

THE HAVEN

WINTER 2024

MAGAZINE



**The Remarkable Generosity
of Ron '66 and Jo Ann Bowes**
Lock Haven Couple Makes \$500,000
Gift to Wrestling Programs

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**Puppy Love: Alumni
Couple Offers Pet Therapy
to Give Students a Break**

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COMMONWEALTH UNIVERSITY



Greetings Lock Haven Family,

The life of a university is marked by many notable milestones. As Commonwealth University continues to grow and evolve, the launch of our first strategic plan is an important accomplishment. I am proud beyond measure of the talented team members who have devoted their time and talent to the strategic planning process over the past year. Their collaborative efforts have brought forward a long-range plan that is notable for its focus and commitment to putting students first.

Each of the plan's four strategic priorities is built around the principle that students are at the heart of our mission, goals, and purpose. Not only does the plan lay out measurements of success through well-defined metrics, but each of the plan's strategic priorities is buoyed by three core commitments that will guide and inform our work well into the future.

I hope you'll read more about the launch of our first strategic plan in these pages. It is a bold and ambitious plan and I am proud of the focus on student success. Witnessing our university community work through the process of developing a strategic plan and now beginning to bring it to life through dynamic and impactful initiatives has affirmed my belief in the strength and heart of our Commonwealth University family.

There are many great things happening at Commonwealth University, and we bring them to you in the pages that follow. From the launch of the strategic plan, to earning landmark grants, and launching a fully updated academic curriculum, we continue to hold an exceptional student experience as our north star.

Our cover story profiles the steady generosity of Ron and Jo Ann Bowes. The Bowes have been fervent supporters of Lock Haven students for many years, offering support to a number of athletic and academic programs. With their most recent \$500,000 gift, the Bowes have exceeded \$1.5 million in giving to Lock Haven. Their support has impacted countless lives. I hope you'll read more about their remarkable story and dedication in the pages that follow.

To our Lock Haven alumni and supporters, it has been a wonderful Fall season on campus as we welcomed so many of you back to campus to celebrate homecoming. If you have not been back to campus recently, I hope you will visit and explore our beautiful campus and downtown. Along with enjoying the beauty and memories of your alma mater, we invite you to stay engaged with the Bald Eagle community and support our students in achieving their goals. There are so many ways to get involved and share your gifts with our students—from mentorship, to internships, or professional experience grants—your involvement in our students' experience has the power to transform their lives.

Sincerely,

Dr. Bashar W. Hanna,
President



COMMONWEALTH UNIVERSITY

THE HAVEN MAGAZINE

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A group of students gather on the Lock Haven Commons during the first Multicultural Alliance Field Day

Multicultural Alliance Field Day Brings Students from All Campuses Together

Nearly 250 Commonwealth University (CU) students from Lock Haven, Clearfield, Mansfield, and Bloomsburg gathered at the Lock Haven location for a Multicultural Alliance Field Day event in September.

The event included lawn games, inflatable games, food trucks, giveaways, and raffles as well as an opportunity to connect with fellow students across all CU locations. Student Jaimie Rodriguez Vega, DEI graduate assistant, spoke to attendees and Albert Jones, Chief Diversity, Equity, and Inclusion Officer provided a welcome. “The multicultural field day was an event focused on building unity and strengthening the sense of belonging for all students across the Commonwealth University campus locations,” says Jones. “To see such a diverse makeup of students attending from all four locations speaks to the positive community building that is taking place at Commonwealth University.”

The event was hosted by the Office of Diversity, Equity, and Inclusion, the Lock Haven Multicultural Center and Lock Haven student organizations including the Black Student Union, Multicultural Advisory Activities Council, Latino Student Association, Sophisticated Ladies, and Distinguished Gentlemen. “We really wanted students from all the campuses to meet each other, engage with one another, and truly be able to connect and network,” says Mia Swales, Assistant Director of Diversity, Equity, and Inclusion and Multicultural Center Director. “We want the students to be able to collaborate as well as program together to truly join as sisters and brothers. We are so much stronger together.”



Cynthia Shapira, PASSHE Board of Governors chairwoman

Bloomsburg, Lock Haven, and Mansfield to Launch Partnership with Google

Commonwealth University (CU) and Google are coming together to support a new public-private partnership to enable students to earn industry-recognized certificates during their regular undergraduate programs to support their career readiness and help meet the workforce’s evolving needs. The partnership provides skills training in the fields of cybersecurity, data analytics, digital marketing/e-commerce, business intelligence, IT support, project management, and user experience (UX) design, with no experience required.

Commonwealth University’s offering is part of a larger partnership between Google and Pennsylvania’s State System of Higher Education (PASSHE) that will reach thousands of students and workers across Pennsylvania, with training for some of the state’s most in-demand jobs, including those within the communities near the Commonwealth University-Bloomsburg, Lock Haven, Mansfield, and Clearfield locations.

Google employees developed the Google Career Certificates to support skilling for in-demand fields. The program includes an employer consortium of over 150 companies—including Pennsylvania-based companies such as SAP, Expedient, the Project Management Institute, and Google—that hire talent trained in the certificate fields. More than 200,000 people have graduated from the program in the U.S., and 75% report a positive career impact, such as a new job, higher pay, or a promotion, within six months of completion.

The university is currently exploring several options for the first steps of the partnership, according to Hope Lineman, CU Executive Director of Workforce Development.

“History majors who acquire data analysis skills or English language and literature majors with project management skills such as those offered in partnership with Google, often increase their entry-level salary by at least 30%,” says Lineman, who is also Strategic Advisor to the Chancellor on Workforce Innovation at PASSHE.

University Awards \$91,000 in Grants to Support Diversity and Inclusion Efforts Across Campuses

Commonwealth University's Office of Diversity, Equity, and Inclusion has awarded 22 individuals across four locations in Bloomsburg, Lock Haven, Mansfield, and Clearfield mini-grants for the 2023-24 academic year totaling more than \$91,000.

The mini-grants, used by the 14 faculty, seven staff, and one student, will provide financial assistance for trainings, conferences, research, immersion activities and programming that strengthen excellence in diversity and inclusion for individuals or the community at Commonwealth University.

University Awarded Grant to Accelerate Special Ed Teacher Certification

Commonwealth University's special education program was awarded a \$100,000 grant from the Pennsylvania Department of Education to accelerate programming for PK-12 Special Education Teacher Certification. Commonwealth University was one of 15 universities awarded a portion of the \$1.5 million grant.

"These grants will expedite the process of becoming a certified special educator and enable more teachers to enter the field faster," says acting Secretary of Education Dr. Khalid N. Mumin.

The grant addresses the need for certified special educators across the state and the dramatically increasing number of emergency-certified teachers in the field of special education. The accelerated program includes courses and fieldwork beginning this summer and extending through next summer. The grant will provide graduate-level students working on emergency certifications tuition and fee incentives at the program's beginning, mid-point, and end.



Zach Hicks '23, special education, now teaches at Shikellamy Middle School.

"This grant funding gives an opportunity for Commonwealth University to be a leader in presenting an accelerated, sustainable model for certification within the context of a master's level program," says Dr. Brooke Lylo, Associate Professor in the Department of Exceptionality Programs at CU.

Two New Student Members Appointed to Council of Trustees



Jessica Dodge



Tynesha Holloway

The Commonwealth University Council of Trustees has named two new student council members for the 2023-24 academic year. Jessica Dodge has been appointed as the student representative for the Bloomsburg location and Tynesha Holloway has been appointed to represent Lock Haven. A student trustee will be appointed at the Mansfield location in the spring.

A nursing major in her second year at Bloomsburg, Dodge is a resident of Orangeville and a 2022 graduate of Millville School District, where she was class valedictorian. At Millville, she was a Mid-Penn All Star for

varsity soccer and basketball, and served as student council president as well as class president.

Dodge has been active in numerous community organizations and an employee and volunteer at Camp Victory of the Nicholas Wolff Foundation in Millville. She has volunteered at the John Buck Memorial Food Bank in Orangeville and at the Millville Elementary School where she helped organize and conduct activities for elementary students. Dodge also is a member of several organizations including Nursing Christian Fellowship, Student Nurses Association, Nursing Learning Community and Bloomsburg's chapter of Rotaract. She is involved with the Lives Changed By Christ organization and is employed by Geisinger in Danville as a nursing assistant.

Holloway, of Philadelphia, is a senior criminal justice major at Lock Haven. She is a 2020 graduate of Preparatory Charter High School, where she was a member of the step team and student council. At Lock Haven, she is the president of the Black Student Union and handles public relations for the Multicultural Activities and Advisory Council. She also is a student representative for the Middle States Commission on Higher Education, a student member of the Commonwealth University Senate for first-year experience (for students in their first year at Lock Haven) and is a volunteer at the Haven Cupboard, a food pantry for Lock Haven students.



Transformational \$5 Million Gift Supports Nursing at all CU Locations

Historic Gift Renames Critical Nursing Education Institution the **Breiner School of Nursing**

Commonwealth University has received its first-ever transformational gift. The \$5 million gift from Ed and Julie Breiner, both 1977 graduates of the CU legacy institution Bloomsburg University, will support nursing education at all CU locations—Bloomsburg, Lock Haven, Mansfield, and Clearfield.

Their commitment marks the first multimillion-dollar alumni gift that supports the new comprehensive direction of the integrated university and largest single gift ever given to the School of Nursing at any of the historic campuses. In honor of their support, the school, which has programming at all university locations, will be renamed the Breiner School of Nursing, within the College of Health Professions.

“There are no words that can truly express how grateful we are for Ed and Julie’s steadfast support,” says President Bashar W. Hanna. “This amazing gift and their commitment to supporting education for healthcare professionals will empower our School of Nursing to provide an affordable, top-tier education and produce exceptional graduates. Thanks to the Breiners’ generosity, we can now extend those opportunities and resources to even more students.”



From left: President Bashar Hanna, Trustee and nursing student Jessica Dodge, Ed and Julie Breiner, Kim Olszewski senior associate dean of the Breiner School of Nursing, Erik Evans vice president of university advancement, Leo-Felix Jurado, dean of the College of Health Professions

The impact of the gift, donated through the Bloomsburg University Foundation, will help advance nursing education and healthcare across the state. With more than 1,100 nursing students enrolled, spanning from associate to doctorate levels, “Commonwealth University has already established itself as a vital institution within the nursing community, and it is now set to reach even greater impact with this funding,” Hanna adds.

The new funds will bolster various facets of nursing education, including professorships, faculty fellowships, research, clinical support, travel, conferences, networking, outreach, facility enhancements, essential equipment, and software.

