



PennTum

A Magazine for Alumni and Friends of
Central Penn College

Fall 2019

The *inauguration* of
DR. LINDA FEDRIZZI-WILLIAMS

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**CENTRAL PENN COLLEGE
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Sandra Box

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PENNDULUM MISSION STATEMENT

The mission of *PennDulum* is to help Central Penn graduates stay connected with their alma mater, present opportunities for alumni, friends and community members to assist current and future students, and to share ways that readers can get involved in the life of Central Penn College.





Dear alumni and friends,

The college is in the process of creating a new strategic plan for the next five years. As higher education continues to evolve in the digital age, the college is exploring the best ways to fully showcase the advantages of a Central Penn education in today's highly competitive environment.

Some of the questions we will be examining include:

- What are we doing that's working well?
- What could be working better?
- What opportunities do we have to further our career-relevant mission?

We would like to hear from you. You can send your comments and suggestions to **StrategicPlan@centralpenn.edu**.

New website, app and TV commercials

Have you seen the college's new website? It looks amazing (especially on mobile), it's easy to navigate and it's super-fast. Having an updated website is critical to reaching prospective students.

Another digital upgrade is the new Central Penn College App that enables students to view their class schedules, keep up with events on campus, and much more... all from the convenience of their phones. The app also is useful for alumni, faculty and staff. You can download it for free at the Apple and Google Play stores.

In addition, the college has started airing four new television commercials that target high school students and adult learners. We will continue to tell our story using a variety of methods and channels, and we appreciate all that you do to share your own personal Central Penn story with potential students.

Celebrating the college and the season

I hope to see many of you at Fall Harvest and Homecoming on Saturday, Oct. 19, at the Summerdale campus. Fall Harvest will feature music, craft vendors, food trucks and all types of kids' activities, including face painting and pumpkin carving. The fun starts at 10 a.m.

Homecoming begins at 1 p.m. This year's theme celebrates the 50th anniversary of Woodstock. Sandy Box and Mary Beth Fisher have put together another exciting event, so break out your best tie-dyed shirt and faded Levi's and catch up with your fellow Central Penn alums!

 @CentralPennPres
 facebook.com/CentralPennPresident
 officeofthepresident@centralpenn.edu
 LinkedIn.com/in/linda-fedrizzi-
williams-16276ba8

With gratitude,

A handwritten signature in dark ink, reading "L Fedrizzi-Williams". The signature is elegant and cursive.

Linda Fedrizzi-Williams, EdD, MA
President of Central Penn College

From *Low-Wage* Worker to Senior Accountant

LANDON RO

INSPIRING JOURNEY

By **Greg Colburn**,
Communications Coordinator

Another day. Another double shift.

6 a.m. Rutter's convenience store. Behind the register. Ringing up coffee, breakfast sandwiches, snacks, cigarettes, gas, lottery tickets and more, as the commuters roll in before they head to Baltimore, Harrisburg, Lancaster and scattered points in between. They keep coming. It's nonstop for three straight hours. Finally, around 9:30, things slow down. Time to take a breath, use the bathroom and grab a drink.

Okay, back to it. Gotta restock, refill, replace. Prep for the next wave. Make sure the cash drawer is right. Don't wanna run out of ones or quarters when the lunch rush hits. Grab the trash cart and empty the outside cans. Check the levels on window-washer fluid. Get back inside to the register.

And then the lunch rush hits! The store quickly fills with workers ordering sandwiches and wraps, grabbing pre-mades from the carousel, stocking up on drinks and smokes for the afternoon ahead... Gotta keep the line moving. Don't want to get the evil eye from a bunch of hungry, grumpy customers.

Schewwww, the madness is ending. Finally.

2 p.m. Time to punch out... and then head for job #2.

ntant...

E'S



Landon chats with his supervisor Heather Finkenbiner, Controller at DHC USA.

Second Shift

Make the 15-minute drive to the South York Diner. Go in the back, grab my smock, notebook and pen. Say hi to my co-workers.

There's a little time before the dinner craziness. Wait on a few customers. Then a few more. Suddenly, the place is hopping. Got 10 tables to cover. 27 customers, 27 dinners. Go, go, go!

