student were hired as technical illustrators by International Correspondence Schools in Scranton. He continued his education in engineering at Penn State.

**Gerald L. Slenker, '67, architectural technology,** is a flagger for E.K. Services Inc. He resides in York.

**Byron Hassinger, '68, diesel mechanics,** has owned Hassinger Diesel Service LLC in Middleburg since 1977. He has repaired and sold diesel engines in Alaska, Australia and Africa. He resides in Middleburg.

**Robert G. Mosteller, '68, technical illustration,** retired from the chemical industry and resides in Millville.

## 1970s

**Larry Pursel, '71, diesel mechanics,** is retired and resides in Manheim.

**Yvonne "Abby" (Walk) Bryant, '72, mechanical drafting,** is an engineering specialist for Pinellas County Utilities. She designs water, sewer, reclaimed water and solid waste infrastructure and facilities. She resides in Spring Hill, Fla.

**Gary S. Huggins, '72, forest technology,** retired as a traffic control supervisor after 34 years of employment with the Pennsylvania Department of Transportation. He resides in Williamsport.

**Don L. Schroyer, '74, forest technology,** is a retired forest consultant and specialist in invasive, noxious weeds. He resides in Las Animas, Colo.

**William J. Kaup, '75, nursery management,** retired as a forestry specialist for the City of Aurora (Colo.) Parks, Recreation & Open Space department. He lives Montrose, Colo.

**Louie Langley, '76, individual studies,** is retired and resides in Sudbury, Mass.

**Kris L. Hall, '77, general studies,** recently retired after 28 years in the Dubuque Community School District and 39 years in education. He started a new career in 2018 as director of the Jo Daviess Carroll Career Technical Education Academy in Elizabeth, Ill.

**David W. Keith, '77, automotive technology,** is the manager of Metzler Auto Sales Inc. He resides in Portage.

**Gregory Schill, '77, machinist general,** founded The Advisory Group, for which he is a certified financial planner and investment adviser. He resides Rolling Hills Estates, Calif.

**Mike Albright, '78, nursery management,** owns Albright's Landscaping. He resides in Canadensis.

**Steve Dettinger, '78, heavy equipment service and operation,** retired from PPL Electric Utilities in 2017, after 38 years of service. He was a transportation mechanic leader. He resides in Lancaster.

**Jeffrey C. Finke, '78, carpentry and building construction technology,** owns JF Construction & Consulting Services. He resides in Ocala, Fla.

**James F. Klanica, '78, forest technology,** retired from the Army Corps of Engineers in 2014 after 35 years as a lockmaster for the Allegheny River system. He resides in West Leechburg.

**Gary L. Stibitz, '78, construction carpentry,** is the estimating department manager for Lobar Inc. He resides in Dillsburg.

**Michael P. Weinoffer, '78, electronics technology,** is an electrical substation construction project manager for PPL Electric Utilities. He resides in Quakertown.

**Gary Ferber, '79, electrical construction,** is a senior systems engineer for 3M. He holds a bachelor's degree in electronics engineering technology from Grantham University. He resides in Quakertown.

## 1980s

**Pamela H. Hill, '80, business management,** is the business office manager for AristaCare at Loyalsock. She resides in South Williamsport.

**Roxann M. (Roach) Stevens, '81, graphic arts,** is a security guard for Securitas Security Services. She resides in Harrisburg.

**Timothy R. Conrad, '82, general studies,** is a master engineer for Broadcom, where he is the senior engineer for read channels. He resides in Allentown.

**Philip D. Merli, '82, engineering drafting technology,** is a safety manager for Ameresco Federal Solutions at the Savannah River Nuclear Site Biomass Cogeneration Facility. He resides in Aiken, S.C.

**Linda Sweely, '82, food and hospitality management,** operates a pork, egg and hydroponic vegetable farm. She resides in Mansfield.

**Jim Caldwell, '83, forest technology,** is the director of civil/municipal services for RETTEW Associates. He resides in Conestoga.

**Timothy S. Irvin, '83, computer information systems,** is the chief information officer for the Pennsylvania Department of Military and Veterans Affairs. He resides in Annville.

**Kristina (Popiolek) Dunnivant, '85, dietetic technician,** works in inventory control quality assurance for Amazon. She resides in Saylorsburg.

**William M. Johnson, '85, computer information systems,** is director of information technology for First Data Corp., managing global Fortune 200 IT infrastructure. He resides in Gettysburg. >>

## CLASS NOTES

**Daniel D. Clark, '86**, electronics technology, is a supportability engineer for Northrop Grumman, where he delivers affordable support systems for complex weapons systems. He resides in Merritt Island, Fla.

**Tracy DeCoursey, '87**, engineering drafting technology, retired from PennDOT as a draftsman designer. "After retirement in 2007, I wanted some formal education in a field I enjoy, so I enrolled in the (college's) professional cooking course in Fall 2012," he said. "Penn College has many opportunities for the retired sector to enjoy." He resides in Williamsport.

**Christopher S. Darling, '89**, electronics technology: computer automation maintenance, is the director of engineering for Beech-Nut Nutrition. He resides in Canajoharie, N.Y.

**Mark B. Robison, '89**, landscape/nursery technology, is self-employed and resides in York.

**Scott M. Smith, '89**, construction carpentry, is a carpenter foreman for Deblin Inc. in Mechanicsburg.

## 1990s

**Julie M. (Mong) Bower, '91**, computer information systems, is an intermediate programmer for UPMC Susquehanna. She resides in Watsontown.

**Mike Bowser, '92**, civil engineering technology, is a municipal services specialist for PennDOT Engineering District 9. He resides in Friedens.

**Lori (Hall) Kepner, '92**, radiography, is a radiographer resource clinician for UPMC Susquehanna. She resides in Hughesville.

**Diane F. (Zimmerman) Rhone, '92**, business management, owns Wellness for Life, an independent distributor for Shaklee Corp. She resides in Blades, Del.

**Steven D. Wilkinson, '92**, construction carpentry, is a foreman for Home Solutions. He resides in North East.

**Joseph Wisniewski, '92**, food and hospitality management, is the U.S. Army's Advanced Culinary Training Division chief. He oversees the daily operations of the division, which provides advanced-level culinary training and enlisted aide training to Army, Navy, Air Force, Marine and Coast Guard personnel. He resides in Richmond.

**Leona "Lea" J. Lehman, '94**, dental hygiene, is a dental hygienist for Valley Dental. She resides in Sunbury.

**Michael Stuck, '94**, occupational therapy assisting, is a nursing home administrator for Laurelwood Care Center. He resides in Johnstown.

**Douglas L. Warble, '94**, automotive technology, is a district parts and service manager for Mitsubishi Motors North America. He resides in Mechanicsburg.

**Kristi M. Bower, '96**, applied human services, '89, human services, is an income maintenance casework supervisor for the Commonwealth of Pennsylvania. She resides in Milton.

**Nevin Burns, '96**, automotive service technology, is the service department manager for Register Chevrolet. He resides in Millfintown.

**Rebecca Buttorff, '96**, legal assistant: paralegal, is a senior civil litigation paralegal for Lepley, Engelman, Yaw & Wilk. She resides in Jersey Shore.

**Donna M. (Cooper) Wagner, '96**, office assistant, is an administrative assistant for the Selinsgrove Area School District. She received the district's 2018 Making a Difference Award. She resides in Selinsgrove.