“This generous donation will have a lasting impact on our ability to educate and train the next generation of nursing professionals,” says Kim Olszewski, senior associate dean of the School of Nursing. “A gift like this embodies the definition of philanthropy. Ed and Julie have positioned us to recruit and retain the most talented aspiring healthcare professionals to make a significant impact on healthcare, especially considering the pressing nursing shortage we are facing within the next few years.”

Since their initial gift to Bloomsburg State College in 1980, the Breiners have steadily expanded their support, enriching

professional experiences for nursing and healthcare students. This gift raises their total contributions to more than \$7.5 million.

Ed Breiner, a retired energy and mining industry executive, and Julie, a retired medical technologist, have dedicated themselves to giving back to both their alma mater and their local community.

“We believe in the transformative power of education,” Mr. and Mrs. Breiner shared. “With this endowment, we hope to provide aspiring nurses with the best education and training possible while also keeping it affordable, ensuring their ability to make immediate contributions in the healthcare field. Commonwealth University’s commitment to excellence aligns perfectly with our vision of affordable, high-quality education for prospective students.”

“Ed and Julie have inspired us all by matching their philanthropic aspirations with their passion for supporting our students throughout the years,” says Erik Evans, vice president for Advancement at Commonwealth University. “We consider ourselves incredibly fortunate that they have chosen to champion the field of nursing at CU, not only leaving a profound impact on our students but also resonating across the entire region.”



President Hanna Launches 'Common Ground' Podcast

The podcast, "Common Ground," hosted by President Bashar Hanna, has released one episode a month since its first on May 1 this year.

The Common Ground podcast brings together leaders from across Pennsylvania to engage in meaningful conversations and explore the pressing issues our institutions, communities, and students and their families face on their path to earning a degree.

Podcast guests have included John Wetzel, Chair of the council of Trustees and former PA Secretary of Corrections; Jennifer Wakeman, Executive Director of DRIVE and Hope Lineman, PASSHE Executive Director of Workforce Development; Deans Dr. Leo-Felix Jurado from the College of Health Professions and Dr. Ann E. Larson from the College of Education and Human Studies; Chad Lassiter, Executive Director of the Pennsylvania Human Relations Commission; Dr. Diana Rogers-Adkinson, CU Provost and Senior Vice President for Academic Affairs; Lynda Schlegel Culver, State Senator and Bloomsburg alumna, PA State Treasurer and Bloomsburg alumna Stacy Garrity, as well as Mansfield alumnus and ESPN Radio Host Freddie Coleman. Listeners can subscribe to Common Ground on Spotify, Apple Music, and other major streaming platforms, or visit www.commonwealthu.edu/commonground to listen to episodes, learn more about the podcast, and submit ideas for future episodes or guests.



Clearfield Holds 34th Founders' Day Convocation Awards Celebration

On Thursday, Sept. 28, Commonwealth University–Clearfield held its 34th annual Founders' Day convocation awards celebration in the Clearfield Academic Building multipurpose room.

The event, hosted by the Clearfield Educational Foundation and CU–Clearfield, honored 22 students with awards and scholarships. A welcome and opening remarks were given by Valerie Dixon, Clearfield director. "It is truly an honor to take one night to hold a celebration for these amazing students who give 100 percent of themselves every day," Dixon shares about the ceremony. "Clearfield students are juggling many responsibilities, and it is not lost on me how hard they work to earn these scholarships."

Dr. Bashar Hanna, President, offered his congratulations to the award recipients during the event. "Your dedication and hard work have led you here and I commend you for your commitment to excellence," he says. "I encourage you to make the most of the award you are receiving by embracing opportunities for learning and growth during your time as a student at Clearfield."

State Rep. Dallas Kephart served as Founders' Day speaker. "I had the pleasure of returning to Lock Haven University's Clearfield campus, now CU–Clearfield, where I started my undergraduate studies to serve as their speaker for convocation (Founders' Day) where students were presented scholarships," Kephart writes in a social media post about the event. "I am proud to have the campus in my district, and I look forward to returning to campus again in the future."

For more information about student award recipients visit commonwealthu.edu/news.

Commonwealth University Launches Entirely

New Academic Curriculum

Every Course, Within Every Program, Within Every Degree, Within Every College was Rewritten, Reviewed, and Updated—In a Single Year

Commonwealth University (CU) has done what perhaps no other institution of higher education has done before—update and launch an entirely new curriculum in a single year. The change, which began with the Fall 2023 semester following the integration of three historic public universities (Bloomsburg University, Lock Haven University, and Mansfield University) in 2022, has allowed CU to quickly create an academic array that is modernized for the educational needs of students and relevant to the requirements of today's employers.

"With the integration of the new university, we were offered the opportunity to do something enormous for our students," says President Bashar Hanna. "Change of this magnitude often takes several years in higher education," he adds. "Instead, we took the bull by the horns, collaborated with our faculty, regional

employers, and area experts, and created an academic array that puts students, their employability, and quality academic experience at the center.

"With this new curriculum, we truly embrace the power of three, bringing together the best of what each CU location offers and building out the programs that create the opportunities our students need to succeed while at Commonwealth U. and after graduation." Hanna says.

The review and launching process for the new curriculum began with the faculty. Through a variety of sessions, the faculty and university leadership came together to begin the critical work of examining, in

many cases, three different programs at three different institutions, and determining how best to identify their strongest attributes, modernize them for changing workforce and student needs, and ensure a quality experience for all students regardless of campus location.

The work was then expanded to invite key strategic partners to join curriculum advisory boards. These advisors included

top area employers who shared their workforce needs, including what skills graduates require to succeed immediately on the job. Finally, in some cases, feedback was gathered from the students themselves.

“With this new curriculum, we truly embrace the power of three, bringing together the best of what each location offers...”

"While students are at the heart of this new curriculum, the faculty were most definitely its champions," says Provost and Senior Vice President for Academic Affairs Diana Rogers-Adkinson. "Yes, our leadership could have simply picked one



of the three campus programs and been done with it. However, that would not have coalesced the faculty at our three locations. The faculty needed the opportunity to come together as one department, one mind, one soul, one curriculum.”

Relevance and modernity are the two words that come immediately to mind when discussing the new array, she noted. To accomplish those goals, the faculty worked with regional employers and advisory groups to suggest outcomes desired from graduates. These outcomes were taken into consideration in the development of course offerings and material. In addition, high-impact practices such as internships and undergraduate research were thoroughly embedded into academic programs.

“Every single year students now have the opportunity to do some type of applied work, be that on or off campus,” Rogers-Adkinson says. “And a majority of these are embedded experiences in our degree programs.”

This infusion of high-impact experience into each degree is part of each student’s new Professional Map.

“We’ve embedded these practices across the four-year degree, and we call that our Professional Map,” Rogers-Adkinson explains. “Students now get to see two things right up front: here’s my Degree Map, which includes the content I’m going to learn over those four years and, simultaneously, here’s my Professional Map, which includes experiences either in or out of the classroom that tie my learning to the real application.”

The update also allowed CU to take a close look at how technology is embedded in the curriculum. With different opportunities and faculty at each location, it was important to ensure students at one location did not miss out on the opportunities at another of

the three locations. To combat this, many programs and courses have both face-to-face and remote or hybrid format offerings.

Several of these programs also take advantage of new technologies for remote learning, such as the newly launched WeConnect and Zoom+ classrooms. These high-tech spaces allow students attending the remote classes to feel physically in the learning space with their in-person professors and peers at another campus location. The six WeConnect classrooms across the CU campuses allow for a more immersive digital experience for remote learning by using large high-definition screens and sound systems to feature classmates’ faces and voices similarly to how they would appear in a traditional lecture hall setting. The new classrooms allow students to make eye contact with the professor, and the professor to engage them and the learning space in much more interactive, natural ways than traditional online meeting platforms allow.

“We are so pleased to be able to offer the new curriculum this semester,” President Hanna says. “It has been a labor of love and much hard work that brings together the absolute best our faculty and facilities have to offer, coupled with the experiences employers need right now. I could not be more proud of our community.”

Additional information on the new academic array was featured on the Common Ground podcast.



Use the QR Code to listen to the Common Ground podcast.



Council of Trustees’ Citation Recognizes Faculty Work in Revising Curriculum

At a meeting on Oct. 6, the Commonwealth University Council of Trustees enacted a citation commending the academic leadership and faculty for completing the construction of the new curriculum in just one year.

The citation, accepted by Provost Diana Rogers-Adkinson and President Bashar Hanna, notes that faculty, chairs, deans, academic affairs leaders, the Interim Curriculum Committee, and University Curriculum Committee reviewed more than 2,200 individual curriculum documents over the last academic year.

The faculty prioritized the needs of the students to ensure a unified high-quality educational experience; and contributed extensive time, talent, and collaboration within their departments to develop the new syllabi and programs of Commonwealth University.

Commonwealth University Launches **LANDMARK STRATEGIC PLAN**

THE UNIVERSITY'S FIRST-EVER STRATEGIC PLAN PUTS STUDENTS AT ITS CENTER

In October, the Commonwealth University of Pennsylvania Council of Trustees formally approved and endorsed the university's first-ever strategic plan. The approval marks the culmination of more than a year of planning that involved input and perspectives from across all locations and levels of the university. The University Senate previously endorsed the plan at its September 14 meeting.

The plan has measurement of success built into it. Each of its four strategic priorities is coupled with selected metrics, such as average unmet need and average net prices compared to Pennsylvania's State System of Higher Education average, placement rate of graduates, and student retention, that the university will monitor to determine the overall success of the plan.

The plan's four strategic priorities are: Student Success; Academic Excellence and Innovation; University Success; and Welcoming and Inclusive Community. Each of these strategic priorities is undergirded by the plan's three core commitments: Diversity, Equity, Inclusion, and Belonging (DEIB); Strategic Communications; and Thriving Students, Faculty, and Staff.

"I believe one of Commonwealth University's greatest strengths is our steadfast commitment to putting students first. That commitment is on full display in the university's first strategic plan. This ambitious and comprehensive plan places student success at the center of our goals, planning, and initiatives and promises to continue the great work we have begun. With a focus on four strategic priorities that are layered throughout the institution we will build upon our mission to provide high-quality education through high-impact practices, career connection, and inclusivity. I have no doubt

that Commonwealth University will continue to grow and thrive as we launch the strategic plan," says Council of Trustees Chair John Wetzel.

