

# THE HAVEN

SPRING 2025

## Adam Andrasko '08

helps USA artistic swimming  
earn Olympic Silver

PAGE 10

## Chris Collier

Makes NFL Debut

PAGE 17



COMMONWEALTH UNIVERSITY



### Greetings Lock Haven Family,

In this issue of The Haven magazine, we celebrate the pursuit of excellence—embodied by alumni who have had a role in the latest Olympic Games.

Team USA Artistic Swimming and the team CEO Adam Andrasko '08 celebrated a silver-medal performance last summer.

Sara McMann '03 shared her own Olympic experience from 20 years ago with wrestler Amit Elor, who won Olympic Gold in the 2024 Paris Games.

Prepare to be inspired by the grit and determination of Fred Destolfo '24, who returned to The Haven after taking a 50-year break to pursue a career in martial arts.

The last year has given us another reason to celebrate, with the Lock Haven Foundation raising a record \$3.8 million. These gifts are already making a transformative difference in Commonwealth University's ability to improve the lives of students, and the positive impact of these gifts will be felt for decades to come. Because of the generosity of our donors, new scholarships will allow Lock Haven students to pursue their education and graduate with less debt.

A college degree remains a critical tool for our students' upward economic mobility; and these generous donors help our students afford a CU degree so that they can experience the life-changing power of education firsthand.

We'll also learn about how faculty in our online Clinical Mental Health Counseling program teach students techniques to use gaming to help clients.

And we will meet two CU leaders: Provost Michelle Kiec and Council of Trustees member Angela Smith. These remarkable women embody a philosophy of leading through service.

Finally, enjoy the images of our fall Homecoming festivities and celebrate the remarkable success of Chris Collier, who after a stellar 2023 season, made his NFL regular season debut with the Baltimore Ravens in September.

Sincerely,

Dr. Bashar W. Hanna,  
*President*





COMMONWEALTH UNIVERSITY

#### Pennsylvania's State System of Higher Education

Cynthia D. Shapira, <i>Chair</i>	Marian D. Moskowitz
David M. Maser, <i>Vice Chair</i>	Dr. Khalid N. Mumin,
Samuel H. Smith, <i>Vice Chair</i>	<i>Acting Secretary of Education</i>
Senator David Argall	Mark-Handy Phanor
Robert W. Bogle	Rep. Brad Roae
Representative Tim Briggs	Senator Judith L. Schwank
Dr. Quintin B. Bullock	Governor Josh Shapiro
Richard Caruso	Ali Sina Sharifi
Dr. Brandon Danz	Dr. Kate Shaw
William "Bill" Gindlesperger	Dr. Robert Traynham
Abigail Hancox	Neil R. Weaver
Akbar Hossain	Dr. Christopher M. Fiorentino,
	<i>Interim Chancellor</i>

#### Commonwealth University

Bashar W. Hanna, Ph.D., <i>President</i>	Stephen Lee, Ed.D., <i>Vice President</i>
Michelle Kiec, Ph.D., <i>Provost,</i>	<i>for Enrollment Management and</i>
<i>Senior Vice President for</i>	<i>Student Affairs</i>
<i>Academic Affairs</i>	Erik Evans, M.Ed., <i>Vice President</i>
Suzanne Williamson, J.D.,	<i>for University Advancement</i>
<i>Vice President for Administration,</i>	Robert Thorn, M.Ed., <i>Interim</i>
<i>Chief of Staff</i>	<i>Vice President for Fiscal Affairs</i>
	<i>and CFO</i>

#### Council of Trustees

John E. Wetzel, <i>Chair</i>	Patrick Henderson
Karen Russell, <i>Vice Chair</i>	Susan Kefover
Michael K. Hanna Jr., <i>Secretary</i>	Brian D. O'Donnell
Daniel P. Elby, <i>At Large Officer</i>	Angela C. Smith
Amy Brayford	Ray Zaborney
Krystjan K. Callahan	Jessica Dodge, <i>Student Trustee</i>
Steve Crawford	Janeyda Ortiz, <i>Student Trustee</i>
	Marvens Ravix, <i>Student Trustee</i>

#### Alumni Association Board of Directors

COL John Newcomer '84, *President*  
George Way '78, *Vice President*

**Members:** Amee Lewis Vance '75, Terri Koehler '85, Norm Gordon '73, Jason Madigan '98, Brandon Pardoe '92, Andrew Kremser '09, Dave Bower '75, Christopher Harris '99, Emilee Sassani '15 & '17, Paul Brennan '01, LaToya Smith '98, Michele Charmello '91, Philip Burlingame '78, Darryl Martin '88, Georgina Bennett '19, Angelo Hronis '18, Dirk Weaver '94

#### LHU Foundation Board of Directors

Jennifer Riter '96, *Foundation Board Chair*  
Stan Allen '87, *Vice Chair*  
Jeff Parker, *Treasurer*  
James Berkebile '59, *Secretary*

**Members:** Frank Condino '71, Chuck Durham '93, Bob Lomison '77, Ed Shifflett '96, Ed Wright '71, Peggy McFarland '79, Ron Bowes '66, Don Calcagni '98, Joe Koehler '84, Polly Spangler '87, Nick Subich '17  
Dr. Thane Turner '89, Ann Mullen DelCollo '89

#### Editorial Board

Eric Foster, Doug Spatafore, Julie Stellfox, Lynda Michaels, Ashley Koser, Andrea O'Neill, Tom Schaeffer, John Vitale, Dawn Wooster

#### Contributing Writers

Andrea O'Neill, Julie Stellfox, Doug Spatafore, Mary Raskob, John Vitale, Eric Foster

#### Photography

Jaime North, Eric Foster

#### Design

Kerry Lord

# THE HAVEN

## MAGAZINE



## FEATURES

Leveling Up: Navigating Mental Health Through Gaming	6
Homecoming 2024	8
CEO Adam Andrasko Helps Team Earn Olympic Silver	10
From the Archives	23

## DEPARTMENTS

News & Notes	2
Alumni Spotlight	15
Athletics	16
Class Notes/In Memoriam	21
Q&A: Trustee Angela Smith	24



# The University as Servant

By Eric Foster

**Dr. Michelle Kiec, Commonwealth University's new provost and senior vice president for academic affairs, talks about the role of CU as that of a servant.**

"We're here to serve the needs of our students," says Kiec (pronounced "kick"), who came to CU in July 2024 from Oklahoma City University, where she served as provost and vice president for academic affairs since 2022. "We're serving the needs of our region. We're serving people in the community. And we're preparing our students for a better life, for a future, for a career to be strong contributors to our society."

Balancing those interests takes a skilled touch—the touch of an artist, a musician, a director. And that is exactly what Kiec brings to the provost role.

A musician by training, Kiec holds both a master's and doctoral degree from the Peabody Conservatory of Music at Johns Hopkins University. She earned bachelor's degrees in music performance and German from the University at Buffalo. An avid hiker, Kiec has also trekked the entire Appalachian trail, almost exclusively during weekends over two and a half years.

"At the core of who I am, I identify as a musician," says Kiec, who continues to perform chamber music as a clarinetist. "Music is a form of engaging with people. The music that I make is primarily chamber music, it involves collaboration, a give and take. How do we blend to form a whole? That's how I think about leadership. We are better together than we are apart."

"We're here to serve the needs of our students. We're serving the needs of our region. We're serving people in the community. And we're preparing our students for a better life, for a future, for a career to be strong contributors to our society."

Kiec began her career as a music faculty member at the University of Mary in North Dakota. The collaborative skills learned as a musician propelled her to academic leadership roles in North Dakota and later at Kutztown University, where she served in roles including interim vice provost for Extended and Lifelong Learning and dean of Graduate Studies, acting dean of the College of Education and dean of the College of Visual and Performing Arts.

To Kiec, CU represents an opportunity for students. "We are an institution with campuses of three different sizes, which is unique. A student may choose a campus because it's the right size, it feels right. At the same time, they can take some courses virtually at the other campuses. And we share operational resources university-wide, which helps make the university sustainable."



## Criminal Justice Club partners with Police and Fire Departments to host Shop with a Cop

Clinton County celebrated its inaugural Shop with a Cop event last December, hosted by the CU–Lock Haven Criminal Justice Club. A total of 21 families had the opportunity to shop with a cop at the Mill Hall Walmart, making the holiday season extra special for local children and their families.