**Karole L. (Hockenbroch) Burris, '97**, nursing, is the administrator for the Sentara Princess Anne Ambulatory Surgery Center, where she oversees business and clinical operations. She received her bachelor's degree in nursing from Penn College in 2015 and holds the Certified Nurse Operating Room credential. She resides in Virginia Beach, Va.

**Robin E. Evans, '97**, early childhood education, is a Head Start teacher. She resides in Williamsport.

**Andrew S. Kear, '97**, heavy construction equipment technology, is a heavy equipment operator for H.L. Wiker Inc., where he was named employee of the year. He is a past member of the college's Heavy Construction Equipment Technology Advisory Committee and played on the first Penn College men's basketball team in 1997. He resides in Mount Joy.

**David J. Adams, '98**, graphic design, is director of public works for the U.S. Army. He resides in Honolulu.

**Jean M. (Wommer) Balliet, '98**, applied human services, is a habilitation manager for Hope Enterprises. She resides in Muncy.

**Alexander Litvinchuk, '98**, automotive technology management, is a test engineer for Dorman Products. He resides in Quakertown.

**Melissa M. (Bequeath) Nelson, '98**, radiography, is a staff CT technologist for UPMC Pinnacle Hanover. She resides in Newville.

**Monica (Kile) Harris, '99**, legal assistant: paralegal studies, is a title examiner for Nationstar Mortgage. She resides in Clinton.

**Cynthia Love, '99**, applied human services, is owner, nonprofit consultant and grant writer for CAL Funding Initiatives. She resides in Lock Haven.

**Gregory A. Moser, '99**, diesel technology: Mack emphasis, is a district fleet maintenance manager for FedEx Freight. He resides in Dallas, Pa.

**Joe Stern, '99**, graphic design, received a Gold and a Silver award in the 2017 Association TRENDS "All-Media Contest." He is the creative director for the North American Veterinary Community. He resides in Winter Garden, Fla.

## 2000s

**Ted B. Bakowicz, '00**, physician assistant, is the chief physician assistant, cardiothoracic surgery, for Excelsa Health. He resides in Export.

**Scott Gottschall, '00**, plastics and polymer technology, is a panel saw operator for Savoy Contract Furniture. He resides in Williamsport.

**Jennifer L. (Wesneski) Neal, '00**, radiography, is a CT technologist for Arnot Ogden Medical Center. She resides in Roaring Branch.

**Tim A. Hornberger, '01**, landscape/nursery technology, is a resource conservation technician for the Snyder County Conservation District. He issues permits, administers the county's dirt and gravel roads program, and performs site inspections. He resides in Richfield.

**Sara (Kostek) McGrath, '01**, dental hygiene, is a dental hygienist for Wasco Dental. She resides in North Canton, Ohio.

### What are you up to?

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**Brian Miller, '01**, construction management, is the director of development for The Elmhurst Group, a real estate developer and builder. He resides in Harrison City.

**Todd S. Peirce, '01**, aviation maintenance technician, retired from the U.S. Navy. He resides in Montoursville.

**Kirstie (Moir) Horner, '02**, architectural technology, is a project manager for Leonard S. Fiore Inc. She resides in State College.

**Jason L. Lentz, '02**, welding and fabrication engineering technology, works in technical product support for Grainger. He resides in Beloit, Wis.

**Tighe Lane, '03**, automotive technology, is a technician for Lane's Auto Repair. He resides in Bangor.

**Wendy (Cunningham) Miller, '03**, technical and professional communication, is assistant dean of health sciences for Penn College. She holds a Doctorate of Education, a Master of Arts and a Master of Fine Arts. She resides in Milton.

**Wayne E. Reich Jr., '03**, nursing, is the director of nursing, bachelor's degrees, for Penn College. He is treasurer for the Pennsylvania State Nurses Association. He resides in Allenwood.

**Robert Laurie, '05**, mass media communication, is an executive producer for En Point Productions. He produces three nationally syndicated television shows and hosts "The Jet Set," which won a 2017 Bronze Telly. He has received three Telly Awards for travel-program hosting, has appeared on HLN and has written for The Huffington Post. He resides in Alexandria, Va.

**Andrew W. Nagle, '05**, automotive technology management, is a sales and service coordinator for DCI Fleet Service. He resides in Media.

**Jared M. Narber, '05**, graphic design, is a graphic designer for Serino Coyne. He resides in New York, N.Y.

**Jason D. Praster, '05**, welding and fabrication engineering technology, is a welding engineer for Zachary Group. He resides in San Antonio.

**Dave Cole, '06**, forest technology, is a state Department of Conservation and Natural Resources, Bureau of Forestry service forester for Mercer and Clarion counties. He was named Service Forester of the Year in 2016, and in 2015, he received the Contribution to Forestry Award, given by the Woodland Owners of Clarion-Allegheny Valley. He is also the lead for the Society of American Foresters Deer-Forest Committee for Pennsylvania. He resides in Clarion.

**Jeffrey P. Davenport, '06**, landscape/nursery technology, is a pest control technician for Walt Disney World, where he specializes in the treatment of bedbugs. He resides in Clermont, Fla.

**Andrew W. Lackman, '06**, residential construction technology and management, is a senior estimator for Russell and Russell Construction, where he oversees the pre-construction department. He resides in St. Petersburg, Fla.

**Matthew T. Melusky, '06**, civil engineering technology, is a project manager for Supreme Industries, which provides road building, land clearing, erosion control and site development. He resides in Pottsville.

**Adam A. Schuler, '06**, electrical occupations, is an electrician for Kelley Electric and is pursuing his Journeyman's license in Lehigh County. He resides in New Tripoli.

**Jason M. Smith, '06**, aviation maintenance technology, is the general manager for Sterling Helicopter. He resides in Holland, Pa.

**Julie (Reppert) Stellfox, '06**, mass media communications and technology management, is a communications specialist for Lock Haven University, responsible for media relations and social media. She resides in Montoursville.

**Kirk M. Allen, '07**, business administration: management information systems and business administration: management, is a safety specialist/manager for Amazon.com Inc. He holds a graduate certificate in public human resources management and a master's degree in public administration. He is pursuing a doctorate in public policy and administration. He resides in Harrisburg.

**Grace M. (Bowersox) Benfer, '07**, graphic design, is a staff artist, designer and photographer for Schindler's Studio in Sunbury. She resides in Middleburg.

**Jeffrey A. Bordner, '07**, general studies, works in administrative support for the Commonwealth of Pennsylvania. He resides in Herndon.

**Nicki S. Brelsford, '07**, business administration: human resource management, is the deputy controller for the County of Lycoming. She resides in Williamsport.

**Gerald P. Butler, '07**, computer information technology: data communications and networking, is a principal technologist for Amtrak. He resides in Washington, D.C.

**Kyle D. Crain, '07**, information technology: network technology, is a cybersecurity systems engineer for Penn State. He resides in Tyrone.

**Anthony Flint, '07**, business administration: management information systems, is a membership and marketing director for The Trump Organization, promoting and selling access to the organization's private clubs around the world. He resides in Hastings-on-Hudson, N.Y.

**Kate McCall, '07**, applied human services, is the camp director for Camp Victory, a special camp for special kids. She resides in Millville.

**Brian K. McDowell, '07**, civil engineering technology, is a project manager/estimator for Glenn O. Hawbaker Inc. He resides in Lanse.

**Stephanie L. (Shaffer) Poisson, '07**, graphic design, is a mobility manager for Tri-County Transit. She resides in Berlin, N.H.