"Commonwealth University's strategic plan is built on the core pillars that will carry the institution forward and deliver on the promise we have made to students and families across the state and region to provide an exceptional education experience, rich with opportunity and delivered affordably. The work we have done thus far through the integration process and our vision for the future of Commonwealth University have proven central to the plan's creation. As we move forward, the strategic priorities and core commitments will be woven into every area and every initiative we undertake at Commonwealth University. I would like to extend my sincere thanks to the Strategic Planning Committee for shepherding the plan to completion, especially core team members Cori Myers, John Bodenman, and Amy Osborne," says Bashar W. Hanna, President.

The Student Success priority will focus on providing holistic and inclusive support to meet the needs of all students and prepare them for personal and professional success. Its initiatives will include the development of meaningful opportunities for career readiness, the growth of exemplary and holistic student support services, support to graduates as they launch their careers, and embedding of financial literacy into the learning process.

The Academic Excellence and Innovation priority initiatives focus on the inclusion of high-impact practices, accelerated programs, and innovative credentialing opportunities into the educational offerings as well as investments in both employee professional development and student-



MISSION

Our hard-working and determined students are at the heart of everything we do. Commonwealth University leverages the power of Bloomsburg, Lock Haven, and Mansfield to provide affordable, high-quality education emphasizing high-impact practices, personal and career connections, and inclusivity supporting all learners to succeed in our region and beyond.

VALUES

- Resilient
- Student-Centered
- Accessible
- Welcoming & Inclusive
- Collaborative
- Innovative & Exceptional

STRATEGIC PRIORITIES

Student Success

Provide holistic and inclusive support to meet the needs of all students and prepare them for personal and professional success.

Academic Excellence and Innovation

Provide an innovative and transformative educational experience that prepares graduates and credential earners to succeed in meaningful careers and beyond.

University Success

Ensure fiscal sustainability, increase enrollment, and develop cutting-edge systems and processes to attract and retain diverse students, faculty, and staff.

Welcoming and Inclusive Community

Create an inclusive and welcoming university culture while developing and strengthening connections among our multiple locations and within our local communities

CORE COMMITMENTS

Diversity, Equity, Inclusion, and Belonging (DEIB)

Serve as central guiding principles and efforts that ensure all students and university personnel can feel valued, supported, and empowered.

Strategic Communications

Ensure effective communication across the organization while elevating our reputation externally.

Thriving Students, Faculty, and Staff

Foster a culture that embraces growth and wellbeing so that students and university personnel can thrive.



VISION

Commonwealth University will be a premier regional public institution that supports and prepares all students for success in the global workforce by providing an accessible and transformative educational experience.

and the development of scholarly and creative works that make an impact far beyond the campus community.

The Welcoming and Inclusive Community priority seeks to build a culture that embraces change, improves communication across the complex organization, supports the affinity groups that foster a sense of belonging (student organizations, athletics, etc.), and enhances the university's mutually beneficial relationships with its surrounding communities.

The University Success priority focuses on student enrollment, retention, and graduation rates as well as employee recruitment and onboarding. It includes the launch of strengthened marketing efforts and fundraising campaigns to support plan progress.

Following approval of the plan, execution began immediately, with each unit including efforts under its purview that directly support the priorities and move the university toward meeting the selected metrics for measurement.



HOME COMING 2023

Lock Haven celebrated 2023 Homecoming festivities September 20-23, with numerous fun-filled events organized for students, alumni, faculty, staff, and the local community.

The festivities began Sept. 20 with The Haven's 12th annual Lawn Party and Golf Cart Parade. This year's theme was "Haven & Homecoming in Harmony." Fifty golf carts decorated by campus clubs and organizations, as well as alumni groups like the LHU Alumni Association and the LHU Foundation participated in the parade.

Activities on Sept. 21, shifted to Main Street in downtown Lock Haven for the joint Keystone Central School District and CU-Lock Haven Parade. This year's theme was "Night at the Movies."

On Sept. 22, the 29th annual Alumni Classic Golf Tournament took place at Belles Springs Golf Course in Mill Hall, while a pressed-flower-candle craft-making event was simultaneously held in the Belles Springs clubhouse. Later, members of the campus community celebrated recently-retired head field hockey coach Pat Rudy '77.



An alumni mix and mingle and Greek reunion were also held that included performances by the Bald Eagle Marching Band and Lock Haven cheerleading squad. More than 100 people attended the events in the Durrwachter Alumni Conference Center for a nostalgic evening of reminiscing and togetherness.

At the same time, in a private ceremony at Haywood's on the Green, the Lock Haven Athletics Department honored Mark Waite '94 (soccer), Blair Wynne '07 (field hockey), Ward Hile 1897 (baseball), Dr. Kenneth Cox (boxing/wrestling) and the 1957 football team as the newest inductees into the Lock Haven Athletics Hall of Fame.

Events kicked off on Sept. 23 with tailgating in the Hubert Jack Stadium parking lot before the Bald Eagles took on East Stroudsburg University.

Haven Homecoming 2024 dates are set for September 25-28.





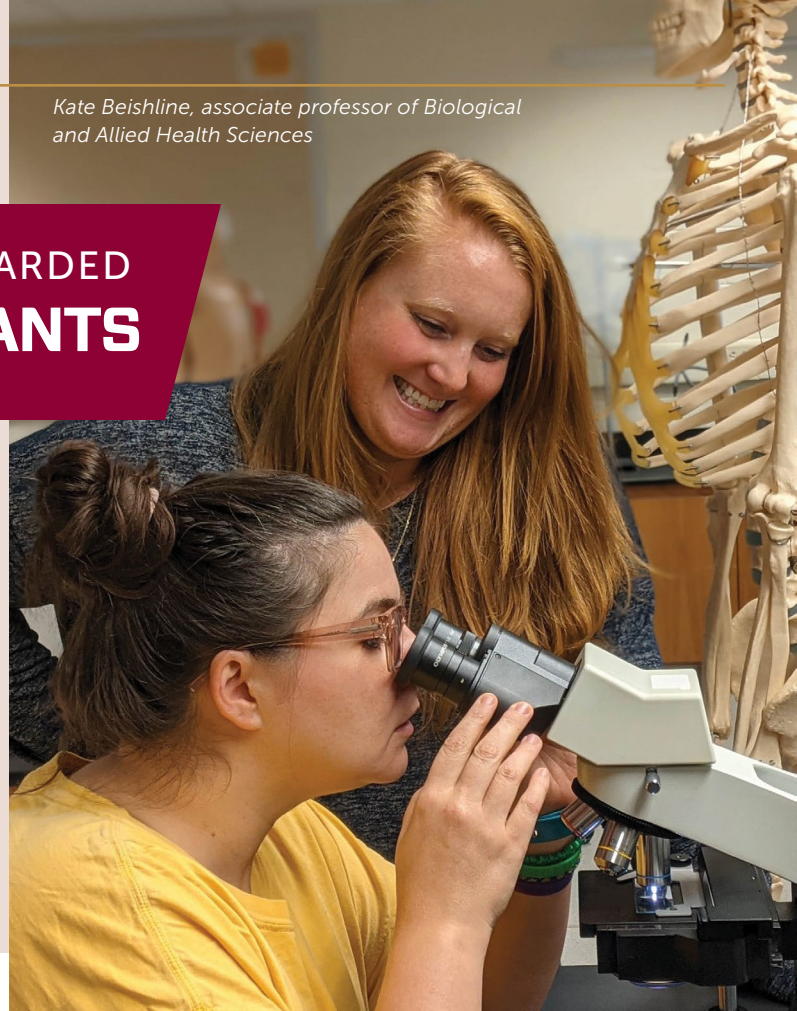
COMMONWEALTH UNIVERSITY AWARDED \$2.9 MILLION IN NSF GRANTS

By Eric Foster

Commonwealth University (CU) students choosing to pursue majors in science will get a boost thanks to two grants totaling \$2.9 million from the National Science Foundation (NSF).

The NSF awarded a six-year, \$2.5 million grant to CU through its Scholarships in Science, Technology, Engineering, and Mathematics program for the CU-THRIVE in STEM Project.

And to help students succeed once they are at CU, the university has been awarded a three-year \$400,000 Improving Undergraduate STEM Education grant from the NSF for the Starting Out Strong in STEM project.



SCHOLARSHIPS TO MAKE EDUCATION ACCESSIBLE

The \$2.5 million CU-THRIVE in STEM Project will aid in the recruitment, retention, and graduation of academically talented students with demonstrated financial need.

The grant, available beginning in the Fall semester of 2024, will fund renewable scholarships for an estimated 38 students. Qualifying students pursuing bachelor's degrees in biology, chemistry, computer science, digital forensics and cybersecurity, engineering, geosciences, mathematics, and physics at the Bloomsburg, Lock Haven, and Mansfield locations will receive four years of renewable scholarships up to \$15,000 in last-dollar scholarships.

"These scholarships are aligned with our mission as an institution and with the mission of the Pennsylvania State System of Higher Education," says Latha Ramakrishnan, Dean of the College of Science and Technology. "Over its six-year duration, this grant will provide four years of scholarship support to three cohorts of 12 or 13 students or 152 scholarships to 38 unique first-time, full-time students. Students can receive a full, 'free ride,' scholarship for four years."

The CU-THRIVE in STEM Program will also provide students with evidence-based academic, social, and professional supports. The program will also include summer bridge experience, first-year learning community, service-learning research project, customizable professional experience grants, peer and faculty mentors, and STEM-dedicated career development, which will set CU-THRIVE scholars up for success at CU and beyond in their STEM careers.

"It really took a village to create this grant," says Project Principal Investigator Dr. Jennifer Whisner. "The expertise and experience of



Principal investigators William Calhoun, Jennifer Whisner, and David DeVallance

co-investigators Dr. Kate Beishline in biology at the Bloomsburg campus, Dr. Mike Cullin in biochemistry, chemistry, engineering, and physics at the Lock Haven campus, Dr. Kristen Long in biology at the Mansfield campus, and Dr. Barry Minemeyer in mathematics, computer science, and digital forensics at the Bloomsburg campus were critical to the proposal's success."

"The CU-THRIVE in STEM program presents a dynamic example of the power of three and what is possible at Commonwealth University by harnessing the strengths of our locations to provide



Barry Minemyer, associate professor of Mathematical and Digital Sciences

opportunities for students to succeed," says Bashar W. Hanna, President.

HELPING STUDENTS START STRONG

Entry level STEM courses are often the most rigorous of a college student's course load. The \$400,000 Improving Undergraduate STEM Education grant is intended to increase the number of students who successfully complete their first-year STEM courses, and retain more, and more diverse students in STEM majors.

The grant, "Improving STEM Student Success Through the Integration of Learning Assistants and Co-Requisite Models in First-Year Courses," will fund implementation and expansion of two innovative, evidence-based practices in Commonwealth University's College of Science and Technology, and help CU fulfill its workforce development mandate by graduating more students who can fill

the growing need for qualified STEM job candidates.