Officers from various agencies, including CU–Lock Haven University Police, Pine Creek Township Police Department, DCNR Bald Eagle State Park, PA State Police–Lamar, and Clinton County Sheriff’s Department, came together to participate in the event, which also featured an escort by local fire and police departments from the CU–Lock Haven campus to Walmart. Fire stations who participated included Citizens Hose Station 6 and Goodwill Hose Station 7.

The support and participation by the community were overwhelming.



“It was a wonderful event, nice to put a smile on people’s faces for the holiday season,” says Ranger Lynes, Bald Eagle State Park.

“This was Clinton County’s first-ever Shop with a Cop, and it was an awesome success,” says Ashton Peters, Criminal Justice Club president. “Seeing all of the children’s smiles and also having the fire department help us with a really cool escort, was great. I can’t wait to plan an even bigger event for next year.”

## CU Offers Credit for Learning Completed Before Enrollment

Commonwealth University is offering qualifying students a unique advantage to get a jump on earning credits toward a degree before even taking a class at CU with the Credit for Prior Learning (CPL) program through the office of Workforce Development.

Through partnerships made with several area career and training centers, CU is offering students credit for prior learning if they choose to enroll in a program at any CU campus (Bloomsburg, Lock Haven, or Mansfield) that is related to the courses or training that they have already taken.

One of CU’s partners, Keystone Central Career and Technology Center, has had at least 10 students who have completed one of several pathways to CU’s early childhood education, criminal justice, health science, or general education programs.

As another example, a Muncy High School student enrolled in the health careers program at the Lycoming County Career and Technology Center also registered in a workforce development 90-hour non-credit

phlebotomy training over the summer.

Upon successful completion of the training, students will be able to secure employment as a phlebotomist. If the student chooses to further their education in a health science program at a CU campus, they will also be eligible to earn two credits toward their CU degree with the option to earn an additional credit if the student completes an externship.

CU’s Criminal Justice Pathway Program allows students to include Mansfield’s Act 120 Municipal Police Academy as part of the two-year or four-year degree program. Through the pathway program, students will earn an associate or a bachelor’s degree in criminal justice with 20 credits to be applied toward their bachelor’s degree and also be certified as a municipal police officer upon graduation.

In addition, CU is a military friendly institution recognizing students who have served in the military and who will receive course credit toward their degree at CU for their military training and experience.

## No Tuition Increase for Seventh Consecutive Year

Commonwealth University students did not experience an increase in their tuition for the 2024-25 academic year. The Board of Governors for Pennsylvania’s State System of Higher Education voted unanimously to freeze tuition, keeping CU one of the most affordable public higher education options in the state.

This is the seventh consecutive year the tuition rate will remain the same. The repeated freezes save students nearly 25% in tuition costs compared to the price if tuition had risen at the inflation rate for the last six years.



## Janeyda Ortiz

### NAMED STUDENT TRUSTEE

Student Janeyda Ortiz has been appointed to the Commonwealth University Council of Trustees.

A sophomore business administration major from Bethlehem, Ortiz works in the president's office at the Lock Haven campus and is a member of the women's wrestling team.

Ortiz is a peer mentor for TRIO Student Support Services, a member of the Latino Student Association, and a member and social media manager for the Eagle Eye Club. She is also a

member of the Outreach for Humanity Club and Athletes Bible Studies Club a Board of Governors Scholarship recipient, and a student representative on CU's strategic planning committee.

Ortiz came to CU–Lock Haven as an experienced advocate for students. She worked to have women's wrestling added to the offerings at Liberty High School in Bethlehem and was the school's class speaker of 2023. Ortiz credits her athletic experience with giving her the tools to handle pressure well.

## CU Awarded Grant to Develop Future Special Educators

The Pennsylvania Department of Education has awarded Commonwealth University \$20,000 as part of a grant program to grow the Commonwealth's next generation of special educators. The award is part of more than \$1.4 million that was awarded to 77 local education agencies and institutions of higher education.

CU will use a portion of the funds for recruitment events for high school students interested in careers within special education. The other portion will provide opportunities for current CU students in the special education program to engage in professional development activities such as professional conferences and advocacy events. CU has approximately 275 undergraduate and graduate students in its special education programs.

## Dr. Lisette Schillig Honored with Keepers of the Flame Award



*Dr. Lisette Schillig*

Pennsylvania's State System of Higher Education (PASSHE) has named a faculty or staff member at three Commonwealth University locations as a recipient of the third Diversity, Equity, and Inclusion (DEI) Keepers of the Flame Award.

Award recipients are Dr. Lisette Schillig, associate professor of English and co-director of women, gender and sexuality studies minor at CU–Lock Haven; Louise

Sullivan-Blum, professor of English at CU–Mansfield; and Marcella Woods, coordinator of cultural affairs and student support services at CU–Bloomsburg.

The award recognizes an individual from each of the 14 State System university campuses for their contributions to creating and promoting diverse, equitable, and inclusive environments that cultivate a sense of belonging. The award recipients were announced during PASSHE's annual DEI Summit held at Millersville.

Schillig is a champion for gender equity in education. She has played a crucial role in curriculum development, ensuring the Women and Gender Studies minor at Lock Haven includes diverse perspectives and addresses contemporary issues that impact women and gender identities.

She is the former director of Lock Haven's HOPE Center, fostering an inclusive environment that supports students navigating challenges related to safety, wellness, and academic success. Her leadership has been pivotal in creating effective programs and services that empower students, particularly those from marginalized backgrounds, to thrive both personally and academically.

Schillig is a member of the Commission on LGBTQ Affairs at Lock Haven and has been involved with initiatives and outreach programs designed to raise awareness of important social issues and to promote inclusive practices within and beyond the university.





*Shown, with PA Law Enforcement Accreditation Commission members (far left and far right) are Sgt. Matthew Coxford, CU-Lock Haven (second from left); Chief Chris Prescott, CU-Lock Haven; and Stacy Wagner, CU chief facilities and safety officer.*

## CU Police Departments Earn Accreditation

The CU-Lock Haven and CU-Mansfield University Police Departments have both earned accreditation from the Pennsylvania Chiefs of Police Association through its Pennsylvania Law Enforcement Accreditation Commission (PLEAC).

Accreditation is a progressive and time-proven way of helping institutions evaluate and improve their overall performance by adopting and maintaining the best policies and practices currently found in the field of law enforcement, as determined by PLEAC.

"I am very proud of the men and women of the CU-Lock Haven University Police Department

(CU-LHUPD) and the collective effort made to achieve this accomplishment" says Chris Prescott, CU-Lock Haven chief of police, also acknowledging the work of Sgt. Matthew Coxford, who acted as the department's accreditation manager.

There are approximately 1,100 police departments in the state of Pennsylvania— 177 are accredited and only 10 are departments at institutions of higher education.

The CU-Bloomsburg University Police Department had previously earned accreditation.

## CU Launches Nurse Executive Program

Commonwealth University has launched a new program to prepare nurses for executive leadership roles. The Doctor of Nursing Practice (DNP): Nurse Executive program consists of 29 credits delivered online asynchronously over two years.

The program requires 1,000 clinical hours, half of which are part of the curriculum and half are completed outside of coursework. Throughout the program, students also complete a personalized evidence-based project that seeks to improve some aspect of the healthcare system.

# LevelingUP

## NAVIGATING MENTAL HEALTH THROUGH GAMING

By Julie Stellfox

**M**ental health used to almost be taboo to talk about. Today, many people take intentional steps each day to improve and maintain good mental health.

Strategies include the expected—exercise, a healthy diet, plenty of sleep, yoga.

Dr. Stephen Kuniak, a faculty member in CommonwealthU's online Clinical Mental Health Counseling (CMHC) master's program has another strategy to add to the toolbox—gaming.

Video games, tabletop games, role playing, and fantasy literature can all help some people through difficult times, says Kuniak, who is based out of the Lock Haven campus.

Kuniak has experienced first-hand the benefits of gaming therapy and has since brought it into his own personal practice as well as his classes, many of which focus on the practical application of the content for the students to use in their future practice working with clients.

The CMHC master's program is CACREP accredited and offers several concentration and certificate opportunities for students. The program also received the Outstanding Education Program award during the 2023 Pennsylvania Counseling Associations' annual conference.

"I really think that we have the best of all worlds. Delivered online, but taught in a way that resembles a traditional on-ground program," says Kuniak, a professional counselor for nearly 17 years, who has worked in family, substance abuse, and relationship counseling.

A gamer since childhood, at Saint Vincent College Kuniak conducted undergrad research projects on the benefits of fantasy storytelling.