**Steven J. Reed Jr., '07**, computer aided product design, is a mechanical engineer and CAD manager for Abbott Furnace Co. He resides in St. Marys.

**Maria (Bova) Strohl, '07**, dental hygiene, is a registered dental hygienist for All Smiles Dental and a certified holistic health coach. She earned a bachelor's degree from Penn College in 2011 and completed studies at the Institute for Integrative Nutrition in 2018. She resides in Pompano Beach, Fla.

**John E. Toth, '07**, automotive technology management, teaches automotive technology at Wallkill Regional High School in New Jersey. He resides in Sussex, N.J.

**Jason Aloise, '08**, information technology: network specialist, is a Pharmaserv training team lead for McKesson Pharmacy Systems. He resides in Pittsburgh.

**Tracey E. Brewbaker, '08**, physical fitness specialist, is a sales manager for Travel Champs, where her roles include youth sports tournament director and youth hockey coach. She received a bachelor's degree in health and physical education in 2014 with a coaching minor. She resides in Middletown.

**Erin E. (Moslak) Crain, '08**, nursing, is an appeals nurse coordinator for Aetna. She resides in Tyrone. >>

## CLASS NOTES

**Kimberly A. Erdman, '08**, dental hygiene: health policy and administration, is director of the dental hygiene program at Montgomery County Community College. She resides in Doylestown.

**Dana L. (Dougherty) Henzie, '08**, ornamental horticulture: landscape technology and floral design/interior plantscape, is a buyer for Mostardi Nursery. She resides in Spring City.

**Lee M. Herbstman, '08**, technology management, is a designer for Newport News Shipbuilding. He resides in Williamsburg, Va.

**Kevin A. Hickman, '08**, physician assistant, is the director of advanced practice providers for Allegheny Health Network. He resides in Seven Fields.

**Curtis E. Ianaro, '08**, dental hygiene, is a dental hygienist in the office of Dr. David A. Bell. He resides in Clearfield.

**Chris M. Johnston, '08**, electronics engineering technology, is a business process analyst for Penn State. He resides in Port Matilda.

**Justin J. Keller, '08**, building construction technology, is a production supervisor for Williams Scotsman Inc. He resides in Boyertown.

**Joe A. Krug, '08**, information technology: network specialist, is an IT systems support supervisor for Sheetz Inc. He resides in Lilly.

**Julie (DeFeo) McElwee, '08**, business administration: human resource management, is human resources director for White Deer Run Treatment Network. She resides in New Columbia.

**Shannon M. (Wesche) Mooney, '08**, physician assistant, is a PA for Jones Memorial Hospital. She resides in Rexville, N.Y.

**Carolyn D. Reitz, '08**, early childhood education, is an early intervention teacher for the Central Susquehanna Intermediate Unit. She received a bachelor's degree in early childhood and elementary education from Bloomsburg University in 2012. She resides in Lewisburg.

**Jamie E. Rottmund, '08**, computer aided product design, is a vice president for Clark Associates, where he oversees the contract division. He resides in Lancaster.

**Cody L. Wallace, '08**, forest technology, is a contract logger and lumber grader. He resides in Blain.

**Jason A. Zeigler, '08**, heating, ventilation & air conditioning technology, plumbing, is a pipe fitter for Norfolk Southern Railway. He resides in Halifax.

**Laura M. (Downs) Albawab, '09**, early childhood education, is a customer service representative for United Concordia. She resides in Montoursville.

**Sara M. (Ulrich) Bidlespacher, '09**, graphic communications management, is an internal print and design specialist for Penn College Document Services. She resides in Trout Run.

**Thomas G. Degan, '09**, building construction technology, is an estimator/skilled crafts worker for Construction Specialties. He resides in Watsonstown.

**Jordan J. Hechinger, '09**, building construction technology, is a captain and pilot in the U.S. Air Force. He resides in Little Rock, Ark.

**Jackie Lovecchio, '09**, culinary arts and systems, is an executive chef for Bon Appetit Management Co. She resides in Colorado Springs, Colo.

**Burton T. Maines Jr., '09**, building automation technology, is a project superintendent for Hensel Phelps. He resides in Sammamish, Wash.

**Ashley E. (Olvera) McGrath, '09**, physical fitness specialist, is a physical therapy assistant for HealthPro Rehabilitation. She and husband, **Ryan, '10**, construction management, reside in Manchester, Md.

**Elizabeth Montgomery, '09**, information technology: technician, is an operator for Kellogg Co. She resides in Montoursville.

**Tobias J. Morelli, '09**, diesel technology, is a maintenance mechanic for Penn State Altoona. He resides in Williamsburg.

**Andrew D. Rhen, '09**, construction management, is a project manager for McCrossin Foundations. He resides in Mountville.

**Ernest M. Ruzicka, '09**, general studies, is a senior engineering designer/drafter for Cornerstone Consulting, Engineers and Architectural Inc. He completed a bachelor's degree in landscape architecture from Temple University in 2015. He resides in Oreland.

**Andrew Widdersheim, '09**, information technology: network specialist, is a software developer for Rackspace. He resides in Telford.

**MaryJo (Nonnemacher) Widdersheim, '09**, nursing, is a nurse anesthetist for North American Partners in Anesthesia. She resides in Telford.

**Jason A. Yorks, '09**, manufacturing engineering technology, is the director of resource management services for the County of Lycoming. He resides in Jersey Shore.

## 2010s

**Wesley T. Foster, '10**, diesel technology, is an explosive-ordnance team leader for the U.S. Army. He resides in Raeford, N.C.

**Keith R. Froehlich, '10**, building construction technology, is a bulk equipment operator for C&J Energy Services in Blacklick. He resides in Johnstown.

**Walter V. Gower, '10**, aviation maintenance technology; '94, aviation technology; '84, aviation maintenance technician, is an assistant dean of transportation and natural resources technologies at Penn College. He resides in Williamsport.

**Jocelyn (Dalgarn) Hackenberg, '10**, technology management, is an assistant human resources manager for First Quality. She resides in Jersey Shore.

**Jason M. Karcher, '10**, manufacturing engineering technology, is a tooling department manager for Benton Foundry, overseeing the 10-person pattern shop. He resides in Benton.

**Stephanie J. (Irvine) Kiffer, '10**, welding and fabrication engineering technology, is a welding engineer for Newport News Shipbuilding. She resides in Elberon, Va.

**Brendan McDonough, '10**, heavy construction equipment technology: operator, is a locomotive engineer for Norfolk Southern Corp. He resides in Owego, N.Y.

**Ashley (Myers) Ream, '10**, office information technology: medical office information, is a billing coordinator for Community LifeTeam White Rose Ambulance. She resides in York.

**Allison (Toltesi) Reichard, '10**, applied health studies; '09, radiography, is an X-ray technician for Lehigh Valley Health Network. She resides in Northampton.



**Danette L. Shaffer, '10**, dental hygiene: health policy and administration, is a dental hygiene instructor for Fortis Institute. She is a member at large for the Pennsylvania Dental Hygienists' Association's executive committee, of which she is a past president, and serves on the board of the Academy of Dental Hygiene. She resides in Erie.

**Stephen D. Snyder, '10**, ornamental horticulture: plant production, is a driver for Empire Wrecking. He resides in West Lawn.

**Philip Wesbury, '10**, ornamental horticulture: landscape technology, is director of business development for Builtech Services LLC. He resides in Chicago.