The pace is steady and relentless. Back and forth between the kitchen and customers. Great to see some of the regulars. Hear about their kids and grandkids.

The dinner rush eventually winds down. A few late customers.

Punch out. Head home. Hit the pillow. Do it all again tomorrow.

Eat, work, sleep. Press repeat. Sixteen hours a day, seven days a week. No weekends or evenings off. The days, weeks and months just blurring by. That was Landon Roe's life for nearly two years.

He knew that pace wasn't sustainable. "When I was working two jobs," he says, "I thought if I didn't go to college that I'd end up struggling the rest of my life. I wanted a better quality of life."

Fast-Forward to Now

Five years later... and much has changed in Landon's life. He possesses two accounting degrees—an associate degree from York Technical Institute and a bachelor's degree from Central Penn College.

He works as a senior accountant at DHC USA. He's had four accounting jobs with three companies. He's been on a steady upward trajectory, climbing the corporate ladder, one progressive rung at a time, since earning his associate degree.

His journey mirrors the experience of many Central Penn students. He's a first-generation college graduate. He's a transfer student. And he worked full-time while earning his degree.

It hasn't always been easy, but the journey has been well worth it.




Background

Landon grew up in Brogue, a small community in southern York County. He has two siblings, a much older brother and a younger sister. His parents divorced when he was young. Starting in elementary school, he helped his mom by doing chores around the house. That strong work ethic has stayed with him.

He attended Red Lion High School, but he was just putting in his time. "I wasn't the best student," he admits. "I didn't get involved in any club or activities. I just wanted to get done." He worked part-time at Rutter's and the diner throughout his junior and senior years.

As soon as he graduated, he moved out. Landon



"On being a first—
generation college student:
The answer is to surround
yourself with good people
who will support you."

— Landon Roe

wanted to be on his own and live life on his terms. But he didn't know how challenging (and expensive) it would be. All those things—rent, utilities, food, household supplies, etc.—that were magically taken care of at home were now his responsibility.

He worked two full-time jobs to make ends meet and, hopefully, to get ahead. The thought of going to college hadn't germinated yet. Nobody in his family had gone to college, so it wasn't really on his radar screen.

"If they're surviving without college, maybe I can survive, too," was his thinking. Eventually, he came to realize he wanted to do more than just survive... he wanted to thrive. And if he wanted to do that, it would require a radical change.

As he worked those long days, Landon remembered his

Accounting I class from high school. Credits, debits and balance sheets. Profit-and-loss statements. The subject matter was challenging and the teacher tough. "I did pass, but I ended up thinking that accounting wasn't really my forte," he said.

However, as time went on, he began to reconsider accounting as a career choice and as a path to a better life. "I remember looking at the demand for accounting jobs and the salaries, realizing I could make a decent living in accounting," he says. The dress code also appealed to him. "When I was in elementary school, I remember I liked to wear dress pants and dress shirts, so something in business was meant for me."

After 18 months, it was time for a change. Landon signed up for the fall semester at YTI.

Earning Two Degrees

Being the first person in your family to attend college isn't easy. Landon had his doubts about whether he could actually succeed as a college student, but he had people in his corner. "My mom was my biggest cheerleader," he says. "She was so supportive and excited that I was in college."

Another person he credits is Accounting Instructor Susan Snyder, who taught him at both YTI and Central Penn. "She was a very good mentor," says Roe. "She was instrumental in me graduating from YTI. And she was here when I arrived at Central Penn."

"I found Landon to be a friendly and hardworking student who really enjoyed studying accounting," says Snyder. "He was very inquisitive and really wanted to understand not only the mechanics of accounting, but also why accountants do some of the things they do."

His advice to first-generation college students: "The thought of not feeling worthy for college crossed my mind at least a half a dozen times while attending both YTI and Central Penn College," he says. "The answer is to surround yourself with good people who will support every dream you have and make the best out of every opportunity."

Roe also made a commitment to become more involved. He worked in Student Services at YTI and helped plan activities for the student body. Outside of school, he volunteered as a tax preparer for senior citizens and individuals with lower income through a program sponsored by SpiriTrust Lutheran.