During his first semester of his Master's of Counseling program at Duquesne University, Kuniak was involved in a serious car accident in which his car was hit head-on by another vehicle. His right femur was crushed and he had to endure reconstructive surgery involving a titanium rod and pins being placed through what was left of his leg. It was during his recovery when he began to see a clinical application of gaming.

"I found that diving deeply into fantasy stories and particularly deep narratives in the games that I enjoyed playing were a better way to occupy my mind than the pain medication I was given. And though this wasn't any sort of magic, I realized that there were some practical utilities to games," says Kuniak.

When he began family-based counseling, an in-home model of treatment where a child is at risk of removal from their home, he found that connecting with his clients quickly was imperative to helping them. Gaming began to be a bridge that made that rapid connection possible.

"Over time, I've found more opportunities to incorporate gaming into practice and expanding my repertoire of interventions," Kuniak says. "I've made connections between the interventions and the theories that we use in counseling. I also tend to teach these in specific courses where we learn more about incorporating creative interventions to reach clients in unique and out-of-the-box ways."



Kuniak has found that integrating gaming into his teaching lessons helps him reach students who are also a gamer or are interested in pop culture. “I think it also shows students how to modify theoretical perspectives or specific counseling interventions to better meet the needs of our clients,” he says.

Gaming incorporates itself well into his courses, as it lines up with art and play therapy skills and shows the students how to use other areas of interest to help their clients.

“There is a perspective that gaming is something fringe and that only maladaptive people are engaging in these behaviors, but it’s estimated that more than 60% of the population game at least one hour a week,” explains Kuniak.

“There are a lot of reasons why people game,” Kuniak says. “The stories, art, and music can all be very deep and emotionally charged, it’s not just getting high scores and completing mindless tasks. We game to feel something.”

According to the Entertainment Software Association, a non-profit organization that gathers trends and usage reports for the games industry, estimates that roughly 190.6 million people between the ages of 5 and 90 game at least 1 hour per week, and of that, 80% game socially.

In his practice, Kuniak has found that being able to “speak gamer” has helped him connect better with his clients who are members of the culture and using gaming interventions tends to help make the work more palatable for his clients.

“It provides unique metaphors to build upon and clever ways to practice skill areas without putting the client through extra challenges that might make progress as hard. I’ve found that it can help to build our therapeutic relationship more quickly and effectively,” Kuniak says. “Counseling can naturally be rather uncomfortable, and this can remove some of that discomfort for a specific population.”

Kuniak’s practice has evolved. Rather than just focusing on what he could individually do with his clients in a small amount of time, he decided to turn it into a non-profit organization that provides education, outreach, treatment, and gathers research data.

“I call the organization ‘Experience Points,’ a gamer term for the points earned in a game from completing difficult tasks, which are used to level up your character,” Kuniak explains.

“It is a really clear metaphor for what we try to do with our clients in mental health

counseling. Help them achieve experience points

through their treatment goals, in order to help them level up their mental health.”

Kuniak has been interviewed for his work in publications like the Washington Post and Counseling Today, was interviewed on the talk show KDKA “Talk Pittsburgh,” and has had a study on “gamer culture” published in the Journal of Creativity in Mental Health.

“It’s been really exciting to see people’s interest in the gaming culture,” Kuniak says. “It lets me know I’m finding a niche that really deserves to be paid attention to.”

“The stories, art, and music can all be very deep and emotionally charged, it’s not just getting high scores and completing mindless tasks. We game to feel something.”

— DR. STEPHEN KUNIAK



# HAVEN HOMECOMING 2024



Commonwealth University–Lock Haven celebrated its 2024 Homecoming festivities from Sept. 25-29.

The fun began on Wednesday with Success in 60, an alumni-student speed networking event to provide students with career knowledge and advice. More than 15 alumni participated in the event, sharing professional expertise with more than 40 students.

Later in the evening, Lock Haven's 13th annual Lawn Party and Golf Cart Parade took place. Dozens of golf carts decorated by campus clubs and organizations, as well as alumni groups, made their way down North Fairview Street before transitioning to the Student Recreation Center. Once there, participants enjoyed food, games, music, and other fun activities.

Thursday's action shifted to Main Street in downtown Lock Haven for the joint Keystone Central School District/CU–Lock Haven Parade. This year's theme was "Through the Decades."

On Friday morning, the 30th annual Alumni Classic Golf Tournament took place at Clinton Country Club in Mill Hall,





while a flower bar bouquet craft-making event was also held at the course.

Friday afternoon the events shifted back to campus with an alumni mix and mingle and Greek reunion with more than 70 alumni at the Durrwachter Alumni Conference Center. Alumni from the Class of 1974 also enjoyed their 50th class reunion.

A Welcome Back Black Alumni event was also held Friday with numerous African American alumni, led by Lock Haven's first-ever black homecoming queen, Akena "Angel" Better '98, returning for a mix and mingle with current students.

Saturday's events started with tailgating in the Hubert Jack Stadium parking lot before the Bald Eagle football team took on Millersville University. The Bald Eagles enjoyed their first homecoming win since 2016.

Other homecoming athletic events included men's soccer, women's soccer, women's volleyball, field hockey, and men's and women's cross country hosting the Lock Haven Invitational. Softball and field hockey alumnae games were also held.

**Haven Homecoming 2025 dates are set for October 15-19.**



# MAKING AN OLYMPIC SPLASH IN SPORT MANAGEMENT

USA Artistic Swimming CEO Adam Andrasko  
Helps Team Earn Olympic Silver

By **Amanda Alexander '09**



*Team USA Artistic Swimming and the team CEO Adam Andrasko '08 with the Olympic Silver Medal.*

**I**n the wake of the 2024 Summer Olympics, silver medal-winning Team USA Artistic Swimming and the team CEO Adam Andrasko '08, have been enjoying the celebration, which was capped off with a visit to the White House, where fans cheered from the lawn while swimmers were honored by President Biden.

But Andrasko didn't have too much time to bask in the glory; he has a 7,000-member-strong nonprofit sport organization to run. Artistic swimming, formerly called synchronized swimming, is a sport where swimmers perform a synchronized choreographed routine accompanied by music. USA Artistic Swimming organizes, participates in, and promotes a variety of competitive events

beginning at the local level for ages ranging from 12 to adult international competitors.

An alumnus of CU legacy institution Lock Haven University's sport administration program, known today as CU's sport management program, Andrasko also minored in coaching and played football for the Bald

Eagles. His college career as a student and athlete was steeped in every aspect of sport management, an experience that comes in handy today as CEO.

"Everybody thinks of Team USA in a very Olympic form, right? When we see them on the biggest stage, often that leads us to believe that they are sophisticated sports organizations, similar to what we see in pro sports. To be honest, in most cases that couldn't be further from reality," Andrasko says.

His title might be CEO, but he effectively functions as CEO, CFO, head of marketing, and HR director. His responsibilities span fundraising, training, running events, managing USA Artistic Swimming's 7,000 members, the insurance policy for those members, and ensuring the safety of the sport. Andrasko and his team of just nine employees keep the organization running.

For fans of professional sports, team ownership or management are often where blame is laid for poor performance. Andrasko says his experience is a bit different: "My main constituent base is the membership. There are approximately 7,000 of them. And that's really where my main focus is. We can talk

“When I point to things I learned in college, it typically is the hands-on endeavors that we had to pursue. I've taken small pieces and moved them through my career path, and enlarged them significantly. But the foundation of those things were learned at Lock Haven.”

about the Olympic team all the time, because that is the big, beautiful, shiny object that we're all trying to strive towards, but our day-to-day is focused on making sure that the membership is happy, and we've done a really good job of reinventing

the culture of artistic swimming. That has a big impact on what we've done in the national team program, but it's also every granular piece down to every social media post, every email that we send to membership. And that's our focus, to make sure that they're bought in and excited.”





### From Classroom to Boardroom to Swimming Pool

The foundations for Andrasko's career were laid at CU, where the sport management program was emerging as a leader among its peers—and it continues to develop and grow today.

Peter Campbell, assistant chair of the department of management and professor of sport management, notes that the undergraduate bachelor's program in sport management now has 230 students at Commonwealth University—156 students at the Lock Haven campus, 59 at the Bloomsburg campus, and 15 at the Mansfield campus.

"We are projecting continued growth for the next two years as the program continues to develop at the Bloomsburg and Mansfield campuses," notes Campbell. "While remaining a strong and growing academic choice of students on the Lock Haven campus."