**James R. Whited, '10**, electronics and computer engineering technology: Clsco systems, is a logistics supervisor for Harbor Freight Tools. He resides in Williamsport.

**Richard K. Banks, '11**, manufacturing engineering technology, is a certified manufacturing engineer for Solar Turbines. He resides in Altadena, Calif.

**Carlene L. Cabot, '11**, occupational therapy assistant, is a certified occupational therapy assistant for Genesis Rehab Services. She resides in Jersey Shore.

**Jeffrey Eshenour, '11**, information technology: web and applications development, is a member of the field staff for Cru, working in campus ministry at Baylor University. He resides in Waco, Texas.

**Ashlyn M. Hershberger, '11**, graphic communications management, is a member services representative for the Navy Federal Credit Union. In May 2018, she completed a Master of Business Administration in project management from Columbia Southern University. She resides in Martinsburg, W.Va.

**Stephen Holmes Jr., '11**, heating, ventilation & air conditioning technology, is an HVAC specialist for The Hershey Co. He maintains HVAC equipment and chocolate-processing assembly line chillers. He resides in Pottsville.

**Andrew Koskie, '11**, building science and sustainable design, is a CAD technologist for The Murus Co., producer of structural insulating panels. He resides in Mansfield.

**Valerie A. LaCerra, '11**, applied human services, is a behavior analyst for H.E.L.P. Services Inc. While attaining a master's degree, she received the Outstanding Graduate Student in Applied Behavior Analysis Award. She resides in Harrisburg.

**Stephanie M. Land, '11**, aviation maintenance technology, is a senior technologist IV for Mission Support and Test Services. She maintains a Bell 412 helicopter for the Department of Energy. She resides in Millersville.

**Thomas D. Miller, '11**, technology management; '08, forest technology, is a game lands worker for the Pennsylvania Game Commission. He resides in Wellsboro.

**John Sattizahn, '11**, building construction technology, is the owner/operator of Chuck's Custom Woodwork. He resides in Shoemakersville.

**Chris Steindl, '11**, technology management; '08, diesel technology, is a generator technician for Premium Power Services. He resides in Cochranville.

**Amy E. Vanderwall, '11**, nursing, is pursuing a family nurse practitioner degree after five years as a registered nurse in the emergency department at UPMC Susquehanna. She resides in Hughesville.

**Jesse Winckler, '11**, information technology: network specialist, is a network engineer for Cru. He resides in Orlando, Fla.

**Malyn M. Baney, '12**, baking and pastry arts, works in bakery customer service for Wegmans Food Markets. She resides in Centre Hall.

**Jenna M. (Harner) Clark, '12**, nursing, is an RN in The Birthplace at Williamsport Regional Medical Center, part of UPMC Susquehanna. She resides in Montoursville.

**Ashley N. (McFalls) Deatrick, '12**, baking and pastry arts, is a cake decorator for Scratch Bakes in Ephrata. She resides in Lititz.

**Christopher E. Kohler, '12**, plastics and polymer engineering technology, is an R&D project engineer for Avery Dennison. He resides in South Williamsport.

**Brad Miller, '12**, automotive technology management, is a field service engineer for Ford Motor Co. He resides in Hanover.

**Ryan L. Newman, '12**, plastics and polymer engineering technology, is a process engineer for Poly Processing Co. He resides in Monroe, La.

**Melanie A. Roof, '12**, radiography, is a radiation therapist for Cone Health. She resides in Greensboro, N.C.

**Jessica L. (Korman) Solt, '12**, occupational therapy assistant, is a certified occupational therapy assistant for Tender Touch Rehab Services. She resides in Allentown.

**Levi T. Sterling, '12**, web design and multimedia, is the director of academic technology for SMU Guildhall, Southern Methodist University's graduate school for game development. He holds a Master of Education in learning and technology from WGU Texas. He resides in Carrollton, Texas.

**Justin M. Weaver, '12**, technology management; '10, computer aided drafting technology, is a mechanical designer for Mauell Corp., a manufacturer of control and data visualization systems. He resides in Mechanicsburg.

**Brian S. Witner, '12**, hospitality management, is a unit leader for Aramark at UPMC Susquehanna Lock Haven. He resides in Lock Haven.

**Art Counterman, '13**, building automation technology, is an instructor of electrical technologies and occupations at Penn College. He resides in Milton.

**Lyndsey (Smith) Diehl, '13**, health information management, is manager of trauma data quality for Pennsylvania Trauma Systems Foundation. She resides in Dillsburg.

**Ethan J. Dunkle, '13**, building science and sustainable design, is a virtual design and construction engineer for Benchmark Construction. He resides in Mount Joy.

**Hillary L. Dyson, '13**, baking and pastry arts, is a culinary instructor for the Seafarer's Harry Lundeberg School of Seamanship, where she prepares future merchant mariners for work in a ship's steward department. She also oversees daily galley meal preparation and service. She resides in Hollywood, Fla.

**Isaac L. Harris, '13**, manufacturing engineering technology, is a materials and process engineer for Lockheed Martin. He resides in Montrose.

**Robert L. Heater, '13**, automotive technology management, is a field service engineer for Ford Motor Co. He resides in Canonsburg.

**James J. Jimenez, '13**, applied health studies, is the director of the surgical technology program at Concorde Career College. He resides in Van Nuys, Calif.

**Nicholas D. Massimilla, '13**, building construction technology, is a mechanic for Ward's Automotive Inc. in Mount Laurel, N.J. He resides in Marlton, N.J. >>

## CLASS NOTES

**Cory M. McDonald, '13**, information technology: network specialist, is a DCIM technical support supervisor for Schneider Electric. He resides in Dushore.

**Kara L. Odorizzi, '13**, early childhood education, is an assistant preschool teacher for Bright Horizons Early Education and Preschool. She resides in West Hazleton.

**Anthony A. Oleksza, '13**, technology management; '11, collision repair technology, is the production manager for Hillcrest Collision Carstar. He resides in Vestal, N.Y.

**Jonathan M. Probst, '13**, residential construction technology and management, is a senior purchasing agent for Dan Ryan Builders. He resides in Cranberry Township.

**Joshua L. Schmitz, '13**, civil engineering technology, is an assistant superintendent for McLean Contracting Co., where he manages a bridge construction project. He resides in Denton, Md.

**Erick D. Speer, '13**, welding and fabrication engineering technology, is a welding engineer and certified welding inspector for Custom Engineering Co., a manufacturer of pressure vessels. He is pursuing a master's degree in engineering management from Gannon University. He resides in Erie.

**Christina M. Spencer, '13**, landscape/horticulture technology: plant production, works in sales for Ron Shirk Shooting Supplies. She resides in New Bloomfield.

**Rebecca R. (Miller) Swan, '13**, graphic communications management, is a publishing services specialist for the U.S. Government Publishing Office. She resides in Silver Spring, Md.

**Samantha L. Werner, '13**, residential construction technology and management, heads her family's business, Werner Building Co. She resides in Quakertown.

**Amanda E. Wilson, '13**, dental hygiene: health policy and administration; '12, dental hygiene, is a dental hygienist for Dental Health Associates. She resides in Muncy.

**Tyler W. Bodder, '14**, heating, ventilation & air conditioning technology, is an HVAC technician for Merck Co. He resides in Coopersburg.

**Lukes Coakley, '14**, construction management, is a project manager for Allied Mechanical & Electrical. He resides in Loganton.