The learning assistant model pairs specially-trained students with faculty who implement an active learning approach in their courses. Learning assistants (LA) take a one-credit course that helps them effectively engage and assist students and work closely with faculty mentors to facilitate learning both inside and outside the classroom.

The co-requisite model replaces developmental math courses with additional assistance in some sections of first-year math courses. Bloomsburg mathematics faculty have already replaced key developmental courses with co-requisite sections.

The math co-requisite model was expanded to Commonwealth University locations, Bloomsburg, Lock Haven, and Mansfield, in the Fall semester. The grant will provide students and faculty in



Kristen Long, associate professor of Biological and Allied Health Sciences

these transformed courses with additional support from learning assistants. The grant also provides support for CU faculty teaching first-year courses in biology, chemistry, geoscience, and physics who have committed to adapting their courses to include LA-facilitated active learning, as well as faculty professional development activities to enhance student learning and success in first-year STEM courses.

Project impacts will be felt beyond first-year CU STEM classrooms as project research results will be used to evaluate, further develop, and share best practices in teaching and learning.

The Improving Undergraduate STEM Education project is led by Whisner, William Calhoun, professor of mathematics and digital sciences, and Dr. David DeVallance, Associate Dean of the College of Science and Technology.



A LIFETIME OF GIVING AND INSPIRING OTHERS

THE REMARKABLE GENEROSITY OF RON '66 AND JO ANN BOWES

By **John Vitale '13**

Start small. Make it a habit. Inspire others to do the same.

That philanthropic philosophy has guided longtime university supporters Ron Bowes '66, and his wife, Jo Ann.

In 1982, their first donation to what was then Lock Haven State College was a modest \$88. Over the next four decades, the Bowes would go on to gift more than \$1,000,000 in support of various Lock Haven University academic and athletic initiatives.

Now, with their most recent act of generosity—a tremendous \$500,000 donation in support of men's and women's wrestling

at Commonwealth University-Lock Haven—not only have the Bowes surpassed \$1.5 million bestowed to Ron's beloved alma mater, but their philanthropic legacies are forever cemented. In September, Lock Haven Athletics Department announced that its iconic wrestling room is being renamed The Ron & Jo Ann Bowes Wrestling Room.

Ron—a first-generation college graduate, and former Lock Haven wrestler, who spent the bulk of his career as a reading specialist—and Jo Ann, a retired first-grade teacher, have always viewed public education as, “the great equalizer.”

Their decades-long support of Lock Haven students means much more to them than the honor of having their names immortalized on campus. It's a testament to their unwavering commitment to leaving the people and places they encounter better than they found them.

Over the years, the Bowes have shown generosity to more than a dozen Lock Haven athletic programs. They provided financial assistance to various athletic and academic scholarships, and have provided support for renovations and other special projects on campus.

Ron played a lead role in rallying alumni from the class of 1966 to

fund the magnificent granite Bald Eagle Statue that has become one of the university's most treasured landmarks, serving as an enduring symbol of alumni pride and more than 150 years of institutional legacy.

Their philanthropic support, however, is just one aspect of their commitment to the university, and the city of Lock Haven.

Ron has served on the Lock Haven University Foundation board of directors for over a quarter century. Ron and Jo Ann are both actively involved in countless community organizations, from the Fraternal Order of the Eagles, to the Clinton County Historical

Society—where Jo Ann served 15 years as president—along with many others.

The recognitions they've received for community services they've provided are vast. Ron and Jo Ann are both Lock Haven Wrestling Hall of Famers, and each has received numerous community-service and philanthropic awards from both

community and university-affiliated organizations.

What sets the Bowes apart is not just their financial generosity, but their genuine desire to inspire others. They hope their giving serves as a catalyst, encouraging fellow alumni and community members to support the university and its students in as many ways as they can.

Their message for others with the ability to make a difference is clear. “Just give what you can. Just start giving and make it a priority,” says Ron. “My Lock Haven education afforded me a lot of opportunities and now it's an honor to be able to help others. For us, giving back to Lock Haven will always be a priority.”

“I've always felt that we are visitors on this planet and we have a moral obligation to leave it better than we found it,” says Jo Ann. “If you don't know what to do with yourself, do something for someone else.”

“If you don't know what to do with yourself, do something for someone else.”

— JO ANN BOWES '66



L-R: President Bashar Hanna, Ron and Jo Ann Bowes, Head Men's Wrestling Coach Scott Moore, Head Women's Wrestling Coach Matt Lackey, Executive Director LHU Foundation Ashley Koser

“My Lock Haven education afforded me a lot of opportunities and now it’s an honor to be able to help others. For us, giving back to Lock Haven will always be a priority.”

— RON BOWES '66

Along with inspiring others to support the university, Ron and Jo Ann loyally pay homage to those before them who helped spark their own joy for giving back, including their parents who were very active in community service, and the late Dr. Carol Fredericks,

one of Lock Haven’s largest philanthropic supporters. Fredericks along with her husband, Samuel funded the Fredericks Family Carillon that is perched in the heart of campus and daily fills the area with music.

“It’s a fact of life,” says Jo Ann. “When you’re inspired by someone, you take a little bit of that with you and you try to inspire others. I see how the town and the university work together and each makes the other stronger,” she adds.

“It’s all about relationships,” says Ron. “You see the wrestling team helping unload food trucks and the basketball team tutoring kids at the Salvation Army, or the baseball

team packaging up Christmas baskets at the Fraternal Order of the Eagles.”

“Lock Haven must have the funds to recruit student-athletes who have the talent, character and pride to be successful students and good citizens,” he adds. “Jo Ann and I are proud to be able to contribute to Lock Haven’s future success.”

The Bowes’ unwavering support for Lock Haven students has helped transform countless lives. From providing scholarships to fostering relationships, they have left a lasting legacy that goes far beyond the wrestling mat.

As CU-Lock Haven looks to the future, it does so with the confidence that the legacy of Ron and Jo Ann Bowes will continue to inspire others. The official unveiling of The Ron & Jo Ann Bowes Wrestling Room will take place in January, 2024—serving as a testament to the enduring impact of two people who proudly personify the life-changing power of education, community involvement, and giving back.

Ron and JoAnn's story is one of Bald Eagles who have selflessly dedicated part of their life's journey to leaving Lock Haven better than they found it.

PAYING IT FORWARD: THE LOCK HAVEN LEGACIES OF DR. THANE AND RACHEL TURNER

Commonwealth University–Lock Haven stands as a testament to the transformative power of small-town, state-funded higher education; a place where dreams are nurtured and Bald Eagles take flight. For high school sweethearts, Thane '89 and Rachel Turner '89, The Haven is more than an alma mater; it's a cherished chapter in their shared journey of professional success, and paying it forward.

Rachel's roots run deep, born and raised in Lock Haven, while Thane's connection began in 1979 when his father, Neil, became the seventh head wrestling coach in Lock Haven history.

Although their paths to the university were different, each

attests their academic experiences were marked by impactful relationships that shaped their lives — specifically lauding faculty members, Bruce Young, Dave Tomasi, Roberta Kleinman, and Mary Purcell as pillars of mentorship who imparted tremendous knowledge and work ethic, and set them on trajectories for professional success.

Ironically, it was a trip to Clarion University that led Thane to The Haven after a faculty member there illustrated a clear pathway that

For high school sweethearts, Thane '89 & Rachel Turner '89, The Haven is more than an alma mater; it's a cherished chapter in their shared journey of professional success, and paying it forward.



students enrolled at PASSHE institutions could follow on their way to gaining acceptance into medical school. Ultimately, Thane chose to pursue a chemistry degree and wrestle for his father on his way back from that recruitment trip.

After starting college at a larger institution where she felt individualized attention was lacking, Rachel joined Thane in the second semester of her freshman year. Once at Lock Haven, she found a close-knit community that allowed her to thrive as she pursued a degree in athletic training. Her passion for wrestling also grew stronger, serving as a student worker for Coach Turner filming matches and doing stat sheets.

The Turner's commitment to paying it forward for the betterment of students, while honoring legacies of the past is palpable. It was in 2001, that they established

the Troy Turner Memorial Wrestling Scholarship in honor of Thane's brother who died in 1986, just two years after earning a philosophy degree from Lock Haven. Troy '84, along with Thane, and their brother, Trent '91, all wrestled for Coach Turner at The Haven.

For the past 22 years, the Troy Turner Memorial Wrestling Scholarship has assisted Lock



Haven wrestlers, however, now, with a recent major gift—and renaming of the scholarship to The Turner Family Scholarship—Thane and Rachel are aiming to make an even greater impact through an endowment that will sustain Lock Haven's nationally-renowned wrestling program in perpetuity.

The Turner's dedication to The Haven also goes beyond their financial generosity, embodying the same career-launching characteristics that their mentors once shared with them.

After completing medical school, Thane returned to Lock Haven where he began practicing family medicine. Not only did professors who once advised him become patients he also opened doors for numerous Lock Haven graduates to begin their medical careers, including hiring alumni, John Hanna '03/'05M, Chelsea Robinson '13/'15M, and Colby Welshans '14 to work in his practice as physician assistants.

Throughout the years, they have also been heavily involved with the LHU Alumni Association, the Mat-Town USA Wrestling Club, and other initiatives in support of the university's mission.

The Turners departed Clinton County in 2017, relocating to New England where Thane continues practicing family medicine, and Rachel is a physical therapist specializing in geriatrics. However, their belief in their alma mater's ability to transform young lives, and personifying the grit of small towns like Lock Haven remains core to who they are.

They hope The Turner Family Scholarship upholds Lock Haven's legacy as a beacon of inspiration that nurtures small-town kids into anything they can dream of becoming, just as it did for Thane, Rachel, and Thane's brother Trent—a Lock Haven Golden Whistle Award winner who went on to become the winningest wrestling coach in Conestoga Valley High School history—and countless other Bald Eagles who have been fortunate enough to call The Haven home.



LEE '17 WINS POWERLIFTING GOLD MEDAL AT DEPARTMENT OF DEFENSE WARRIOR GAMES

U.S. Army Sgt. Shawn Lee, a 2017 graduate of Lock Haven's athletic training program, is a true warrior who refused to let adversity define him, winning a gold medal in powerlifting at the 2023 Department of Defense Warrior Games Challenge following an extensive recovery from severe injuries sustained while serving his country.

In January 2020, Lee was struck by an 18-wheeler on a snowy night on deployment in Poland, leaving him with a traumatic brain injury, nerve damage in his arm, and multiple pelvic injuries. His road to recovery would be arduous, involving five surgeries over three years.