Giving back would be something he would continue to do as he progressed throughout his career.

Fast Track to Career Success

Right before graduating from YTI in 2014, Landon landed an accounts payable administrator position with Glatfelter Paper in Spring Grove. From that point on, his career would be on an upward trajectory. In the short span of five years since then, he's held five different

positions of increasing responsibility at three companies in southcentral Pennsylvania.

Landon also launched his own tax business in 2016 and has seen his customer base more than triple in less than three years. Along the way, he completed certifications

as an accounts payable manager and enrolled agent, the last one allows him to represent clients before the IRS.

After receiving his associate in accounting, he knew he needed a bachelor's, if he wanted to progress in his new career. He chose Central Penn College as the place to continue his studies due to its reputation for business-related education, convenient and flexible course formats, accelerated terms and expert faculty members.

"They bring their real-world experience to the classroom and give you insights into actual industry practices," says Landon about his

instructors. "I was impressed to receive prompt replies to my late-night questions from them. They're really there for you."

Central Penn's accelerated schedule—four, 11-week terms offered year-round—enabled Roe to graduate in four years, while working full-time. He took off winter terms for two years to focus on tax time.

Setback

During the winter 2018 term, he originally signed up for four classes, which would fulfil his graduation requirements. "I wanted to get done and have the spring term off," says Roe.

But things changed when his mother was diagnosed with cancer in January. He was able to reschedule two of the classes for the next term. "Central Penn's administration worked with me when I told them of my situation," he says. Two weeks after the initial diagnosis, his mother would pass away.

At his YTI graduation, she had cried. When Landon asked her if she would be there at Central Penn's commencement to see him receive his diploma, she replied, "I'll be there either way." "She was there in spirit," he says.



Landon and Heather Finkenbiner at DHC's Mechanicsburg complex.



"I thought if I didn't go to college I'd end up struggling the rest of my life."

— Landon Roe

Giving Back

Landon works with two nonprofit organizations—Randi's House of Angels and Central Penn's Alumni Association. For Randi's House—an organization dedicated to promote healing for children exposed to domestic violence—he sits on the finance committee. He was motivated to get involved when Central Penn Instructor Deb Donahue invited Nancy Chavez, founder of Randi's House, to speak on why she started the organization. Her daughter, Randi, was murdered in a domestic violence incident. Roe has been a board member with the organization since January 2019.

"Landon is an inspiration to Randi's House of Angels, bringing a wealth of expertise, professionalism and compassion for others," says Chavez. "He is a great role model to young adults... he demonstrates that it starts with the heart."

He was recently elected to the Alumni Council. "I want to be an advocate for Central Penn," says Landon. "Prospective students sometimes relate better to another student or a younger alumnus rather than an admissions counselor."

Sandra Box, director of the Education Foundation, had

this to say about him: "Landon brings a fresh perspective to the Alumni Council as a recent graduate and demonstrates compassion and care for causes near and dear to his heart."

Attitude and Outlook

In five years, Landon completely made over his life and career. He's gone from ringing up breakfast sandwiches as a convenient store cashier to processing payroll and accounts payable (and much more) as a senior accountant for a global company.

He continues to move forward, pursuing new opportunities and goals. He's currently working on his MBA, which he hopes to complete within two years.

One of his favorite quotes is from motivational speaker Zig Ziglar: "There is no elevator to success. You have to take the stairs."

"This speaks volumes to me," says Roe, "Because everything I have today stems from the hard work of education and building relationships. If I can grow up in a low-income family where college was just a 'dream,' then I believe anyone has the ability to achieve their goals." 🍀

Commencement 2019

A Night to Remember!

On the first Friday in May, Central Penn College held its 137th commencement at the Forum in Harrisburg. Faculty, staff, parents, family and friends gathered to celebrate the triumph of students receiving their degrees.

Backstage before the ceremony, the usual excitement and sense of accomplishment permeated the air, as students donned their caps, hoods and honor cords.

Student Laura Lee opened the ceremony with the national anthem, and Vice President of Student Services Romeo Azondekon welcomed everyone to the night's affairs.