**Kimberly S. Filko, '14**, graphic design, is a graphic designer for Blackboard Inc., where she designs websites for K-12 school districts. She resides in Davenport, Fla.

**Rachel E. Heller, '14**, engineering design technology, is an electrical designer for Premier Automation. She resides in Allison Park.

**Amy L. Hill, '14**, practical nursing, is a licensed practical nurse for Geisinger. She resides in Beaver Springs.

**Daniel S. Honovic, '14**, building automation technology, is an instructor in the building systems technology department at Hudson Valley Community College. He resides in Troy, N.Y.

**Rachelle N. Horning, '14**, legal assistant-paralegal studies, manages the legal department for L.B. Foster Co. and is the assistant corporate secretary. She resides in Canonsburg.

**Cortney N. (Allen) Jespersen, '14**, radiography, is a radiation therapist for Our Lady of Lourdes Hospital. She resides in Sayre.

**Steven Kleck, '14**, technology management, is a senior network systems engineer for Avanade. He resides in Silver Spring, Md.

**Christopher K. Leonard, '14**, heavy construction equipment technology: Caterpillar equipment, is a mechanic for Cleveland Brothers Caterpillar. He resides in Frenchtown.

**John Pater, '14**, web and interactive media, is a programmer/analyst for Penn State's College of Education. He graduated in Spring 2018 with a Master of Professional Studies in information science, with a focus in cybersecurity and information assurance. He resides in State College.

**Lewis D. Robinson, '14**, culinary arts and systems, is chef de cuisine for Core Restaurant. He resides in Toronto.

**William R. Sniadack, '14**, welding and fabrication engineering technology, is chair of the Society of Manufacturing Engineers Worcester Chapter and a welding engineer for Metso Flow Control. He resides in Worcester, Mass.

**Stephanie M. (Snyder) Suzadail, '14**, nursing, earned a Master of Science in Nursing with a concentration in forensic nursing in 2018 from Duquesne University. She is an RN in the emergency department at UPMC Susquehanna, where she is a Daisy Award recipient. She resides in Montoursville.

**Sydney C. Allen, '15**, early childhood education, is a preschool teacher for Discovery Child Development. She resides in Beech Creek.

**Thomas D. Carrano, '15**, building automation technology, is a controls technician for Pritchett Controls. He resides in Woodbridge, Va.

**Jessie M. Chronister, '15**, applied management; '14, hospitality management, is a client service associate for Berman McAleer, a financial advisement and wealth management firm. She resides in Cockeysville, Md.

**Kendra Y. (Domino) Dayton, '15**, early childhood education, is the After School Club and summer camp coordinator for Firetree Place. She resides in South Williamsport.

**Gwen E. Dixon, '15**, business management, is a teller for CNB Bank. She resides in Houtzdale.

**George A. Gadbois, '15**, business administration: banking and finance, is a paraplanner and investment manager for Legacy Financial Group. He resides in Rockville, Md.

**Brianna R. Helmick, '15**, culinary arts and systems, is the food service foreman for the Army and Air Force Exchange Service at Tyndall Air Force Base, Florida, where she resides.

**Chelsea E. Miller, '15**, dental hygiene, teaches dental assisting to high schoolers at the Franklin County Career & Technology Center and is a dental hygienist for Cumberland Valley Dental Care. She resides in Chambersburg.

**Joseph D. Miller, '15**, electronics and computer engineering technology: robotics and automation, is an engineering technician for SilcoTek Corp., providing IT support and systems implementation. He resides in Howard.

**Savanah M. (Krivonyak) Nussbaum, '15**, dental hygiene, is a registered dental hygienist in the office of Dr. Joseph J. Hawkins. She resides in St. Marys.

**Angelina (Kunkel) Smith, '15**, human services, is a supervisor for Hope Enterprises. She resides in Danville.

**Maggie E. Smith, '15**, applied management, is a client support specialist for Central Susquehanna Intermediate Unit 16. She resides in Lewisburg.

**Francis W. Spear, '15**, physician assistant, is a PA in emergency medicine for the Lehigh Valley Health Network. He resides in Allentown.

**Chelsea A. Zakeosian, '15**, business administration: management, is a lead coordinator for Freedom Auto Group. She resides in New Ringgold.



**James S. Alger, '16**, aviation maintenance technology, is a mobile repair technician for Dassault Aircraft Services, traveling to any location to provide troubleshooting to Dassault Falcon jet operators. He resides in Newark, Del.

**Dustin C. Bailey, '16**, building science and sustainable design, is an architectural designer for Studio Hillier. He resides in East Windsor, N.J.

**Aaron C. Barnard, '16**, manufacturing engineering technology, is a manufacturing engineer for Ring Container Technologies. He resides in Sidney, Ohio.

**Chelsea M. Boone, '16**, health arts: practical nursing, is an LPN for UPMC Susquehanna. She is pursuing a registered nursing degree. She resides in Lock Haven.

**Courtney K. Brown, '16**, baking and pastry arts, is a head chef and nutrition coordinator for a daycare facility. She resides in Hanover.

**Tyler L. Capece, '16**, engineering CAD technology, is a CAD and document controls specialist for Mariano Construction. He resides in Catawissa.

**Tima Cummings, '16**, applied human services, is a direct service provider for the Center for Independent Living of North Central Pennsylvania and is a member of ADAPT, a national grass-roots community of disability rights activists. He resides in Williamsport.

**Cain M. Dudek, '16**, nursing, is a critical care RN for UPMC Pinnacle Health. He resides in Harrisburg.

**Ryan W. Emery, '16**, diesel technology, is a mechanic for Premium Power Services. He resides in Peach Bottom.

**Stephanie F. Everson, '16**, baking and pastry arts, is a bakery sales associate for Weis Markets. She resides in Lewisburg.

**Isaac W. Faubion, '16**, building science and sustainable design; '14, architectural technology, is a project manager and Interior Wall Protection drafter for Construction Specialties. He resides in Williamsport.

**Ryan K. Fisher, '16**, engineering design technology, is a mechanical design engineer for Reading Bakery Systems, where he designs and engineers continuous mixers for snack production lines. He resides in Bethel.

**Sam M. Hinkle, '16**, heating, ventilation & air conditioning technology, is an HVAC technician for Geisinger Medical Center. He resides in Riverside.

**Matthew M. Jurado, '16**, accounting, is a regulatory accountant for Alaskan Brewing Co. He resides in Juneau, Alaska.

**Christopher S. Kasler, '16**, culinary arts and systems, is the food and beverage director for the Genetti Hotel. He resides in Williamsport.

**Sarah Kays, '16**, applied health studies: radiography, is a radiologic technologist for Advanced Radiology. She is pursuing a master's degree in health care management. She resides in Hanover.

**Briana Kotch, '16**, occupational therapy assistant, is a certified occupational therapy assistant for St. Luke's University Health Network. She resides in Tamaqua.

**Jessica R. (Wiegand) Layre, '16**, business administration: marketing, is a communications and media manager for Venture Outdoors. She resides in Pittsburgh.

**Calah (Doyka) Lee, '16**, dental hygiene, is a registered dental hygienist for Gettysburg Dental Associates. She resides in Chambersburg.