Lee's athletic training degree proved invaluable during his recovery. He was able to apply his knowledge of muscles, medicines, and evidence-based practices to his rehabilitation. He surprised doctors and physical therapists with his depth of knowledge, often joking that he only needed to use their modality machines since he already knew how to rehabilitate himself effectively.

Lee's recovery eventually led him to the Warrior Games, where he competed in powerlifting and an array of other sports. His background in athletic training, including courses in exercise physiology, biomechanics, and sports psychology, played a vital role in his success. Armed with knowledge, he trained smarter, not harder, and efficiently honed his skills.

Lee's story is one of perseverance, adapting from a life-altering injury to a triumphant victory.

His commitment to his recovery, coupled with the camaraderie and support of his fellow service members, a committed team of medical professionals, and the wealth of athletic training knowledge obtained at The Haven were all key factors he credits with helping him overcome his injuries, and to adapt to what has become his "new normal" in the wake of his injuries.

Use QR Code to access an extended version of Shawn's story.



STUDENTS LAUD SUCCESS OF CAREER ROAD TRIP TO CORNELL

In February, 20 Commonwealth University (CU) students—including Lock Haven students, Ryan Flowers, Christopher Hicks, and Allison Hiner—united for a day of professional development at Cornell University.

The Career Road Trip to Cornell aimed to provide students with insights into the world of athletic training, sports nutrition, and strength and conditioning. Jointly organized by faculty from Bloomsburg, Lock Haven, and Mansfield, the event is a prime example of how integration is fostering cross-campus collaboration in support of students.

Participants toured Cornell's state-of-the-art athletic facilities. The day provided networking with a wide range of professionals, including strength & conditioning staff, coaches, and athletic trainers, allowing students to establish connections that could help shape their careers.



Students from all CU locations attended a career road trip at Cornell University

A highlight of the event was the presence of four Bloomsburg alumni who have made their mark in the field of athletics. These alumni not only provided mentorship, but exemplified the expanded opportunities available to students from all three locations, fueled by integration and “The Power of Three.”

Flowers, expressed his gratitude, emphasizing how the trip opened doors to a new professional network. Other students echoed this sentiment, noting that the event boosted their confidence and provided clarity on their career paths. One student described the experience as “an

absolute blessing” that offered a glimpse into their future. Another lauded the trip as their best college experience to date.

As CU's mission to enhance students' career readiness evolves, faculty and staff are poised to expand their collaborative efforts to better prepare students to excel professionally.

The Career Road Trip to Cornell is just one example of how the shared expertise of an alumni network more than 145,000-people strong is empowering CU students to achieve their professional goals, and reach their greatest heights yet.

LHU FOUNDATION RENAMES ANNUAL FUND **THE HAVEN FUND**

THE HAVEN FUND Making a Difference One Bald Eagle at a Time

The Lock Haven University Foundation recently announced the renaming of its Annual Fund to “The Haven Fund,” effective July 1, 2023.

The Haven Fund plays a crucial role in bolstering various programs and initiatives at Commonwealth University–Lock Haven. Alumni and donors who contribute to this fund directly impact Lock Haven students in several meaningful ways. From supporting student scholarships to investing in technology, research, student

organizations, and more, The Haven Fund enables CU-Lock Haven to inject critical resources into the areas of campus that need it most.

“This rebrand signifies our commitment to nurturing the next generation of Bald Eagles and creating a thriving campus environment,” says LHUF Executive Director Ashley Koser. “What sets The Haven Fund apart is its power to propel our students towards professional success.”

Donors take pride in knowing their contributions to The Haven Fund translate into tangible support for Lock Haven students, helping them achieve their academic and career goals. Furthermore, these contributions are fully tax-deductible. To

magnify the impact of gifts, donors can also inquire with their employers about initiating a matching gift. It's a simple yet effective way to amplify support for The Haven.

The rebranding of The Haven Fund underscores the university's commitment to its students and its determination to provide a world-class education. Lock Haven alumni and donors are encouraged to join the Haven Family in supporting this vital initiative and making a lasting difference on campus.

Stay Haven Proud and contribute to The Haven Fund today at www.givetolhu.com.



COMMONWEALTH UNIVERSITY HOSTS INAUGURAL JOINT ALUMNI EVENT

Commonwealth University achieved a significant milestone in its mission to enhance student success and foster alumni engagement as it hosted its inaugural joint alumni event on July 22. Approximately 50 alumni from Lock Haven, Bloomsburg, and Mansfield gathered at The World of Little League Museum in South Williamsport for a memorable evening of connection and camaraderie.

This historic event marked one of the first occasions that alumni from three legacy institutions came together under the banner of Commonwealth University. Among the attendees was a heartwarming representation of the generational legacy of these institutions, with a mother, her sister, and her daughter proudly in attendance from Bloomsburg, Mansfield, and Lock Haven, respectively.

Gail Rarick, a Bloomsburg alumna from the class of '83, exemplified the power of these gatherings by providing a lead for employer connections to East Penn Manufacturing during the event. Her sister, Gwen Gerberich (MU - '85), and her daughter, Charlene Rarick-Knauss (LHU - '11), were also in attendance.

"This joint alumni event was a resounding success and a testament to the strong bonds that unite our alumni bases," says Ashley Conrad, Director of Alumni & Employer Engagement at CU-Lock Haven. "This is just the beginning of what promises to be an ongoing series of impactful alumni events."



L to R: Mother-sister-daughter alumni trio, Gail Rarick (BU - '83), Gwen Gerberich (MU - '85), and Charlene Rarick-Knauss (LHU - '11) at joint Commonwealth University alumni event.

The gathering featured a private guided tour of The World of Little League Museum, including a commanding view of Lamade Stadium, home to the Little League World Series. The evening concluded with a family-friendly reception catered by Don Waltman's Market House, where alumni continued to connect and celebrate.

The success of this inaugural event foreshadows additional gatherings in the future, strengthening the bonds among Lock Haven, Bloomsburg, and Mansfield alumni, and offering increased opportunities for alumni to engage students.

FINDING BEAUTY IN THE ORDINARY: LOCK HAVEN ALUM LENDS TALENT TO DOWNTOWN LOCK HAVEN PROJECT



Sean Flanagan '97 designed and installed artwork depicting historical locations for Downtown Lock Haven's new electrical boxes.

For the past several years, Downtown Lock Haven has been undertaking wide-scale revitalization and beautification efforts. New shops and businesses continue to emerge along Main Street and throughout the city. Investments have been made in infrastructure and weekends and holidays are filled with events aimed to attract people to enjoy all Lock Haven has to offer.

Longtime Lock Haven employee and Downtown Lock Haven (DLH) board member Krisy Meeker has had a front row seat to the improvements taking place in the community. "As a longstanding board member of DLH Inc., I have had the amazing opportunity to witness so many incredible revitalization efforts happening in our downtown," she says.

As part of the infrastructure upgrades taking place downtown, new electrical boxes were installed. The boxes were essential for traffic enhancement. The large black boxes serve an

important functional purpose, even if they are a bit unsightly. The DLH Board saw this as an opportunity to, as Meeker puts it, truly turn lemons into lemonade. "Who would have ever thought that these unattractive black boxes could be turned into an opportunity to showcase our community's past and present," says Meeker.

Enter Lock Haven alumnus Sean Flanagan '97 who owns Always a Good Sign, a full service sign company based in Berlin, New Jersey. Through a connection with longtime Lock Haven soccer coach Lenny Long, Flanagan was called on to bring some life and eye appeal to the newly installed electrical boxes by covering them with historical scenes and images from Lock Haven's past.

Coached by Long, Flanagan enjoyed a brilliant career on the soccer field for Lock Haven. He was a four-time First Team All-Conference selection and still ranks among the top-10 in career goals.

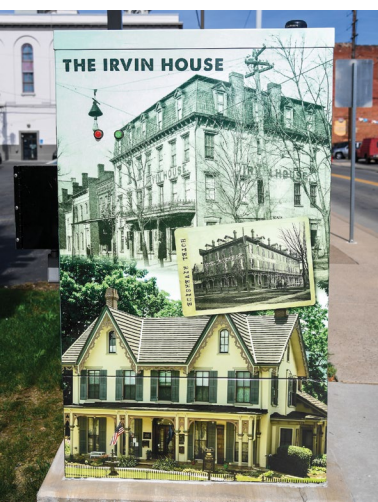
Flanagan couldn't have been more excited about the DLH project for several reasons. "First, the project gave me a reason to come back to Lock Haven and I'm always looking for an opportunity to do just that," says Flanagan, who has many fond memories of his time in The Haven. "This was certainly a neat project and one we've never done before. The opportunity was special because we got to spruce up the downtown."

As Flanagan completed the work, he took note of how many people in town were invested, stopping to ask questions or honking their horns as they drove by. He also complimented his entire team at Always a Good Sign on the work they did to help get this special project done.

When Lenny and his wife, Maribeth, first got wind of the DLH project, they immediately thought of Flanagan and his business. "We suggested Sean and his team because of the great work they have done for Lock Haven athletics in the past; plus Sean loves to come back to Lock Haven and visit any chance he gets. I'm happy it all worked out, and we are certainly excited with how the project has turned out to date," Maribeth says.

Efforts to continue growing, beautifying, and revitalizing Lock Haven's downtown are a labor of love for Meeker and others on the board and within the community who want to see the community continue to thrive. "We believe a well-maintained downtown is essential to attract visitors, students, and new businesses to our town which will ultimately help stimulate economic growth," Meeker says.

She adds, "From this project, to the little libraries, to the new skate park, to the Haven Holiday events that feature real reindeer and a synthetic ice-skating rink, we work endlessly to create events and projects that will draw people to our community. Not just as a destination to visit but as a safe and beautiful place to call home."





PUPPY LOVE: ALUMNI COUPLE OFFERS PET THERAPY TO GIVE STUDENTS A BREAK FROM COLLEGE STRESS



Many say their college years are the best years of their lives. But at times, college can get stressful, too. That's why Reed Mellinger '85, Learning Center Director at the Betty Schantz Tutorial Center in the Stevenson Library, came up with an idea to help students relax a bit, with the help of a few of his furry friends.

Every Tuesday and Thursday during the academic year, Mellinger brings one of his dogs to work with him in the tutoring center to provide pet therapy to Lock Haven students. He says he was interested in offering pet therapy on campus and connected with Dr. Jeanine Page after learning about the programs she was offering to students to relax before finals.