Hands-on learning and experience in the field through volunteer work and internships is an essential component of the program, Campbell says. "We emphasize from the start of each student's college career that they should look



Adam Andrasko with artistic swimming team members.



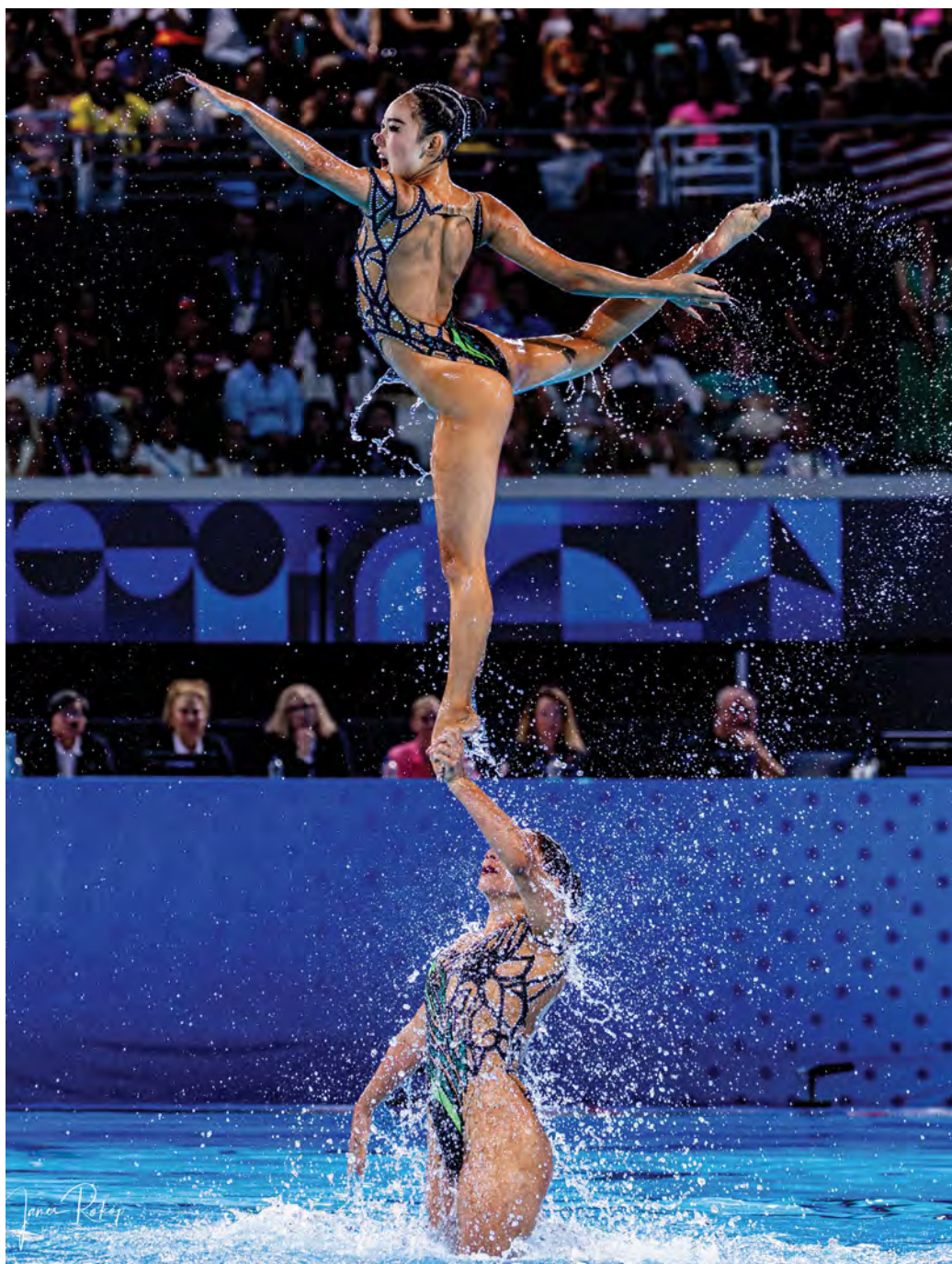
to gain practical experiences, to supplement their academic development, to succeed as professionals in their chosen field of sport management.”

Experiential learning was a key aspect of Andrasko’s Haven experience. “When I point to things I learned in college, it typically is the hands-on endeavors that we had to pursue,” he says. “There were a lot of marketing projects and sponsorship projects and ‘create events’ projects that I’ve taken small pieces of and moved them through my career path, and obviously enlarged them significantly. But the foundation of those things were learned at Lock Haven.”

Campbell notes that last year, students volunteered or worked at the College Football Championships in Houston, Texas; the NCAA Women’s Final Four in Cleveland, Ohio; and the MLB Classic contest in Williamsport, Pennsylvania.

As an undergraduate, Andrasko interned with the Pennsylvania State Athletic Conference, located conveniently on Lock Haven’s campus at the time. Another internship, after he’d earned a master’s degree from Old Dominion University in 2009, launched his career. He turned eight months with the Olympic Committee into six years of employment with the organization. That was followed by serving as member services director for USA Field Hockey before taking the helm of USA Artistic Swimming in 2018.

Another important component of Andrasko’s CU experience were faculty mentors. Former Lock Haven professor Charles Crowley helped Andrasko navigate a new field of study. Additionally, he says, “both Lallys [Dr. Patricia Lally and Dr. Richard Lally], who are still at Lock Haven, were really beneficial to me in helping me think differently and getting out of a mindset that wasn’t as broad as it needed to be for me to reach this point.” Andrasko also cites Campbell—director of athletics during his student years—and former athletics director Sharon Taylor as important influences.



Andrasko adds, “There’s a special person at Lock Haven who wasn’t a professor of mine, his name is on Robinson Hall, Dr. Gerry Robinson.” Dr. Gerald R. Robinson served as professor of science and mathematics, dean of instruction, and vice provost for academic affairs before his retirement in 1976. By the time Andrasko came into his life, Robinson had lost touch with the university community. “We met at church and we created a real friendship,” Andrasko says. Robinson was a sports

fan, so Andrasko and his friends brought Robinson to football and basketball games.

“I remember being impressed with the character and caring of Adam, and his fellow students,” says Campbell. “It reminded me that our goal as a university is to help prepare students not only to be successful in their major but also to be quality and beneficial contributors to their communities”

Andrasko still cherishes the time spent with Robinson and the wisdom he shared. “I know





that in the later years in his life, our energy and excitement helped him get through each and every day.”

### Shared Success

Looking to the future, Andrasko has many goals for Team USA Artistic Swimming, not least of which is a gold medal for the national team.

“There’s a lot more financial stability. There’s a lot more growth in the sport that can be done. There’s a lot of refining things that we can do to make the sport better for our current membership. And we’re going to do all those things, and then hopefully, they result in a better culture, a better national team program,” he says. Additionally, there are other Olympic level competitions within the sport where he hopes Team USA can reach for medals in the future, such as the duet.

In the meantime, Campbell and others in the sport management program and at CU more broadly continue to carry pride in Andrasko’s success.

“Personally, it was wonderful to cheer on the USA Artistic Swimming program to a silver medal at the summer Olympics knowing that one of our own Bald Eagles was the CEO,” Campbell says. “As far as Adam is concerned, his career is still growing and developing. We are very proud of his accomplishments to date, and we always appreciate when he takes the time to visit campus and talk to current students. We hope to have him visit and share his Olympic experience.”

Andrasko believes his achievements belong to all who helped him along the way, and in particular to his supporters and cheerleaders at Lock Haven.

“I want to send a strong sentiment out to everything that is Lock Haven—not just the university, but also the town, the people there—they were always there and always supportive, and my community will always be really special to me. Every time I go back there I get a little bit choked up and it makes me really proud to be a Bald Eagle. I hope that my success, they feel it too. They are a part of it too.”







Sara McMann '03  
at the 2024 Summer  
Olympic Games  
in Paris.

Photo Credit: Justin Hoch



Sara McMann '03 (left) and 2024 Olympian Amit Elor  
at the 2024 Summer Olympic Games in Paris.

# ECHOES OF OLYMPIC HONORS

**Sara McMann '03 uses Olympic experience to coach Olympic Gold Medalist Amit Elor in the 2024 Paris Games** By Lily Sherer, *CU-Lock Haven Student Writer*

At the 2004 Olympic Games in Athens, Greece, former Bald Eagle wrestler, Sara McMann won the silver medal as the first American woman to make the podium.