**Stormie Mauck, '16**, legal assistant: paralegal studies, is in her final year of study at Penn State Law, where she is in the Top 5 percent of her class and is editor-in-chief of the Penn State Law Review. She has accepted an associate attorney position in the Philadelphia office of Dechert LLP, a Top 100 global law firm, after she graduates and passes the bar exam. She resides in Blanchard and plans to move to Philadelphia in August.

**Jessica K. McCloskey, '16**, surgical technology, is a certified surgical technologist for Mount Nittany Medical Center. She resides in Bellefonte.

**Shawn M. Moyer, '16**, information technology: information assurance and security, is an IT support specialist for Select Medical. He resides in Selinsgrove.

**Caleb G. Schirmer, '16**, applied management, is the assistant director of annual giving for Lycoming College. He resides in Williamsport.

**Amanda Slick, '16**, health information management, is a medical coder for Community Health Systems. She resides in Hellertown.

**Sarah E. Watson, '16**, occupational therapy assistant, is a certified occupational therapy assistant for Arnot Health. She is pursuing a master's degree in occupational therapy from Misericordia University. She resides in Troy.

**Brittney D. (McHugh) Wurdeman, '16**, applied management; '15, baking and pastry arts, is a lead baker for Marriott Hotels. She resides in Woodbridge, Va.

**Dustin T. Yeater, '16**, electrical technology, is a maintenance technician for cabinetry company ACPI. He resides in Lewistown.

**Kenny E. Zeager, '16**, landscape/horticulture technology: landscape, is the lead landscape foreman for Zeager Landscape Designs and Nursery. He resides in Bainbridge.

**Walt Z. Bechtell, '17**, on-site power generation, is a generator technician for Penn Power Systems. He resides in Irwin.

**Bryan M. Behm, '17**, aviation maintenance technology, is an aircraft technician for Dassault Aircraft Jet Corp. at its Dassault Aircraft Services-Wilmington facility. He resides in Fleetwood.

**Cory W. Biltz, '17**, welding and fabrication engineering technology, is an industrial engineer - joining technology for Brose North America. He recently completed a Master of Professional Studies in management & organizational leadership from Penn State. He resides in Shelby Township, Mich.

**Morgan Blackwell, '17**, accounting, is a financial management analyst for Naval Supply Systems Command, headquartered in Mechanicsburg, where she resides.

**Cory M. Callihan, '17**, building automation technology, travels the world as an Automation & Controls Expert Services application engineer for Trane. He resides in Portersville.

**Alexi Campbell, '17**, graphic design, is a graphic designer for Vant Marketing. He resides in San Marcos, Texas.

**Tricia Deochan, '17**, nursing, is an RN in UPMC Susquehanna's intensive care unit. She has received three Daisy Awards from the hospital. She resides in Williamsport.

**Autumn Devine, '17**, emergency management technology, is employed by First National Bank. She resides in Mars. >>

## CLASS NOTES

**Bobby M. Falk, '17**, health information technology, is a team leader in nutrition care services/hospitality for Aramark at UPMC Susquehanna. He is pursuing a bachelor's degree in health information management from the college. He resides in Williamsport.

**Sarah Fiedler, '17**, culinary arts and systems, is a sushi team leader for Wegmans. She resides in Lock Haven.

**Siara J. Glenny, '17**, business management, is a visitor services steward for Penn State's Shaver's Creek Environmental Center, where her duties include bookstore operations. She resides in Petersburg.

**Elizabeth (Landis) Hess, '17**, emergency management technology, is a disaster preparedness solutions associate for Delta Development Group Inc. She resides in Manheim.

**Nick W. Holland, '17**, automotive technology management, is a prototype engine technician for Ford Motor Co. He resides in Westland, Mich.

**Robert G. Jackson III, '17**, residential construction technology and management, is a project superintendent for Dan Ryan Builders. He resides in Butler.

**Benjamin S. Leibig, '17**, nursing, is an RN for Reston Hospital Center. He resides in Arlington, Va.

**Zach Murzynski, '17**, construction management, is a project engineer for P.J. Dick Inc. He resides in Erie.

**Morgan T. Plank, '17**, applied health studies: emergency medical services, is a paramedic for Evangelical Community Hospital. She resides in Watsontown.

**Duncan Rodriguez, '17**, nursing, is a psychiatric nurse for Geisinger Medical Center. He resides in Williamsport.

**Austin R. Schaeffer, '17**, manufacturing engineering technology, is the machine shop floor manager for Levan Machine & Truck Equipment in Fleetwood. He resides in Oley.

**Tyler Stark, '17**, business administration: marketing, is an account manager for mXtr Automation. He resides in Montoursville and is pursuing an MBA.

**Katelin E. Thompson, '17**, occupational therapy assistant, is a certified occupational therapy assistant for Functional Pathways. She resides in Salladasburg.

**Corey P. Wiles, '17**, nursing, is a registered nurse in the intensive care unit at UPMC Susquehanna. He resides in Williamsport.

**Christopher A. Wittenberg, '17**, electronics and computer engineering technology: robotics and automation, is a maintenance technician for Tesla. He resides in Sparks, Nev.

**Jason P. Allen, '18**, mechatronics engineering technology, is a controls technician for First Quality. He resides in Cogan Station.

**Richard Antonyuk, '18**, civil engineering technology, is a bridge designer for Larson Design Group in Williamsport.

**Ben Barclay, '18**, building automation technology, is the president/owner of Jesco Electric, an electrical supplies distributor in Windber. He resides in Sidman.

**Kayla J. Billheim, '18**, health arts: practical nursing, is an LPN for UPMC Susquehanna. She resides in Allenwood.

**Luke Billman, '18**, heavy construction equipment technology: technician, is a heavy construction equipment technician at Highway Equipment & Supply Co., Harrisburg. He resides in Carlisle.

**Jeffrey L. Bretz, '18**, applied management; '16, baking and pastry arts, is a chocolatier for John and Kira's Chocolates. He resides in Elkins Park.

**Austen J. Caron, '18**, building automation technology, is an install technician for Honeywell. He resides in Higganum, Conn.

**Caleb E. Cartmell, '18**, automotive technology management, is an assistant service manager for Blaise Alexander Chevrolet. He resides in Williamsport.

**Lane J. Ceccarelli, '18**, building construction technology, is a carpenter for Kintner Modular Homes Inc. He resides in Mehoopany.

**Luke E. Clay, '18**, engineering design technology, is a mechanical design technician in product development for ASSA ABLOY – Rockwood Manufacturing Co. He resides in Rockwood.

**Sharon L. Cryder, '18**, nursing, is an RN for UPMC Susquehanna, where she works in nursing triage. She resides in Lock Haven.

**Kevin D. Eckrote, '18**, applied management, is a senior project implementation manager for Anixter Inc. He resides in Drums.

**Steven Fantaske, '18**, information technology sciences: gaming and simulation, is a virtual reality developer for the National Institute of Standards and Technology. He programs in C++ and Blueprint to make prototype user interfaces for first responders in virtual reality and augmented reality. He resides in Boulder, Colo.

**Austin L. Fulton, '18**, graphic design, is a graphic designer for the Florida Panthers NHL team. He resides in Montoursville.

**Peter B. Hopke, '18**, construction management, is an assistant project manager for HSC Builders & Construction Managers. He resides in Metuchen, N.J.

**Kreyanna R. Jackson, '18**, early childhood education, is a preschool teacher for Toddler University Daycare & Preschool Inc. in Blossburg. She resides in Blossburg.

**Alexandra Lehman, '18**, business administration: sport and event management, is an event management specialist for Susquehanna University. She resides in South Williamsport.