Two of Mellinger's dogs, Bomber and Shadow, are now both certified pet therapy dogs who regularly visit campus to help Lock Haven students relax. Page's dog, Blaize, also is certified and visits with students at The Haven. "The therapy work on campus is going great," Mellinger says. "The students seem to love seeing and petting the dogs."

In addition to regular campus pet therapy at the tutoring center, Mellinger also offers several "Take a Trek" dog walks throughout each

semester with his dogs. Anyone is welcome to participate in the walks, with or without a canine companion. The walks begin on the Commons by the Bald Eagle statue and continue either throughout campus, on the riverwalk, or into downtown Lock Haven.

Mellinger and his wife, Jeni, a 2003 Lock Haven graduate, have six dogs together—Aoife, Beacon, Bomber, Creola, Indi, and Shadow—ranging in age from just a few months to 17.5 years. Beacon, Bomber, and Shadow all participate in therapy.

Some of their dogs also participate in competitive agility, dock diving, obedience, rally obedience, and field work.

Mellinger says they did a "try it" dock dive at a dog event center in New Hampshire in 2019, where Beacon completed his first jump at 18 feet and is now jumping more than 25 feet.

"We train at the boat launch in Lockport," Mellinger says. "We do distance throws and use a long paint pole to train Air Retrieve. We use the paint pole to train our dogs to jump up, which allows them to gain a bit of distance."

Beacon competed at the National Showcase in Missouri for dock diving. He finished ninth in the Elite Division, which includes dogs jumping 22 feet and higher. Beacon earned a spot at the AKC Agility Invitational in 2022 as the No. 1 Labrador in the country. There, he and Jeni went five rounds clean and earned a spot in the finals. A high achievement, as it was Jeni's first Master Agility Champion dog and first National Agility Competition for the team. Beacon ended ninth overall for the 24-inch jump height class out of approximately 160 dogs and they were on ESPN2 on Christmas Day. They plan to attend the competition again this year.

The Mellingers also own 2J4PAWS, a training academy in Port Matilda, where Jeni is a full-time instructor. The academy offers puppy socialization, basic obedience, advanced obedience, competition obedience, beginner agility, advanced agility, competition agility, canine good citizen, pet therapy preparation, and dock diving.

1980s



Alumnae and lifelong friends (from left), **Susan McEachern '86**, **Elaine Barbetta '86**, **Kathy Murphy-Butler '87**, **Donna Fields '87**, and **Krista Winger '87**, showing off their LHU swag in celebration of Winger's retirement from teaching.

Stand-up comedian, **Joey Callahan '89**, is featured in a comedy special produced by DRYBAR Comedy. *Joey Callahan, The Notorious F.O.D.* is available on Amazon Prime, DRYBAR Comedy and YouTube.

1990s

Christopher O'Brien, '94 (athletic training), inaugural dean of Health Sciences at King's College, has been elected by the National Academies of Practice (NAP) as a Distinguished Public Policy Fellow. He also is a Fellow of The Association of Schools Advancing Health Professions (ASAHP) for whom he co-chairs their clinical education committee. He serves the National Athletic Trainers' Association (NATA) as its liaison to ASAHP.



Brad Caldwell '98 was named President of Careficient LLC., a National Healthcare Software Company focused on home care and hospice, crediting

his LHU physical education experience and two years as a captain with the LHU football team as a critical part that helped prepare him to lead the company.

2000s

Neil Broxterman '01 has been appointed assistant director of special education and student services for North Penn School District.



Assistant elementary principal, **Charlie Herling '02** (second from left), was among the leadership team at the revealing of the newly-built Northern Lebanon Elementary School in Fredericksburg in August.



Dr. Jeremy Fisher '08, DAT, MPA, LAT, ATC, MDN, PES, became a Stanley Cup Champion when the Vegas Golden Knights' defeated the Florida Panthers in game 5 of the Stanley Cup Finals in June. Fisher, a Doctor of Athletic Training, is a member of the Golden Knights game night staff.



Brenda Houdeshell '08, RN, MSN, CRNP, joined the endocrinology team at Penn Highlands Healthcare in Dubois, in July, as its newest Certified Registered Nurse Practitioner.

2010s

Caitlin Smith '10 released *Where's My Change?: A Guide to Job Satisfaction, Personal Development, & Outstanding Customer Service*, a book focused on helping employees find value in their jobs and wow their customers.



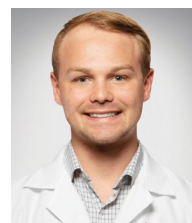
Baleigh Cannistraci '16 and James Butler were wed on May 27, 2023 at the Sacred Heart Saint Jude Parish Roman Catholic Church in Pittsburgh.

Connor Marsico '17 was appointed athletic director at Bishop McDevitt High School in Harrisburg.

Justeen N. McKittrick '17, RN, BSN, MHS, NE-BC, was named Director of Product Implementation at Doctivity Health.

Dan Krupko '18 joined the law office of Roderick Linton Belfance (Akron, Ohio) in April as one of the firm's five newest attorneys.

2020s



After completing his family medicine clinical rotation, **Tyler Thompson '23** was hired as the newest physician assistant with the UPMC Primary

Care team at Port Allegany Community Health Center.

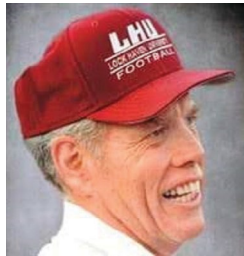
Have a class note to share? We'd love to hear from you. Visit www.lockhaven.edu/alumni

IN MEMORIAM

Richard D. Miller '73
Mark Hendrickson '97
Dr. Harry Allen Crissman '62
Rodger W. Cook '67
Daniel Keenan '63
William Marino '72
Crayton Buck '63
David Glossner '61
Michael Phipps '15
Sandra McGee '07
Martha Long '50
Ronald Muthler '58
Harry Specht '70
Barry Bintliff '72
Carl Mosch '87
Mary Minges '61
Hope Mitchell '02
Lois Clark '43
Jennifer Bruno '01
Paul Goss '79
Krista Shadle-Smith '99
Chad McDowell '95
Marjorie Davis '05

IN MEMORIAM

JOHN "JACK" FISHER



Emeritus John "Jack" Fisher, of Lewes, Del., passed away Nov. 1, 2023. Fisher, a Lock Haven Football Hall of Famer, led the Bald Eagles as head coach from 1978-86, including winning the 1979 Pennsylvania State Athletic Conference (PSAC) Championship. The Bald Eagles were 9-2 during that season, and a perfect 6-0 in PSAC West play. Led by Fisher, The Haven outscored opponents 314-168 on the way to the title. In the 1979

championship game, Lock Haven defeated Cheyney, 48-14. Following the 1979 season, Fisher was named PSAC Coach of the Year. During his time at Lock Haven, Fisher coached four All-Americans, seven ECAC All-Stars, and 79 All-Conference student-athletes.

DR. HARRY ALLEN CRISSMAN '62



Dr. Harry Allen Crissman, State College, passed away Aug. 23, 2023. Crissman graduated from Lock Haven High School in 1953 and, after serving as a paratrooper in the U.S. Army, he graduated from Lock Haven State College in 1962.

After completing his doctorate, he accepted a position at the renowned Los Alamos National Laboratory in New Mexico. During this time, he pursued an illustrious career in flow cytometry, with his research explaining the ubiquitous method

of cell analysis that has allowed modern hospitals and laboratories to better understand and treat cancer.

A proud 30-year philanthropic supporter of Lock Haven University, he also served 10 years on the LHU Foundation board of directors from 2011-2021.

RODGER W. COOK '67



Rodger W. Cook, Montoursville, passed away Sept. 14, 2023. Cook was a member of the Lock Haven High School class of 1960, where he wrestled and was the quarterback for the Bobcats football team. After wrestling at Lock Haven State College, he served in the United States Army during the Vietnam War.

Following his service, he was an elementary school teacher in the Montgomery County, Md., and coached high school wrestling from 1980-1993. During his coaching career, three of

his wrestlers won individual Maryland State Wrestling Championships, and his Wootton High School squad was crowned 1984 Montgomery County team champions. In 1994, he was inducted into the Lock Haven Wrestling Hall of Fame.

ATHLETICS HALL OF FAME CLASS OF 2023 ENSHRINED

On Friday, Sept. 22, the Lock Haven Athletics Hall of Fame committee held its annual Hall of Fame induction ceremony and the Class of 2023 was officially enshrined. The event ushered in Homecoming Weekend 2023 at The Haven.

The ninth Hall of Fame Class included Mark Waite '94 (men's soccer), Blair Wynne '07 (field hockey), the late Ken Cox (wrestling/boxing), the late Ward Hile (baseball) and the 1957 football team.

Waite scored 57 career goals, which remains the Lock Haven men's soccer career record. His 33 assists are tied for the all-time career record. Waite was a four-time All-

Conference athlete and twice named the PSAC Player of the Year. The three-time All-Region selection was named a First Team All-American in 1992 and he was named an Academic All-American in 1993. Waite's leadership and standout play led Lock Haven to back-to-back PSAC championships in 1990 and 1991, and he guided the Bald Eagles to two more championship matches and runner-up finishes (1992 and 1993).

Wynne scored 70 career goals during her career with the Division I field hockey team and that mark remains the fifth most in program history. During her Lock Haven career, Wynne was named the Northeast Conference (NEC) Player of the Year three times. She was also a four-time NEC First Team selection, a two-time NEC Offensive Player of the Year and a two-time NEC Tournament MVP. Wynne was a three-time All-American, and during her playing career the Bald Eagles won four straight NEC regular season titles (2005-08) and three NEC tournament titles (2006-08).

At Lock Haven, **Coach Cox's** legacy was formed as a coach where he led the Lock Haven wrestling program to 101 wins from 1970-79. Overall, in his 25 years as a head wrestling coach, which included several stops at the collegiate level, Cox obtained a record of 225-94-7. During his head coaching career, he produced two Olympic wrestlers, three NCAA All-Americans, eight NAIA National Champions, 14 NAIA All-Americans, and 34 conference champions. While at Lock

Haven, Cox was instrumental in the success and tradition that is the Club Boxing program. He led Lock Haven to the 2007 National Collegiate Boxing Association National Championship, the program's only team national title. Of note, Cox was a team manager of the 1996 U.S.

Olympic boxing team.

From 1893-97, the late **Hile** was a standout on the baseball team for what at the time was known as the Central State Normal School. Hile helped modernize the game and the catcher position by wearing his chest protector, shin guards, and mask on every pitch, and by standing behind home plate, all of which was becoming new to the game. The

traditional position for the catcher in the early days of the sport was 50-60 feet behind home plate. He was probably not the first player to use this style, but one of a few at the time who pioneered the change. The innovation became the standard in baseball in 1901, and years later in 1960, Hile was formally recognized by the Baseball Hall of Fame in Cooperstown, N.Y.