In her opening remarks, President Linda Fedrizzi-Williams encouraged students to "live your life by design and not by default."

Commencement speaker Judith Redlawsk shared advice and life lessons from her 50 years of experience as a pilot. "I wish you blue skies and endless tailwinds!" A long-time Central Penn supporter, Redlawsk is a former instructor and board member at the college. The following students were recognized for outstanding achievement:

Academics

- Valedictorian – **Jaclyn Keys**, legal studies, Mechanicsburg, Pa., summa cum laude
- Salutatorian – **Melissa Mellott**, business administration, Mechanicsburg, Pa., summa cum laude

Faculty-nominated awards

- Student Leadership Award – **Morgan Littleford**, corporate communications, Oxon Hill, Md.
- Legacy Award for Perseverance – **Helen Fischman**, legal studies, Harrisburg, Pa., magna cum laude
- Outstanding Service Award – **Lindsey Burgard**, occupational therapy assistant (OTA), East Berlin, Pa.
- Athlete & Activities Award – **Natalie Richards**, information technology, Camp Hill, Pa.
- Veteran Leadership Award – **Charlie Hughley**, homeland security management, Mechanicsburg, Pa., cum laude

Dr. Melissa Wehler presented The Todd A. Milano Faculty Excellence Award to **Jared Rife**, director of General Education and Humanities. In nomination statements, students described Rife as outgoing, kind and knowledgeable. "He isn't just there to teach; he's there to get to know the students for who they are and he wants to help them accomplish all the goals they have," said one Central Penn student.

Before the degrees were conferred by **Dr. Eric Zeglen, Joshua Sheehan '07**, Alumni Council President, congratulated the students and welcomed them to the Alumni Association.

This year's commencement graduated the first class of students with a bachelor's in Health Science. A total of 375 students were eligible to walk across the stage and receive their diplomas. 🍷

Plan Your Path in *Lancaster*

Lancaster Center students learned valuable career information at “Plan Your Path,” an event sponsored by Career Services. Guest speakers encouraged students to develop their brand, be professional and gain experience in their fields, which will, ultimately, result in getting hired.

One session featured three alumni speakers who shared career advice and their own stories about successfully entering the workforce. The three alumni panelists were:

Gillian Sumpter, '17, | B.S. health management. Gillian works at UPMC and lives in Harrisburg.

Krystle Groff, '13, | A.S. physical therapist assistant. Krystle is employed by HARTZ Physical Therapy and lives in Manheim.

Damian Fisher, '18, | B.S. accounting. Damian works as an accountant at Stone Ridge Retirement Living Communities in Manheim, where he also lives. 🍀



Gillian Sumpter



Krystle Groff



Damian Fisher



Ranked #1 for online education

Central Penn College was voted the top university or college for online continuing education by the readers of the *Central Penn Business Journal*. The college also placed in the top three for best four-year college/university and best career/trade school.

CFO **Shawn Farr** and Interim Dean of Professional Studies **Ben Lipschutz** attended the awards ceremony at the Harrisburg Hilton.

Congratulations to the entire Central Penn family—executive team, faculty and staff—for making such an impression on the community and achieving such an honor! 🍀

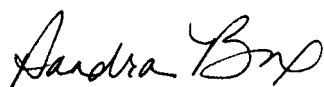
Dear Alumni and Friends,

The Central Penn College Education Foundation assists Central Penn students with their college expenses by awarding scholarships to those who exhibit strong attributes for career success, despite financial challenges. Our dedicated board of trustees strives to increase annually the number of students assisted through scholarships.

We are planning another successful year, with \$250,000 available for scholarship support, which will positively affect the lives of our students and their families. During the spring term, we received applications from 151 students, which resulted in the Foundation awarding 126 scholarships worth more than \$105,000. The fall term scholarship application process just closed with 158 students applying for scholarships. We will update you on the results in the spring edition.

The Foundation couldn't do what it does—improving lives through scholarship assistance—without the support we receive from family foundations, private donors, local businesses, faculty, staff and alumni. Together, we are impacting the lives of our students, their families and our communities.