**Jessica J. Liuzza, '18**, nursing, is an RN in the medical-surgical unit at UPMC Susquehanna Muncy. She resides in Hughesville.

**Steven J. Moon, '18**, emergency management technology, is a family support specialist and community services coordinator for JusticeWorks Family of Services. He resides in Williamsport.

**Bryce P. Thompson, '18**, landscape/horticulture technology: landscape emphasis, is a landscape laborer for Knisely Land Sculpting. He resides in Enola.

**Christa Watson, '18**, business administration: management, is the development coordinator for Lycoming County SPCA. She resides in Williamsport.

**Jason Wheeler, '18**, computer aided drafting technology, is a mechanical engineer I for Avery Dennison. He resides in Sayre.

**Pamela K. Witham, '18**, dental hygiene, is a dental hygienist employed by the federal government. She resides in Butler.

## Marriages & Births

**Theresa S. (D'Andrea) Powell, '06**, graphic communications management, and husband, **Michael, '06**, construction management, welcomed their second child, daughter Lennox, in October 2017. They reside in Harrisburg.

**Nicki S. Brelsford, '07**, business administration: human resource management, married Scott **Gottschall, '00**, plastics and polymer technology, on Sept. 28, 2018. They reside in Williamsport.

**Kate McCall, '07**, applied human services, married John Stephick on June 9, 2018. They reside in Millville.



**Tacy (DeGreen) Schuler, '07**, technology management; '05, baking and pastry arts, and husband, **Adam A., '06**, electrical occupations, welcomed daughter Audrey on Nov. 30, 2017. They reside in New Tripoli.

**Maria (Bova) Strohl, '07**, dental hygiene, and husband, Steven, welcomed baby Maverick in September 2016. They reside in Pompano Beach, Fla.

**Julie (DeFeo) McElwee, '08**, business administration: human resource management, and husband, **Duston, '09**, technology management; '07, information technology: network technology, welcomed their second son, Wyatt, in 2017. They reside in New Columbia.

**Sara M. (Ulrich) Bidlespacher, '09**, graphic communications management, and her husband, John, welcomed daughter Samantha on Jan. 24, 2017. They reside in Trout Run.

**Tyler D. Gross, '09**, computer aided product design, welcomed daughter Freya on March 18, 2018. They reside in Hanover.

**MaryJo (Nonnemacher) Widdersheim, '09**, nursing, and her husband, **Andrew, '09**, information technology: network specialist, welcomed son Nolan on Jan. 22, 2018. They reside in Telford.

**Ashley (Myers) Ream, '10**, office information technology: medical office information, and husband, Christopher, welcomed daughter Emma on Sept. 23, 2017. They reside in York.

**Allison J. (Toltesi) Reichard, '10**, applied health studies; '09, radiography, and husband, Marc, welcomed daughter Ashlyn on July 23, 2018. They reside in Northampton.

**Andrew Koskie, '11**, building science and sustainable design, welcomed daughter Hadley in 2018. They reside in Mansfield.

**Ashley N. McFalls, '12**, baking and pastry arts, married Mark Deatrack Jr. on Sept. 9, 2017. They reside in Lititz.

**Rebecca R. Miller, '13**, graphic communications management, married **Adam Swan, '13**, information technology: information assurance and security, in October 2016. They reside in Silver Spring, Md.

**Steven Kleck, '14**, technology management, married Amber Mitchell in April 2018. They reside in Silver Spring, Md.

**Kendra Y. Domino, '15**, early childhood education, married William Dayton on May 5, 2018. They reside in South Williamsport.

**Brianna R. Helmick, '15**, culinary arts and systems, married Carl Phillips in October 2016. They live at Tyndall Air Force Base, Florida.

**Angelina (Kunkel) Smith, '15**, human services, and husband, Alexander, welcomed son Xander in November 2017. They reside in Danville.

**Courtney K. Brown, '16**, baking and pastry arts, married **Kenneth Bloom, '16**, information technology: network specialist, on April 21, 2018. They reside in Hanover.

**Calah (Doyka) Lee, '16**, dental hygiene, and her husband, James, welcomed a daughter in September 2017. They reside in Chambersburg.

**Brittney D. McHugh, '16**, applied management; '15, baking and pastry arts, married Justin Wurdeman in June 2016. They reside in Woodbridge, Va.

## In Memory

**Ned S. Coates**, retired professor of English, age 78, on Jan. 6

**William E. Curry, '59**, retired instructor of diesel mechanics, age 86, on Sept. 24, 2018

**Solomon M. Francis**, assistant professor of mathematics, age 55, on Oct. 14, 2018

**Robert J. Hutchinson**, former instructor of carpentry and building construction technology, age 80, on Sept. 1, 2018

## Wildcat Athletics inducts 2018 Hall of Fame Class

Penn College's Athletics Department inducted its 2018 Hall of Fame Class during Homecoming Weekend. The class features three inductees:

**Amber (Geckle) Dreese, '07**, of Lewistown, was called by women's volleyball coach Bambi Hawkins the program's first "true" setter. A three-year team captain, the Wildcats reached new heights during her four seasons of play. Penn College went 9-10 when she was a freshman (when she earned all-Eastern Pennsylvania Collegiate Conference honors) and 10-5 as a sophomore in 2003, which included the Wildcats' first-ever postseason berth. The Wildcats finished 21-2 during her junior season in 2004 and won the Commonwealth Campus Athletic Association West Division and overall championship, and finished 12-10 during her senior season in 2005, when her team finished second in the Penn State University Athletic Conference.

**Skylar Gingrich, '13**, a Lititz native, was a leader on Penn College baseball teams that not only reached the playoffs during each year he played, but posted a combined record of 93-45. During the 2009 season, the Wildcats went 36-9 and captured the PSUAC championship. The first baseman highlighted his career in his final season when Penn College went 23-14, finishing among the top four in the PSUAC and top 10 in the United States Collegiate Athletic Association. That year, Gingrich was named PSUAC Player of the Year, leading the conference in batting average (.443), RBI (53) and home runs (8).

**Kierstin Steer, '13**, of South Williamsport, earned all-conference honors during each of her four basketball seasons and USCAA All-American honors in three of her four seasons of soccer.

On the hardwood, from 2009-13, Steer was named PSUAC Honorable Mention as a freshman and a senior, and to the PSUAC First Team as a sophomore and junior. As a senior, she also received USCAA Honorable Mention honors. Steer led the Wildcats in scoring during her first three seasons, and in her final year, she became the first woman in Penn College history to crack the 1,000-point career scoring mark, finishing with a then-record 1,246 points. Twice during her career, as a freshman and as a senior, Penn College reached the PSUAC quarterfinals.

As a four-year women's soccer starter, Steer was awarded USCAA All-American honors as a freshman and sophomore and USCAA All-American Honorable Mention honors as a junior. Twice during her soccer career, the Wildcats reached the USCAA National Championships, where they tied for third during the 2009-10 season, when she led the team in goals and total points. Steer went on to earn an additional degree from Penn College in 2017.