Twenty years later McMann was back at the Olympic Games as a coach for Amit Elor, who became the United States' youngest Olympic gold medalist in any division of wrestling.

Leading up to the Olympics, Elor won the U20, U23, and Senior level World Titles in a span of three months in 2022 and has consistently been one of the best in the world, but McMann's wisdom was still very much influential in the gold medal run.

"Mostly it was using my experience of the emotional aspect of it. I very much trusted her ability to control and take care of the physical aspect," says McMann. "It's just different than a World Championship, and until you experience it, you can't really describe to people the way it's different and how much more stress or more important it feels."

Coaching was never the end goal for McMann. The Lock Haven alumna made a career for herself in the UFC, owns her own gym, and is now a mother. It all started by McMann just offering to help Elor.

"I really love competing and I didn't feel for a really long time that I had the right skill set for coaching," McMann says. "I think that I could definitely help people along and help my teammates, but I think that it took me getting wiser and learning a lot more about sports for me to shift into a coaching role."

In her time at MatTown USA, McMann was one of the earliest trendsetters of Division I women's wrestling. Her time in Lock Haven influenced the rest of her life on and off the mat.

"I had the total support of all of the coaches and my teammates," says McMann, who had transferred from North Carolina. "When I came to Lock Haven, because I was a hard worker, because I really loved wrestling, I just was taken in and accepted."

The trailblazer started the momentum for women's wrestling in Central Pennsylvania. Just last year the Lock Haven Women's Wrestling team finished seventh place at the NCWWC tournament.

"I am really proud of that, and it's not just because I started it, but I am really proud of the athletic director, (former AD) Sharon Taylor was just a huge supporter of women's wrestling and women's sports in general. I like that, Lock Haven, a place that is just so great for wrestling in general, they are able to take what they do for the men's wrestling and also do that for the women's wrestling. That is like the most right and fitting thing just because of how great my experience was there."

Among many of her remarkable accomplishments, McMann's own medal is still one of her greatest. "The decades of dedication that I put into it definitely has a more satisfying feeling when you compete yourself."



## THE 50-YEAR JOURNEY OF FRED DESTOLFO

### From the Haven to Martial Arts Grandmaster and Back

By John Vitale

When Fred DeStolfo '24 first stepped onto the campus of Lock Haven State College in the fall of 1974, he had no idea that his journey to becoming a graduate would span nearly five decades. In August 2024, however, DeStolfo proudly earned his bachelor's degree in interdisciplinary studies from Lock Haven, fulfilling a promise he made to his late mother and completing a dream that began 50 years prior.

While DeStolfo's academic path was anything but linear, his parallel journey as a martial arts instructor, culminating with his achievement of Grandmaster status as a ninth-degree black belt in Tae Kwon Do is nothing short of extraordinary. His career in martial arts has not only served as the foundation of his personal and professional life but would also eventually help him return to Lock Haven to complete his degree.

DeStolfo's experience at The Haven in the 70s was marked by a deep involvement in both academic and extracurricular activities. As a member of the fraternity Kappa Delta Rho and the university band, DeStolfo's college experience was rich and full of opportunities. But his true passion was martial arts. Alongside classmate Michael Bonadio '75, DeStolfo co-founded the university's first-ever Karate Club, which grew from six members to 90 in just three years. The club not only competed in tournaments and performed demonstrations, but also became an integral part of campus life.

But just as the Karate Club was taking off, so was DeStolfo's professional career. In 1977, he was presented with the opportunity to run a Tae Kwon Do school in Conshohocken, and DeStolfo made the difficult decision to leave school. As his martial arts career flourished, his plans to return to school were postponed indefinitely.

As the owner and instructor of DeStolfo's Tae Kwon Do, he built a reputation as one of the most respected martial arts instructors in the country. His school was a pioneer in teaching children's self-defense, confidence-building, and martial arts skills — something that was relatively new in the 1980s. DeStolfo's success in Conshohocken led him to expand his offerings, providing self-defense training for schools, colleges, and other organizations.

Under DeStolfo's leadership, DeStolfo's Tae Kwon Do earned numerous accolades, including his induction into the International Martial Arts Hall of Fame and the Pennsylvania Karate Hall of Fame. His students, many of whom went on to become successful black belts, instructors, and business owners, are a testament to his influence and dedication.



In recent years, DeStolfo's thoughts returned to Lock Haven, spurred by a promise he had made to his mother before she passed away. She had always encouraged him to finish his degree, and DeStolfo knew it was time to honor her wish.

When he re-enrolled at The Haven in 2024, DeStolfo was determined to finish what he had started. He needed an additional 22 credits to graduate and took full advantage of the university's Credit for Prior Learning program, which allowed him to earn 15 credits for his extensive experience in management, leadership, marketing, and public speaking—all skills honed through his decades of running a successful martial arts business. DeStolfo also earned 12 credits through a 480-hour internship in which he taught martial arts under another instructor, giving him a total 125 credits and the degree he promised his mother he would earn years prior.

"Returning to Lock Haven after all these years felt like coming full circle," DeStolfo says. "The support I received from the university, and the opportunity to apply my life experience toward my degree made it all possible."



## Student-Athletes MAKE THE GRADE

During the 2023-24 season, the Lock Haven student-athletes continued to put “student” first as the Bald Eagles once again collected a long list of academic honors.

Proving once again that the Bald Eagles are leaders in the classroom, a school-record 201 Lock Haven student-athletes were named to the 2023–24 Pennsylvania State Athletic Conference Scholar-Athlete list. To earn this honor, a student-athlete must maintain a cumulative GPA of 3.25 or higher during the academic year.

In all 17 of Lock Haven’s 21 athletic programs achieved a team grade-point-average of 3.0 or higher during the academic and athletic seasons.

The women’s tennis team recorded the highest team GPA (3.517) among the women’s programs, and on the men’s side, the soccer team held the highest team GPA (3.236).

The 17 teams that recorded a team GPA of 3.0 or higher included: women’s tennis (3.517), women’s cross country (3.438), women’s indoor and outdoor track and field (3.427), softball (3.423), women’s basketball (3.414), women’s soccer (3.353), swimming (3.313), field hockey (3.305), volleyball (3.305), lacrosse (3.274),



men’s soccer (3.236), men’s cross country (3.198), men’s indoor and outdoor track and field (3.161), baseball (3.091), and men’s wrestling (3.016).

Additional major academic highlights included men’s outdoor track and field standout Ryan Miller’s placement on the prestigious PSAC Spring Top-10 Award List.

During the 2023-24 season, three different Lock Haven student-athletes were named PSAC Champion Scholars.

The PSAC Champion Scholar Awards are modeled after the NCAA’s Elite 90 award and honor the student-athlete with the top grade-point average who is competing at the site of each of the PSAC’s finals sites. Lock Haven’s 2023-24 Champion Scholars included Ryan Miller (men’s outdoor track and field), Eli Washington (men’s basketball), and Sydney Houck (swimming).





Left: Chris Collier carries the ball for the Baltimore Ravens during 2024 preseason action vs. the Atlanta Falcons. Center: Collier during his record breaking 2023 season at Lock Haven. Right: Chris Collier (right) pictured with Joe Speese '81 (left) after Collier broke Speese's all-time single-season rushing record with 1,393 rushing yards in 2023.

## CHRIS COLLIER MAKES NFL DEBUT

Former Lock Haven football standout Chris Collier made his official NFL regular season debut on September 22, 2024 when the Baltimore Ravens traveled to take on the Dallas Cowboys.

Signed to the Baltimore Ravens practice squad in late August, Collier was officially promoted to the Ravens' active roster in the days leading up to the Week-3 contest in Dallas. Collier was in uniform again a week later in primetime as the Ravens hosted the Buffalo Bills in a Sunday night game on September 29 featured on national television.

After signing with the practice squad, Collier expressed how grateful he was to the Lock Haven community and his time with the Bald Eagles helped guide him to professional football.

On October 21, prior to Baltimore's Week-7 Monday Night Football clash with the Tampa Bay Buccaneers, Collier was officially

signed to Raven's roster for the remainder of the season. Early in that Monday Night Football primetime outing, Collier returned a 35-yard kickoff. Baltimore went on to record a dominating victory in Tampa Bay.

In the days leading up to his official signing to the active Ravens' roster for the remainder of the 2024 season, Collier was back in The Haven for the Lock Haven vs. Bloomsburg football game on October 19.