With much gratitude,



Sandra Box
Director of Development
Central Penn College Education Foundation



MISSION STATEMENT

The Central Penn College Education Foundation provides scholarships to Central Penn College students who exhibit strong attributes for career success, despite financial challenges.

48th Annual GOLF OPEN

Raises \$25,000

Wow! The Central Penn College (CPC) Education Foundation teed off another successful golf open on Friday, August 16, at beautiful Rich Valley Golf. We had 23 teams participate and welcomed several new sponsors to the CPC family.

This event focuses on strengthening the college's partnerships with vendors, local businesses, and, of course, faculty and staff. Throughout the day, there were contests including the hole-in-one competition, sponsored by Turner Chevrolet, as well as various skills games.

Golfers mingled with Dr. Linda Fedrizzi-Williams, the college's president; Dr. Eric Zeglen, VP of Academic Affairs; and Dr. Krista Wolfe, dean, School of Nursing and Health Sciences. Participants had the opportunity to talk, share in photo opportunities and learn more about the great things happening at CPC.

The day finished up with a delicious lunch and awards presentation. During the program, representatives from MFT Bank/Wilmington Trust, PSECU and the Pittman Group surprised students Amanda Shaw, Nda Shalal and Robert McHugh with a \$500 scholarship.

Our yearly beverage cart competition continues to increase in intensity. A special "thank you" to Megan Cline, Adrienne Thoman, Curtis Voelker and Ashley Lloyd for their hustle and encouragement. This group raised \$1,126.

Our outing would not be a success without the many volunteers who help assist, engage and hydrate the golfers throughout the day. Thanks to everyone!



ENDOWED SCHOLARSHIPS

ABAYASEKARA FAMILY ENDOWED SCHOLARSHIP

Tyler Coleman

ANONYMOUS ENDOWED SCHOLARSHIPS

Pamela Bixler
Ja'Lynn Burton-Jones
Brian Christiana
Brandon Clark
Tyler Coleman
Jere Embly
Earl Grigg
Cortez Harris
Kristen Hilton
Andrew Ingram
Suada Katic
Crystal Kordowski
Ryan Lawrence
Laura Lee
Bridget McCarthy
Fontaine McClure
Brianna McCoy
Robert McHugh
Nabin Poudel
Monica Ream
Parker Rose
Nda Shalal
Amanda Shaw
Wenjie Tang

BAILEY FAMILY FOUNDATION ENDOWED SCHOLARSHIP

Owen Clay
Kristen Hilton
Zachary Hoover
Melissa McGowan
Erica Vocco

BART AND JEAN MILANO ENDOWED SCHOLARSHIP

Nasir Copeland
Brittany Gruver
Nikolas Hollomon
Dylan Kleintop
George Moore
Camden Woodward

BOLES, METZGER, BROSIUS & WALBORN ENDOWED SCHOLARSHIP

Kelly Lovell

BYLER FAMILY ENDOWED SCHOLARSHIP

Nicole Bartell
Nicole Eberly
Jayme Goldkind
Sarah Heisey
Sarah Long
Stacia Vincent
Bethany Wenger

CAMPBELL CLAN ENDOWED SCHOLARSHIP

Katie Smyers

CHARLES "T" JONES LEADERSHIP LIBRARY ENDOWED SCHOLARSHIP

Jaime Buechel
Brian Christiana
Christian Fulp
Cortez Harris
Andrew Ingram
Morgan Littleford
Randy Ramer
Parker Rose