The **1957 football team** went a perfect 8-0, the only undefeated and untied season in Lock Haven football history. Led by Hall of Fame head coach Hubert Jack, the team was crowned co-PSAC champions. The Bald Eagles defeated Bloomsburg, Millersville, East Stroudsburg, Ithaca, IUP, Brockport, Lycoming, and Mansfield. Lock Haven recorded three shutouts and outscored opponents by a total score of 169-39.

Founded in 2015, the Lock Haven Athletics Hall of Fame mission reads: The Hall of Fame will include and honor our finest athletes, teams, coaches, athletic trainers, administrators and supporters; it will also include our alumni who achieved greatness in sports after leaving Lock Haven. It will represent men and women in all sports across the entire history of the school, from its founding in 1870 to the present.

To learn more about the Lock Haven Athletics Hall of Fame, or to nominate a worthy candidate, visit GoLHU.com.



L to R: Dr. Tom Gioglio, Director of Athletics; George Dintiman (accepted on behalf of 1957 football team); Joby Topper (accepted in honor of Ward Hile); Dr. Larry Cox (accepted in honor of Coach Ken Cox); Mark Waite and Blair Wynne.

A REMARKABLE RUN: COACH RUDY

ANNOUNCES RETIREMENT

By Doug Spatafore '06



Pat Rudy won 634 games during her remarkable head coaching career including 388 at The Haven, her alma mater.

A remarkable chapter in Lock Haven Field Hockey history has come to a close. Legendary head field hockey coach Pat Rudy retired prior to the start of the 2023 fall season.

The announcement bookended Rudy's 45-year head coaching career, which included 27 seasons as the head coach at The Haven, her alma mater.

Rudy was just the third head coach in team history since the founding of the Lock Haven field hockey program in 1945. She followed in the footsteps of fellow legends—Charlotte Smith (1945-72) and Sharon Taylor (1973-95).

“Congratulations to longtime Lock Haven head field hockey coach Pat Rudy on her retirement after a legendary 45-year head coaching career,” says Bashar W. Hanna, Commonwealth University president. “Coach Rudy’s indelible impact on the Lock Haven field hockey program includes decades worth of accolades and accomplishments, including earning the fifth-most wins in college field

hockey history. Thank you to Coach Rudy for her longstanding commitment to excellence and her dedication to Lock Haven’s student-athletes. The entire Commonwealth University family wishes her the best in retirement.”

Coach Rudy was inducted into the National Field Hockey Coaches Association (NFHCA) National Hall of Fame as part of the organization’s Class of 2017.

“Leading the Lock Haven field hockey program for the past 27 years has been the opportunity of a lifetime,” Rudy says. “I am so fortunate and will be forever grateful for the opportunity to coach at my alma mater and continue the tradition of excellence established by the two former legendary coaches Charlotte Smith and Sharon Taylor. While it is extremely hard to leave a team and a place that I love, I feel it is the right time in terms of my own life and my confidence that the program is in a good place coming off one of our best seasons in the Atlantic 10 Conference.”

“A special thank you to Sharon Taylor—my college coach, mentor, and friend who

inspired me to go into the coaching profession in 1977 and then hired me to coach her program in 1996. I have also been lucky and blessed to have such amazing assistant coaches over the years, Shanna (Vitale) Szablinski, Mallory (Weisen) Federoff and none better than Anna Rogers. Thank you to all of my assistant coaches, administrators, support staff, colleagues, alumnae and other supporters who have contributed to the success of the program and to me personally. Most importantly, a heartfelt thank you to all of my former players who I have had the honor and privilege to coach. I am so extremely proud of all of them and the accomplishments we have achieved together throughout the years and I will cherish all the memories we’ve made. I wish the 2023 team all the best moving forward, they are prepared to do great things this season,” Rudy adds.

Most recently, she led the Bald Eagles to the 2022 Atlantic-10 Conference (A-10) Tournament. Lock Haven went 12-7 last fall, which included a 5-2 mark in A-10 play and a perfect 9-0 run at home. In what proved to be her final season on the sidelines, Rudy was named 2022 Atlantic 10 Coach of the Year.

During her 27 seasons (1996-2022) at Lock Haven, Rudy won 388 total games (388-155; .715 win-percentage).

After 46 total seasons, which included head coaching stops at Franklin & Marshall, Illinois State, SUNY Cortland and her return to Lock Haven, Rudy collected 634 total victories. Her career win-percentage stands at an astounding .714 (634-248-21).

Entering the 2023 season, Rudy's 634 career victories stood as the fifth-most in the history of collegiate field hockey.

During her career, she led three teams to NCAA Championships, including the 2000 Lock Haven team that won the Division II title. Rudy led SUNY-Cortland to back-to-back NCAA Division III national titles in 1993 and 1994. In all, Rudy led her teams to 24 conference titles.

She was named the NCAA Division II National Coach of the Year in 2000 following Lock Haven's national title run.

One of Rudy's most impressive accomplishments has been the guidance of Lock Haven back to NCAA Division I play and into the Atlantic 10 Conference. Rudy led Lock Haven to over 230 wins since returning to Division I play in 2004. That year, the Bald Eagles went 19-1 and they've never looked back. Lock Haven won five regular-season titles and four tournament championships in its first six seasons in the Northeast Conference (NEC) while making the NCAA DI Tournament in four straight years from 2006-09.

Notably, Rudy has guided her student-athletes to a long list of awards. She has led over 50 players to All-American status, including Jazim Palma's 2022 honor. Rudy has coached four national

players of the year and a countless list of All-Region and All-Conference award winners.

Under Coach Rudy's leadership, the program has achieved numerous academic awards as she always put "student" first in student-athlete.

Rudy was a standout player as well for the Bald Eagles. From 1973-76, she scored 65 goals, which still ranks as the sixth-most in school history on the career list.

It's safe to say the strong tradition of excellence that is Lock Haven field hockey, wouldn't be what it is without Rudy.

Rudy continues to make an impact on the game she loves and has represented her country on numerous occasions. Most recently, she led Team USA to the bronze medal at the 2022 Masters World Cup.

No doubt, Rudy left The Haven with a profound and legendary footprint.



HONORING A LEGEND

Prior to the start of the Bald Eagles' 2023 Homecoming match on September 22, Lock Haven honored Pat Rudy. With the current team looking on, Dr. Tom Gioglio, Lock Haven Director of Athletics, presented Rudy with a plaque honoring her remarkable career. A number of field hockey alumnae, including several of Rudy's former teammates and players were on hand for the celebration.

NEW BEGININGS: ROGERS NAMED HEAD COACH

Prior to the start of the 2023 season, Anna Rogers was named Lock Haven's head field hockey coach on August 9.

Rogers became just the fourth head coach since the founding of the Lock Haven field hockey program in 1945 and replaced Pat Rudy, who announced her retirement in early August after 27 seasons as head coach at The Haven.

Rogers served as the team's assistant coach leading the Bald Eagles to a number of success in the previous seven seasons.

"I would like to thank the university administration for the opportunity to continue the legacy that Charlotte Smith, Sharon Taylor, and Pat Rudy have dedicated their careers to build. It is an honor to follow in their footsteps," says Rogers. "I invite the program alumnae and Lock Haven community to join me in celebration of the momentous career of my predecessor, Pat Rudy, as we look toward the continued growth and success that is possible from our field hockey program. I would like to thank Coach Rudy for her guidance and shared knowledge over the past seven seasons as her assistant."

As assistant coach (2016-2022), Rogers helped lead the Bald Eagles to three Atlantic-10 Conference tournament appearances in the last four seasons and Lock Haven recorded four 10-or-more win seasons.

Rogers was hired as Lock Haven's assistant coach in July 2016. The former Division I player brought with her nearly 15 years of playing and coaching experience. Prior to her time at Lock Haven, Rogers spent five seasons coaching the University of California, Santa Barbara club team. Santa Barbara competed



regionally in the Western Collegiate Field Hockey Conference. Prior to her time at UCSB, Rogers was the head coach at Division III Elmira for four seasons.

"I am thrilled to work with such an amazing group of young women, as they give their all to their academics, their athletics, and to one another. I am beyond excited to help them make their mark in our historic field hockey program," adds Rogers.

NEW ERA BEGINS WITH VICTORY

Lock Haven officially opened the Anna Rogers era with a victory on August 27. The Bald Eagles soared by Queens, 7-0 and following the win the team gave coach a much deserved and thrilling water bath.



OLYMPIC DREAM ALIVE AND WELL FOR LOCK HAVEN ALUM

As Chief Executive Officer for USA Artistic Swimming, Adam Andrasko '08 is hoping to help guide Team USA to the 2024 Paris Olympics.

During his time in The Haven, Andrasko stood out on the field for the Lock Haven football team.

He had a passion for sports and a competitive spirit. Today, he still holds both of those strong traits, but in a new venture.

“There are over 30 Olympic sports in the Summer Games and I’m the leader of one of those sports for Team USA,” Andrasko says. “I take that fact and this role very seriously. For me, it all started at The Haven.”

The sports administration major credits Lock Haven for giving him his start, thanks to strong teaching, balance, and opportunity.



Andrasko has been with USA Artistic Swimming since 2018 and is hoping Olympic qualification is the exclamation point for his tenure with the national team.

Currently ranked third in the world, Team USA has not qualified for the Games in 16 years, but Andrasko is hoping this all changes at the 2024 World Championships in Doha where the United States has the chance to qualify for a trip to Paris in 2024.

Formerly known as synchronized swimming, athletes in teams of 8-12 perform routines to music. Andrasko calls it, the “hardest sport in the world.”

In his role, Andrasko helps guide the national team in all areas including membership, events, athlete safety, sponsorship, and promotion.

Athletes range in age and Andrasko’s role pushes for the growth of the sport at the youth level. According to Andrasko, membership currently sits around 7,000 and athletes range from age five to 95.

Always a Bald Eagle, Andrasko keeps up with all things Lock Haven athletics but now with his wife, Rio, and their two sons, Whitt and Vann, from their home in Florida.



Chance Marsteller '19, a former two-time All-American for the men’s Division I wrestling team, represented the United States at the 2023 Senior World Wrestling Championships. The World Championships were held in mid-

MARSTELLER REPRESENTS TEAM USA AT WRESTLING WORLD CHAMPIONSHIPS

September in Belgrade, Serbia, and Marsteller represented Team USA at 79kg.