After Lock Haven's hard-fought win, Collier expressed how much it meant for him to be back at Hubert Jack Stadium for the game.

"They're like family," Collier says. "So, I have to come check in on family when I can, when I'm available, and this place is always going to be home to me."

Collier put on a show for Lock Haven during the 2023 season as the Bald Eagle running back ran wild from start-to-finish.

Following his remarkable and record-breaking

2023 season at Lock Haven, Collier earned First Team All-American honors and he was named the Pennsylvania State Athletic Conference Eastern Division Offensive Player of the Year. He led the PSAC in total rushing yards and rushing yards per game while leading the Bald Eagles to their first five-win season since 1982.

Collier's became Lock Haven's first 1,000-yard back in 42 years and his 1,393 rushing yards broke the Bald Eagles' single-season rushing record set by Lock Haven Hall of Famer Joe Speese.

Collier finished the 2024 season with the Las Vegas Raiders. Cut by the Ravens in early November, the professional football dream didn't end there and Collier signed with the Raiders on November 20. In early December, he was signed to the active roster and finished the season strong as he got reps at running back and carried the ball in each of the final two games of the season.





## LOCK HAVEN CELEBRATES 2024 HALL OF FAME CLASS

On October 20, the Lock Haven Athletics Hall of Fame Class of 2024 was officially enshrined. The honorees included Xuan Gao '13, Lenny Long '75, Pat Rudy '77, Brittany (Rehrig) Sausen '13, and Jerry Swope '66.

On the volleyball court, Gao was a seven-time All-American, eight-time All-Region selection and four-time

Pennsylvania State Athletic Conference Eastern Division Player of the Year. She remains ranked among the top 10 all-time in kills, hitting percentage, and digs.

Long was the head men's soccer coach from 1984-1996, winning over 170 matches. He was named the PSAC Coach of the Year following the 1996

season. As a player, Long was named to the All-Conference Team in 1975.

In 2023, Rudy retired after a remarkable 45-year head coaching career that included 27 seasons as the head field hockey coach at The Haven, winning a total of 634 games. Rudy was also a standout student-athlete at The Haven.

Sausen (Rehrig) was a standout swimmer for the Bald Eagles who ended her career in the pool as a seven-time All-American. She holds nine school records and was twice named to the PSAC Top 10, a prestigious award that honors both athletic and academic success.

Swope was a three-time NCAA Division I All-American wrestler at Lock Haven and one of only seven wrestlers in history to win four NAIA individual national championships. As the head wrestling coach at Millersville University (1969-1984), Swope won over 130 matches.

To learn more about the Lock Haven Athletics Hall of Fame and to read the inductees full biographies, visit [GoLHU.com](http://GoLHU.com). Nominations are being accepted for the Class of 2025.



## Lock Haven Athletics Unveils Branded Bus

The Lock Haven Department of Athletics is continuing its partnership with Susquehanna Trailways bus company. With the partnership, Lock Haven has unveiled the first branded bus in Lock Haven athletics history. The bus, owned and operated by Susquehanna Trailways, is being used by athletic teams and other organizations at the University when appropriate. The design features the Lock Haven Bald Eagles logo, social media handles, and crisp crimson and white colors. Sean Flanagan, owner of Always a Good Sign, a full-service sign company in Berlin, New Jersey, wrapped the bus. Flanagan is a 1997 Lock Haven graduate and standout men's soccer athlete.





## MICHAEL BOBBY '83 HONORED WITH SCHOLARSHIP, FIRST OFFICE NAMING IN LOCK HAVEN ATHLETICS HISTORY

In a celebration on Sunday, Oct. 27, 2024, the CU-Lock Haven community honored the legacy of former men's soccer player, Michael Bobby '83. The event, held at the Thomas Fieldhouse, marked the official naming of the head men's soccer coach's office in Bobby's name—the first such office naming in Lock Haven Athletics history.

The tribute also recognized the creation of the endowed Michael Bobby '83 Memorial Scholarship. More than \$40,000 was raised to make these honors possible, thanks to the generosity of Bobby's family, friends, and his Phi Mu Delta fraternity brothers.

Attendees gathered to witness the unveiling of the Michael Bobby '83 Men's Soccer Office, along with a tailgate at Charlotte Smith Field, formerly McCollum Field, the former home of Lock Haven's soccer team and the very field where Bobby played.

A ceremony in the Durrwachter Alumni Conference Center provided an opportunity for key speakers, including interim athletic director, Albert Jones '99; men's head soccer coach, Patrick Long '08; fraternity brother, Chuck Levengood '84; and friend, Barbara Jones Nichols '84 to share words of gratitude and admiration for Bobby's contributions to Lock Haven's athletic legacy.

As a student-athlete on Lock Haven's 1980 National Championship team, Bobby distinguished himself as a formidable force in goal, helping the team to a flawless 21-0-0 record. Known for his commitment to excellence, Bobby's achievements on the field rank him second in program history with 275 career saves. His 20 career shutouts also place him among the all-time leaders in both Lock Haven and Pennsylvania State Athletic Conference History.

## LOCK HAVEN UNIVERSITY FOUNDATION RAISES OVER \$3.82 MILLION

The Lock Haven University Foundation (LHUF) has announced more than \$3.82 million in new donor-designated gifts and pledges were secured for CU-Lock Haven students during the 2023–24 fiscal year. This was the third-largest giving year in LHUF history.

Additionally, LHUF provided more than \$1.84 million in support back to the university directly supporting student scholarships and other academic and athletic areas of need.

Out of the \$3.82 million raised by LHUF, nearly one-third was planned gifts, ensuring the long-term strength of the university. Remarkably, 81% of gifts received this year were less than \$100, and 94% were under \$500, highlighting how every contribution, no matter the size, makes a difference for students, faculty, and the entire CU-Lock Haven community.

**The funds raised support a variety of initiatives, including, but not limited to:**

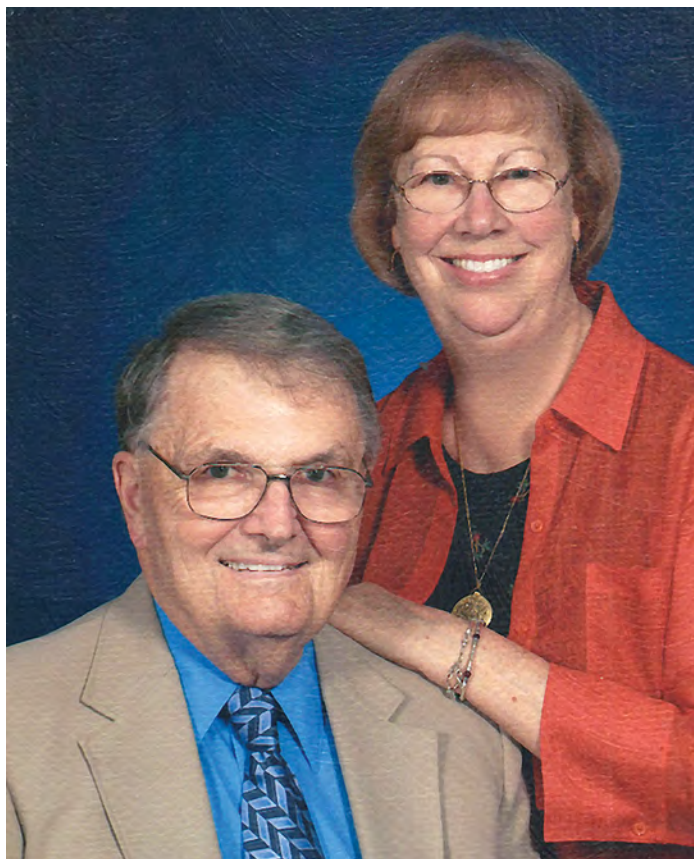
- **Estate Gifts** | More than \$1.23 million in future gifts received ensuring long-term sustainable student scholarship support
- **Student Impact Programs** | Professional Experience Grants (PEGs) that enhance research opportunities and experiential learning programs, and emergency scholarship aid that bridges the gap to meet an array of unique student needs.

Increased alumni engagement has also played an instrumental role in this successful year, with 178 new alumni volunteers leaving their mark on students through an array of student-alumni engagement initiatives executed by Lock Haven's Center for Career and Professional Development.