From left: Skylar L. Gingrich, '13; Amber L. (Geckle) Dreese, '07; College President Davie Jane Gilmour; Kierstin G. Steer, '13; and Athletics Director John D. Vandevere

## EXPERT TIPS

# Facebook Isn't

## Conversation in the digital age

# Face to Face

by Linda L. Locher, counselor in Penn College's Counseling Services Office

Several years ago, I asked a client if she'd had a conversation with her boyfriend about her unhappiness. She had been feeling hurt and angry that he often failed to show up at the time he promised. With considerable animation, she proudly said that yes, she had. As her counselor, I congratulated her on her efforts to voice her feelings and assert her expectations, a goal she had identified in therapy. I then asked what his response had been. She answered that she did not know because he had yet to text her back. That is when I realized that her definition of a conversation was very different from mine. This was my introduction to the new culture of digital conversation.

### AS A PSYCHOLOGIST WORKING

with college students and teaching basic communication skills, I have been fascinated with digital conversation, how it may advance our understanding of each other, and how it may create unexpected obstacles and misunderstandings.

Whatever the medium we use – pen and paper, telephone, text, or in-person conversation – there is not one method that is inherently good or bad. However, it is important to realize how digital conversation may challenge us.

Consider the following when choosing both what to say to someone and how to “say” it.

**REFLEX OR REFLECTION** – Digital conversation often occurs at lightning speed. “I sent her eight texts and I’ve heard nothing back for an hour,” remarked one annoyed student. The cultural expectation to check your screen upon receiving a message (often interrupting another task or conversation) and to respond immediately is considerable. This immediacy in conversation is refreshing, as you are not left to wonder what the other person is thinking. Receiving an answer right away lowers uncertainty, and lowering uncertainty lowers anxiety. Avoidance of anxiety is one of the driving forces behind the addictive quality of digital communication.

However, the immediate response, or the reflex reaction, also tends to eliminate reflection. Taking time to reflect on what you’ve heard or read gives you time to sort out your feelings. Integrating your thoughts and feelings is essential for meaningful conversation.

**SHORT IS NOT ALWAYS SWEET** – Digital conversation lacks what Sherry Turkle calls the “humanizing” element of face-to-face communication. In her book “Reclaiming Conversation: The power of talk in a digital age,” Turkle says that digital conversations allow things to be said that we would never have the nerve to say in person.

This frankness has real value, as when a bystander speaks up to challenge abuse. However, communication without personal presence or first-hand ownership of the message fosters cyberbullying at worst, and at best fails to nurture empathy. Our lives need more empathy.

**DO YOU LIKE ME?** – Digital communication and our devices provide that “ping” that tells us a message is waiting for us. Perhaps more importantly, that ping tells us that someone is thinking about us, someone cares.

Margaret Wehrenberg and Steven Prinz, authors of “The Anxious Brain,” have noted that each ping, chirp or beep gives us a jolt of adrenaline. This is so rewarding that it fosters an addiction to our devices. Separation from our devices can evoke withdrawal-like symptoms.

A quiet phone becomes the equivalent of being unloved. Ivan Pavlov and his dog that salivated at the sound of a bell have nothing on Twitter, Facebook, Instagram and SnapChat when it comes to influencing our behavior. Self-esteem is too important to be measured by the number of “likes” or pings we receive. Esteem is stronger when the message is experienced seeing eye to eye and touching hand to hand.

**SAY WHAT???** – Meaningful conversations typically convey both information and emotion. Emotions can be challenging to understand, and we often need to combine words, tone of voice, nonverbal behavior and eye contact to appreciate accurately how another person is feeling.

The one-dimensionality of digital conversation handicaps our understanding of emotions. The addition of emojis, emoticons and even an Instagram or Facebook photo may add little clarity. If the words and icons seem contradictory, the reader may wonder whether to laugh, be insulted, feel included or excluded, or what?

Digital communication does not lend itself to conveying subtle or complex emotions, the stuff of real conversation. Moreover, digital communication does little to help individuals gain comfort with real-time emotions exchanged in face-to-face conversation. Digital communication avoids the messiness and anxiety of dealing with emotions. Turkle observes that our increased reliance on digital communication reflects a “flight from conversation – at least conversation that is open-ended and spontaneous, conversation in which we play with ideas, in which we allow ourselves to be fully present and vulnerable.”

What you have to say is important. How you choose to say it and what medium you use may create either great conversation or great confusion. ■

If you have an idea for an “Expert Tips” topic, please email [magazine@pct.edu](mailto:magazine@pct.edu).



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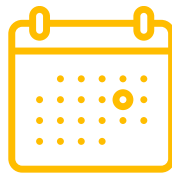
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SAVE THE DATE

- 
- March 18** **Company Showcase /** Learn about companies recruiting at Career Fair / [www.pct.edu/careerfair](http://www.pct.edu/careerfair)
- 
- March 19-20** **Career Fair /** For Penn College students and alumni / [www.pct.edu/careerfair](http://www.pct.edu/careerfair)
- 
- March 19-April 18** **Gallery: Abraham Ferraro / "Every Which Way" /** Reception: April 18, 4:30-6:30 p.m. / [gallery.pct.edu](http://gallery.pct.edu)
- 
- March 21** **Technology & Society Colloquia Series /** Sophia Brueckner, University of Michigan / Klump Academic Center Auditorium, 7 p.m.
- 
- March 23** **Philadelphia Alumni Networking Event**
- 
- April 6** **Open House**
- 
- April 12** **Williamsport Technical Institute Reunion**
- 
- April 12** **Visiting Chef Dinner, Chef Carolina Diaz /** Benefits student scholarships / [www.pct.edu/lejeunechef](http://www.pct.edu/lejeunechef)
- 
- April 30-May 10** **Gallery: Graphic Design 2019 /** Student portfolio exhibition / Reception: May 3, 4-6 p.m.
- 
- May 16-23** **Gallery: Sustainable Design 2019 /** Student capstone project exhibition / Reception: May 16, 3:30-6 p.m.
- 
- May 17-18** **Commencement**
- 
- June 4-July 23** **Gallery: The Hundred Dresses Project /** Reception: June 6, 4:30-6:30 p.m.
- 
- June 16-21** **Pre-College Programs /** Explore "degrees that work" and earn scholarships / [www.pct.edu/precollege](http://www.pct.edu/precollege)
- 
- June 17** **Golf Classic /** Supports student scholarships
- 
- Aug. 10** **Commencement**
- 
- Aug. 17-18** **Welcome Weekend /** Alumni, call 1-877-PCT-ALUM to help welcome students to campus!
- 
- Aug. 19** **Fall classes begin**

For information, call 800-367-9222

**Pennsylvania College of Technology** became an affiliate of Penn State in 1989 after establishing a national reputation for education supporting workforce development, first as a technical institute and later as a community college. Today Penn College is a special mission affiliate of Penn State and a national leader in applied technology education. Penn College offers more than 100 bachelor, associate and certificate majors to nearly 5,500 students in careers ranging from manufacturing, design, transportation and construction to hospitality, health, business and natural resources. Business/industry connections, small classes, industry-standard equipment and faculty with work experience contribute to strong graduate placement rates. The full college experience awaits those desiring on-campus housing, Greek Life, student organizations and NCAA Division III athletics.

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*Penn College operates on a nondiscriminatory basis.*



Change Service Requested



A 1949 Dodge forms the centerpiece of a pondless water feature outside College Avenue Labs, where Pennsylvania College of Technology's collision repair and automotive restoration majors are housed. The piece was created by several departments within General Services and completed in August. A course of 2RC limestone simulates the old road that the vehicle supposedly was traveling as it approached a hill with a load of mountain stone. The engine died, the truck remained, and Mother Nature took possession, as evidenced by the tree growing through the bed.