Marsteller’s World Championship debut ended with a 1-1 record. He opened the tournament with a 7-2 victory over Algeria’s Chems Eddine Fetairia, before falling to Orkhan Abasov of Azerbaijan.

Marsteller booked his world championship team spot on June 10 when he bested Olympic gold medalist and World Champion Jordan Burroughs in a best-of-three series to win Final X.

Marsteller was joined at the World Championships by a familiar face as current Lock Haven assistant coach Ronnie Perry (’17/’19M) made the trip.

Perry was selected by Marsteller as his training partner for the world championships.

On the mats in Mat-Town while wearing Lock Haven’s crimson and white, Marsteller and Perry helped power the rise of the program and the Bald Eagles return to national prominence.

At the 2018 NCAA Division I Championships in Cleveland—in front of a sold-out crowd at Quicken Loans Arena—the two provided one of the most dramatic moments in recent Lock Haven wrestling history. Just seconds after Marsteller clinched All-American status, Perry’s Cinderella run to the finals continued as he punched his ticket to the championship bout.

Marty Wygmans

Vice President for Student Success and Campus Life

Interview by Elizabeth Arnold



When Marty Wygmans joined Bloomsburg as associate vice president for student success in 2018, she came to the position with a long history of helping students overcome obstacles to succeed. As the project director for TRIO Programs and executive director of student services at Binghamton University, Wygmans oversaw Student Support Services, Upward Bound, and veterans' services.

Today at Commonwealth University, Wygmans serves as Vice President for Student Success and Campus Life and campus administrator for the Mansfield location. In her role as Vice President across all locations she oversees a full range of services that help keep students on track to graduation, and when needed, give them the push they may need. This includes the campus housing, health and wellness services, disability services, academic advising and tutorial services among others.



Q | Tell us about your education journey. How did it lead you to work in higher ed?

A | My educational journey was full of twists and turns and a lot of missteps. Neither of my parents attended college. After graduating from a small, rural high school in Michigan, I started off at a small technical school. That didn't work for me, so I quit and took a year off from my education. I enrolled at the local community college and completed an associate's degree in commerce. Two-years later I realized that a bachelor's degree was necessary. I attended a small liberal-arts university as a business major with a minor in Psychology. At this point it had taken me nearly seven years to get my bachelor's degree. I took another few years off before starting my master's degree. It wasn't until I was in my forties that I decided I wanted a doctoral degree. As many people do, I fell into my career in higher education. While I was working on my master's degree, I was lucky to get a job at the local community college to oversee the computer lab at one of the satellite campuses. Then, a full-time job opened up working with single parents and other students on workforce development. After multiple years and moving my way up through roles focused on students, I am now vice resident of Student Success and Campus Life for Commonwealth University. My journey has taught me a few things. First, you have to be willing to step into new things. Everyone starts somewhere. Second, you will make mistakes and fail. That's how we learn. Third, I had to learn to let people help me, advise me, and guide me. I had to say "yes" to things that were scary. Finally, I learned to have fun at work, make friends, and believe that I could make a difference.

Q | How has working in the area of student success informed your perspective on the challenges many students face on their path to a degree?

A | Student Success and Campus Life covers so many areas of a student's life. Everything from their residential arrangements, to their social activities, to academic supports. Every day I see the challenges for students that didn't exist when I entered my career so many years ago. Human beings' lives are complicated and being a student adds a complication. We, as educators, need to understand that our students do not land on our doorstep with everything they need to succeed. We need to help them acquire what's missing, guide them to resources, and help them grow into the expectations we place on them as newly minted adults.

Q | How do you define student success?

A | Success comes in many forms. Trying something new, making friends with new people from new cultures or towns, getting a C in a class that was extremely hard for them, living away from family—sometimes in a new country—all of these are forms of student success. We focus on grades, graduation, and persistence—but for some students, success is something more.

Q | What is the most rewarding part of your job, and why?

A | Working with students is, by far, the most rewarding part of my job. Seeing them come in as first-year students, learning about their stories, hearing about their joys and struggles, and helping them navigate their new environment is incredibly rewarding and amazing to witness. As they progress year by year, seeing the growth and change they experience brings such joy to my life. I am so happy that I've stayed in touch with many of my former students

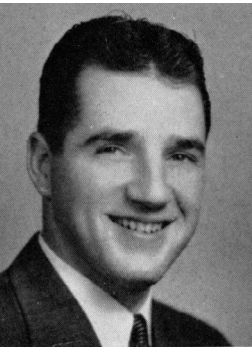
as they move on to careers and families. Nothing makes me happier than to write them a letter of reference and remain a part of their journey.

Q | Life on college campuses has changed a lot in the past 10 to 15 years. What do you see as the biggest shifts in campus life?

A | I think two things have really changed in campus life. First, the introduction of Facebook and other forms of social media. When I started in my career, bullying was localized and usually between students who knew each other. Now, it is pervasive through social media and it cannot be erased. This causes repeated trauma for students. Which leads to my second shift—the mental health needs of students continue to grow and require attention. Our current students were in high school during the pandemic shut down. They experienced a different kind of social life, family life, and academic preparation than those in previous years. Because of their experiences, we need to change the way we help them acclimate to campus life, it is no longer "business as usual." The goal is to help the university become ready for our students, instead of the viewpoint that it's all on the students to be ready for the university environment.

Q | How do you enjoy spending your free time?

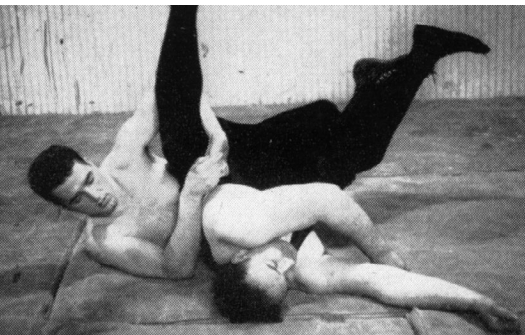
A | I love photography and try to spend time in my home photography studio or in nature taking photos. I have two adorable little dogs that are my models. Other than that, I enjoy spending time with my family—both near and far—I am frequently found at shows watching my husband perform with his band(s) all over New York and Pennsylvania.



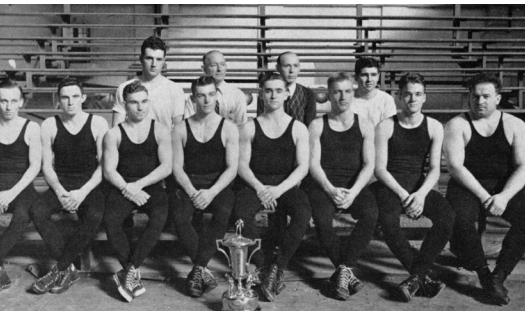
Hank Blake



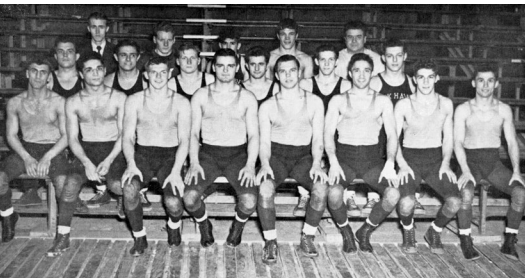
Hubert Jack



Blake and Geno wrestling practice, 1940



LHSTC Wrestling Team 1940-41



LHSTC Wrestling Team 1947-48

HANK BLAKE, HUBERT JACK, AND THE RISE OF LOCK HAVEN WRESTLING, 1938-48

By **Joby Topper**, *Library Director*

It was March 18, 1938, and DuBois High School senior Henry “Hank” Blake had just lost his first-round match at the inaugural PIAA State Wrestling Championships. There were no wrestlebacks, so Blake was eliminated from the tournament. As Blake and his coach, Hubert Jack, slowly walked away from the mat in defeat, few could have predicted that these two men would soon build a college wrestling powerhouse.

Blake was recruited to the Lock Haven State Teachers College (LHSTC) to play football, but his passion was wrestling. The problem was that varsity wrestling did not exist at LHSTC when he arrived in the fall of 1938. Undaunted, the 18-year-old Blake got permission from the athletics director, Wynn Fredericks, to create a varsity program—and he did. Blake’s recruits included Demonte Temple, Bud Stehman, Ed Saiers, Kreamer Patterson, Bob Williams, Paul Grieco, Bob Kemmerer (all of Lock Haven), Bill Bressler (Flemington), Charlie Yaggie (Beech Creek), and Gordon Giles (Hublersburg). Fredericks appointed one of his assistant football coaches, Harry “Ringy” Smith, to direct the new team, and Blake served as student-coach.

The team’s first varsity competition was at East Stroudsburg on Jan. 7, 1939. Lock Haven lost the meet, 28-10. Lock Haven also lost its second meet, the home opener against Mansfield, 20-16. Lock Haven bounced back to win the last three dual meets—over Indiana and twice over Bloomsburg—to finish the season at a respectable 3-2.

In the off season, Blake recruited Bob Foye and Russ Yost of Lock Haven High, and football teammate Frank Geno. Lock Haven fielded a much-improved team and finished the next

three seasons undefeated in dual meets.

Blake helped to organize the first State Teachers College (STC) Wrestling Championships (the precursor of the PSAC Championships), which were held on March 15-16, 1940, at Thomas Fieldhouse. Lock Haven won the team title and crowned three champs: Giles at 155, Blake at 175, and Geno at Unlimited. Lock Haven would go on to win the next two STC Championship, in 1941 and 1942.

Under Blake’s leadership, Lock Haven sent wrestlers to the NCAA Championships for the very first time in March 1941. All four (Stehman, Foye, Giles, and Blake) lost in the first round, but the debut on the national stage against the likes of Oklahoma State and Northern Iowa was a valuable learning experience.

The Second World War brought a temporary end to varsity sports. Like many of his classmates, Blake entered military service in 1942 and spent the next few years as a Naval officer aboard PT boats in the Philippines and Borneo.

Several months after Blake left for the war, Coach Jack left DuBois High School and came to the LHSTC, where he inherited and developed the program created by his young DuBois protégé. After 1945, Jack recruited veterans like Tony Verga of Erie (Marine Corps) and Steve DeAugustino of Grove City (Navy), both of whom were PIAA state champions before the war. Verga and DeAugustino would become our first NCAA All-American wrestlers in 1948. By 1950, wrestling fans across the nation were familiar with the name Lock Haven, thanks in large part to the pioneering work of Coach Blake and Coach Jack. And the best was yet to come.

Bloomsburg | Lock Haven | Mansfield

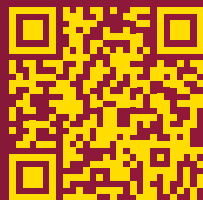
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