## HONORING A LEGACY:

# The Life and Impact of DR. CHARLES NEWCOMER JR. and the Scholarship Memorialized in His Name

By John Vitale



The memory of Dr. Charles Newcomer Jr., a beloved 31-year Lock Haven psychology professor, continues to inspire students, colleagues, and his family. After his passing in 2024 at the age of 91, his wife, Natalie, and children, John '84 and Jean '87—along with her husband, Steve Coffman '86—sought a way to honor Charles' lifelong commitment to education and service. In doing so, they established the Dr. Charles A. Newcomer, Jr. Professor Emeritus Psychology Scholarship, ensuring his legacy will impact Lock Haven students for generations to come.

Charles was well known for his interpersonal teaching style. More than just an academic, he was a mentor who deeply valued human connections. His students remember him not only as a brilliant psychologist, but as someone who could relate to them on a personal level. He didn't just teach theories of the mind—he helped students understand how social skills shaped their lives and relationships.

His children, Col. John Newcomer (Ret.) and Jean Coffman, remember their father fondly as a hands-on, supportive parent who

encouraged independence. "If there was an award for dads, he'd have been number one," says John.

Summers filled with camping trips and life lessons that were never overbearing helped shape John and Jean's futures, including John's leadership style—one rooted in collaboration and empathy, much like his father's approach to teaching—as well as Jean's lifelong commitment to finding solutions over excuses when faced with adversity.

As a student, Jean was a member of the Tau Beta Sigma band sorority and Phi Kappa Phi Honor Society as she earned a degree in early childhood education. She met Steve, who also participated with the band, during her freshman year in 1983; they married six years later. Today, Jean is a dyslexia specialist in the Crowley Independent School District in Texas. Steve is the president and executive editor of the *Fort Worth Star-Telegram*.

John was also deeply involved in campus life at The Haven, playing tuba in the marching band, joining ROTC, and becoming a brother of the fraternity, Phi Mu Delta. These experiences cultivated an enduring love for Lock Haven, and a passion that eventually led to his election to the Lock Haven University Alumni Association's board of directors in 2021. Currently in a two-year term as president of the Alumni Association, John is committed to further strengthening alumni engagement and keeping the spirit of The Haven Family alive.

John's leadership involves building meaningful connections between alumni, faculty, and current students. He hopes to reignite programs like the Alumni Association's Roll of Service Award, which his father earned in the late '90s for his dedication to students and alumni. By fostering these relationships, John aims to create opportunities for alumni to give back, not only financially, but by mentoring students and sharing their professional expertise.

"Education was everything to my father," John notes. "He was a first-generation college student, as was my mother, who earned her nursing degree from Cornell. Together, they believed in the power of education to change lives, and this scholarship will help ensure their vision continues."

The endowed scholarship created in Charles' honor serves in part as a cornerstone of John's vision. It will be awarded for the first time in the 2025–26 academic year, with preference given to psychology majors or students within the liberal arts who demonstrate financial need—helping students who, much like Charles, may come from modest beginnings, but have limitless potential.



## 1970s



**Warren Goodling '74** played on the USA Global 65 team that won the 2023 Federation of International Masters Basketball Association (FIMBA) World Championship in Mar Del Plata, Argentina. The team also won the FIMBA Pan America Championship in Meridan, Mexico in April of 2024.

**Jeff Kashner '76**, longtime Pleasant Valley head baseball coach and athletic director, was inducted into the Lehigh Valley-Pocono Sports Hall of Fame.



**George Way '78** received the 2024 Lifetime Service to Wrestling Award from Pennsylvania Chapter of the National Wrestling Hall of Fame.

## 1980s



**Mary Arkiszewski '87** authored the children's book, *Pho: A Smokies Firefly Adventure*, which explains how and why fireflies create their amazing annual displays through the experiences of a synchronous firefly named

Pho as he and his friends partake in a magical synchronous firefly event one moonless summer night.



**Ret. U.S. Army Lt. Col. James Whaley '84** and **Ret. U.S. Army Lt. Gen. Walter Piatt '87** proudly continue serving the veteran community. Whaley (left) serves as the CEO of Mission Roll Call Foundation, and Piatt (right) serves as the CEO of Wounded Warrior Foundation.

**Kathleen Herron '88**, an elementary educator in her 30th year of teaching, achieved Virginia Environmental Educator Certification from the Virginia Association for Environmental Education.

## 1990s



**Chris Amato '91** is the recipient of the 2024 Ordo Honoris Award, Kappa Delta Rho's highest honor in recognition of one's commitment to their community.



**Lt. Col. Dennis C. Philapavage '98** USAF Reserve retired following an honorable 26-year military career that included receiving a SSS Meritorious Service Silver Award and a Joint Service Commendation Medal.

## 2000s



**Sondra (Dorwart) DePalma '02** led research that was published in the article, *Medical Malpractice Payment Reports of Physician Assistants/Associates Related to State Scope of Practice Laws and Regulations*, which was awarded the JMR Award for Distinguished Scholarship by the Federation of State Medical Board's Journal of Medical Regulation.



**Michael Fedisson '03**, principal of Bellefonte Area High School, was named Pennsylvania's 2024 Principal of the Year by the Pennsylvania Principals

Association.

**Kara Treweek '05** was named principal of Ferguson Township Elementary School. Treweek has served as an educator in the State College Area School District since 2018, including serving as dean of students at Ferguson Township Elementary School for the past year.



**Kathleen "Katie" Olenek '09** was appointed assistant athletic director of sports medicine at Morgan State University following a two-and-

a-half-year stint as area director of sports medicine for Select Medical.

## 2010s

**Jon Gerardi '10** received four Keystone Media Awards for his work as sports editor with the Williamsport Sun-Gazette daily newspaper, including a first-place award for headline writing, a second-place award for feature page design, a second-place award for sports page design, and an honorable mention award for sports page design.

**Chris Miller '12** celebrated the fifth anniversary of his small marketing and communications business, Cross Life Ventures.

**Cameron Wein '18** was hired as the assistant athletic director for compliance at Kutztown University.

## IN MEMORIAM

### EMERITUS TIEN LU "BOB" CHU

Tien Lu "Bob" Chu died on June 20, 2024. Chu served as an assistant professor at Lock Haven University from 1968 to 1998. A selfless ambassador at The Haven, he was known for founding the women's volleyball program, establishing The Min Shew Chu Memorial Scholarship in his grandfather's honor, and writing over 100 articles for the faculty newsletter, among many other achievements. He is survived by his wife of 64 years, Zu Yie, and his three children Ke Chi "Kooch" (Lisa) Chu, Ke Min "Cub" (Marife) Chu, and Siao Mei (Hubert).

### KENT R. ADDIS '56

Kent R. Addis died on Oct. 18, 2024. Addis graduated from Army Intelligence School before serving three years in U.S. Army. He then spent 29 years as an assistant director at Penn State University. Following his retirement from PSU, he served as mayor of Bellefonte for one year. He is survived by his children Kent "Chip" Addis, Amy Forsyth, and Suzanne "Tootie" Thompson, and his wife, Mary, who he shared custodianship with for the Lock Haven University Foundation's PennDel Scholarship.

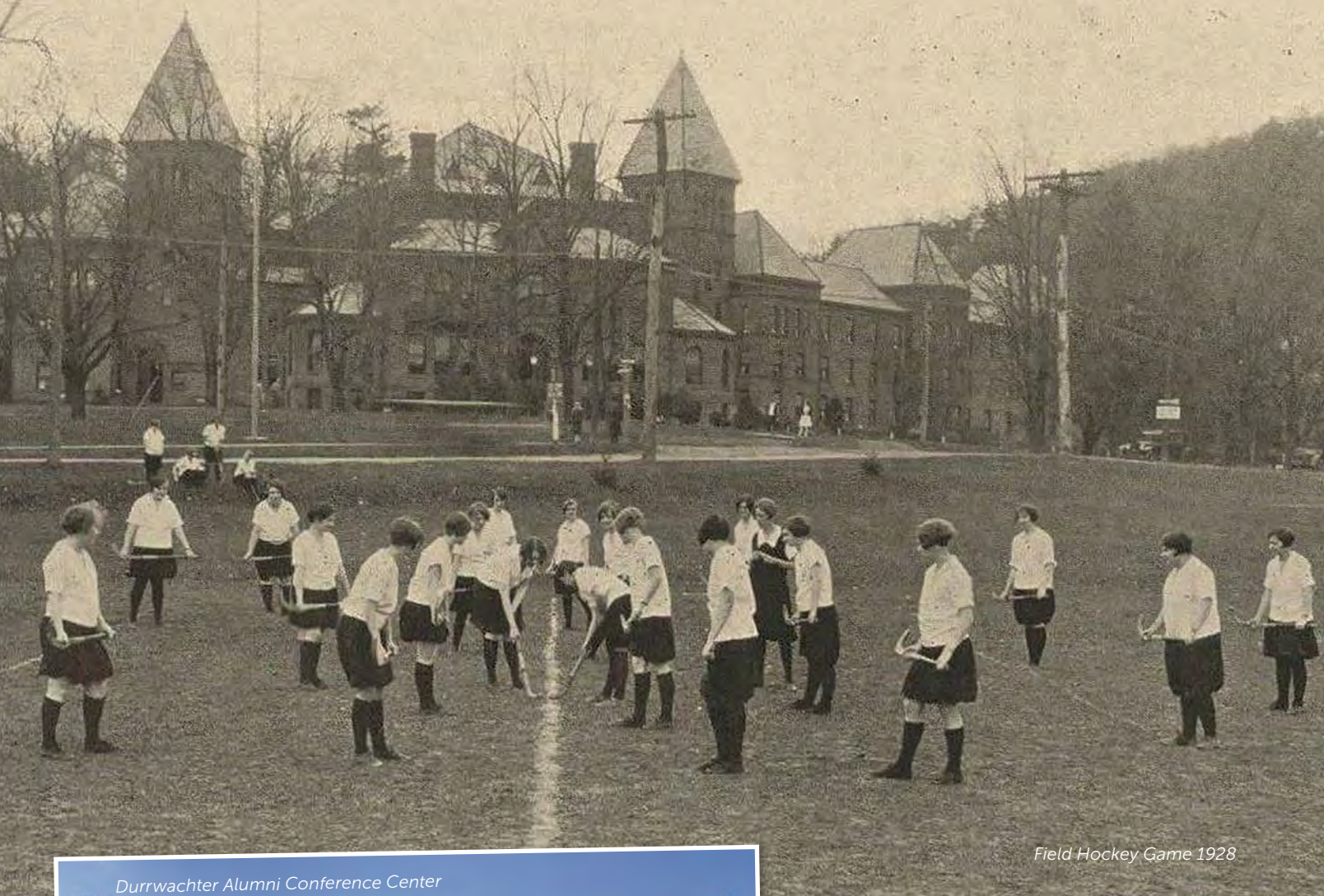
## IN MEMORIAM

Emeritus Tien Lu "Bob" Chu  
Emerita Jo Ann Hoberman  
Emeritus Dr. Charles Newcomer  
Emeritus Gary E. Renzelman  
Charles Wink '52  
James Allen '56  
Kent R. Addis '58  
Robert Grenoble '61  
The Hon. Carson V. Brown '63  
Yvonne Cooper '63  
Gary Roberts '66  
Susan Wettling '70

Gene T. Schrack '71  
Steven Temple '71  
John Fennell '74  
John Orr '75  
Jennifer Motter '78  
Michael Stanzione '78  
William P. Renn '86  
Billie Jo Brown '00  
Erin E. Miller '12  
Cody Myers '15  
Timothy P. Dobos '18  
Daniel McGonigal '19

**Have a class note to share?** We'd love to hear from you. Visit [www.commonwealthu.edu/lock-haven-alumni](http://www.commonwealthu.edu/lock-haven-alumni)



*Field Hockey Game 1928**Durrwachter Alumni Conference Center*

The field hockey players are on the old athletic field, now occupied by the tennis courts, the Durrwachter Alumni Conference Center, and the DACC parking lot. The coach standing near the middle of the field and dressed in the dark smock is Maylouise Dixon, a member of the Lock Haven Athletics Hall of Fame. Dixon, a Vassar College alumna, introduced the sport of field hockey to Lock Haven in 1925. Twenty years later, Charlotte Smith elevated field hockey from intramural to varsity.

The beautiful Romanesque building across the street from the old athletic field was built in 1889–90. It was demolished in stages, beginning in 1951. The last section—“Old Sullivan Hall”—was torn down in 1968. All that remains is the Archway Monument next to the Stevenson Library.





## Angela Smith

### Trustee

Interview by **Eric Foster**

Trustee Angela Smith, a Clinton County native and 2007 Lock Haven alumna, is a Spanish teacher and elementary Spanish program coordinator in the Bald Eagle Area (BEA) School District. At BEA, she created and produced a unique curriculum and fun-to-learn Spanish introductory program that has her also reaching every elementary student from kindergarten through fifth grades in the four-school district.

Smith graduated summa cum laude from Lock Haven with a bachelor's degree in education with a concentration in Spanish and a minor in mathematics. Smith continued her studies and graduated from the University of Boston Massachusetts with her master's degree in applied linguistics with a concentration in ESL.

When not working, Smith enjoys being with her family, travels to Costa Rica to continue connections made during her study abroad with Lock Haven, serves at her church, and volunteers with Clinton County Police Camp Cadet, which exposes children to law enforcement work.

### **Q | Why did you choose Lock Haven? Why did you major in education with Spanish and math?**

**A |** I'm a local—born and raised in the county—and Lock Haven has the best education program in the area. For math, I was good at math, it came naturally. So growing up I would help my siblings with homework and people suggested I become a teacher.

As for Spanish, in high school my family was visiting the southern U.S. and we met someone from Mexico and I was able to communicate. I found language to be like a math equation that never ends. I fell in love with the language and culture. With Spanish you're always learning. I enjoy the challenge of working with people—the "aha" moments. I love learning and love helping others to learn with me.

At BEA, I collaborate with elementary, middle, and high school programs. My Lock Haven professor, Eduardo Valerio, had a focus on teaching languages to younger children, so I felt very prepared to instruct the diverse range of ages.

I created the elementary program with two periods a day, a video camera and a student helper. I teach the students through videos and I visit them on a rotation. I don't know of any other program like it. Then I work at the middle and high school with Andrea Simpson, another proud Lock Haven alumna.





## Q | How did you become involved as Trustee?

**A** | Living in Lock Haven, I'm close to what's happening. When I heard there was a position open, I really wanted to serve and give back. I was part of the Lock Haven board before integration. With integration, I was asked if I was interested in continuing. It was yes, I'm still in it for the right reasons.

## Q | What value does the integrated Commonwealth University bring to the region?

**A** | The value of CommonwealthU is making potential possible. We had to adapt and grow. It brings more to the table, not less. CU gives all of our students, faculty, and staff the opportunity to grow.

CU offers opportunity for central Pennsylvania. Students don't have to go as far away for college and families can use the resources they may have needed for a college farther away for other things.

Each campus has its own culture and each has been able to preserve their own identity. I really appreciate that. Maintaining the culture of the campuses has been critical.

## Q | You travel frequently to Costa Rica. What have you gained from that experience?

**A** | Before college, I met an exchange student from Costa Rica, Noemy, in the community and was impressed with her. I knew to be good enough to teach it, I needed to live in the Spanish-speaking culture. I chose Costa Rica to do my exchange from Lock Haven.

I still had Noemy's telephone number and I made arrangements to visit. She was eight months pregnant when I visited but she welcomed me kindly. I made a



life-long connection. When I came back to Lock Haven, I felt ready to teach. I had the experience.

Now, I've been to Costa Rica 21 times. I've taken students there. I've watched Noemy's daughter grow up. I talk to them regularly; they are family.

## Q | What role does service play in leadership?

**A** | If you do not serve, you should not lead. I am a woman of faith and that faith shapes my purpose. I serve in my church extensively. I serve in my local community, in my job, and in my work as a trustee.

I am very thankful for my family. My parents raised me to be thankful for what we had. We started out with little and built a life for our family.

## Q | What are your favorite books?

**A** | The Bible and, this is different, but Victorian novels. Life is so serious, I often use reading time to relax. One book that has impacted my approach is the "Five Love Languages." It's about the concept of caring for others in the language they understand. Professionally, that has shaped how I teach, especially in dealing with students who may have come from different circumstances.



COMMONWEALTH UNIVERSITY

Strategic Communications and Marketing  
Durrwachter Alumni Conference Center  
Commonwealth University — Lock Haven  
10 Susquehanna Ave.  
Lock Haven, PA 17745



# LOCK HAVEN UNIVERSITY STORE

Open Monday through Friday, 8 a.m. to 4 p.m.

650 Railroad Street, Lock Haven  
Inside Parsons Union Building

[universitystore.lockhaven.edu](http://universitystore.lockhaven.edu)