CONRAD SIEGEL ENDOWED SCHOLARSHIP

Kayla Anthony

CRAIGER C. PARKER "ROCK STEADY" ENDOWED SCHOLARSHIP

Renee Biggica
Deepak Dangal
Jaclyn Keys
Kendra Michel
Randy Ramer
Wislene Verna

DARYL AND DENNIS KENES ENDOWED SCHOLARSHIP

Keith Gregory

DEREK HATHAWAY LEADERSHIP IN BUSINESS ENDOWED SCHOLARSHIP

Chris Heilman

DONALD B. AND DOROTHY L. STABLER FOUNDATION ENDOWED SCHOLARSHIP

Hope Althouse
Steven Anderson
Charlene Backus
Messelu Bekele
Paige Benfer
Lydia Bland
Emily Bodien
Paula Bretz
Hannah Brown
Nora Burns
Alivia Burris
Ja'Lynn Burton-Jones
Kaitlyn Chilcote
Rachel Chopka
Matthew Connolly
Craig Daube
Jennifer Davis-Brandt
Lori Delk
Thomas Eager
Thomas Eckman
Amy Esterline
Helen Fischman
Wendy Garman
Kathryn Gaul
Rachael Geise
Kyla Getz
Peyton Gorham
Tiaonna Gould
Cyrena Greer
Brittany Gruver
Tiara Hall
Emily Hauser
Leslie Heimbaugh
Jazmin Hernandez
Christine Hodges
Jessica Hoffman
Leah Holler
Jeremy Horn
Karen Hunter
Catherine Johnson
Kevin Keffer
Jonathan Keiffer
Sean Kelly
Jaclyn Keys
Amber Kirk
Gracie Kratzer
Theodore Kreitz
Paige Lambert
April Leister
Sarah Long
Michael Martin
Hannah Mason
Bridget McCarthy
Daniel Metallo
Leah Miller

Lisa Moore
Kristi Moyer
Kim Musser
Janelle Nelson
Adam O'Donnell
Gregory Patrick
Jessica Patton
Ashley Paul
Dalton Riggelman
Javiera Robinson
Kaylyn Rosado
Michelle Rowe
Heathy Rudy
Zachary Severs
Jessica Shaffer
Nda Shalal
Krysa Sites
Chelsea Smerling
Brittany Smith
Katie Smyers
Aaron Sobotor
Kyra Stidd
Angelina Stillman
Amanda Strausbaugh
Michelle Surynt
Amy Tart
Alexandrea Umberger
Briana Valentine
Noah Vance
Kaitlyn Wenrich
Ashley Wert
Chloe Yinger
Cody Zeiler

DUANE AND SUSAN GREENLY ENDOWED SCHOLARSHIP

Daniel Metallo
Lance Wargo

EDWARD R. NORFORD CHARITABLE FOUNDATION ENDOWED SCHOLARSHIP

Jaclyn Keys
Kari McLaughlin
Kiersten Sanders

EDWIN AND CAROL ENGERER ENDOWED SCHOLARSHIP

Shannon Keller

GEORGE AND RITA PATTERSON FOUNDATION ENDOWED SCHOLARSHIP

Jade Ignacio

Central Penn College Education Foundation **Scholarships and Awards**

GLENN AND MARSHA ZEHNER ENDOWED SCHOLARSHIP

Shawna Minium

HAROLLD J. STAHLE, JR. '44 ENDOWED SCHOLARSHIP

Megan Lessman
Jessika Mead

HERSHA H. & HASU P. SHAH ENDOWED SCHOLARSHIP

Emily Everhart

HOLTZMAN FAMILY ENDOWED SCHOLARSHIP

Jennifer Pierce

J. MARTIN ENGLE '29 ENDOWED SCHOLARSHIP

Leahmond Tyre

JACK F. KEISER ENDOWED SCHOLARSHIP

Nicholas Granito

JAMES AND TAMARA HEPFER ENDOWED SCHOLARSHIP

Chad Fellenbaum
Jessica Hoffman
Deepa Parajuli
Lindsay Poeth
Michelle Rowe

LAWRENCE AND JULIA HOVERTER CHARITABLE FOUNDATION ENDOWED SCHOLARSHIP

Bronwynn Galentine
Tammi Kroh
Tiffany Moyer

LINDA '78 & TODD MILANO "KEEP SMILING" LEGACY ENDOWED SCHOLARSHIP

Brandon Clark
Kiersten Clark
Tyler Coleman
Jordyn Cryder
Deepak Dangal
Andrew Day
Joseph Dykes
Essence Ezell

Natanael Feliciano
Jessica Foster
Allison Harvey
Stephanie Helin
Dayanara Howard
Frank Johnson
Stephanie King
Kylie Kramer
Hannah Leckey
Laura Lee
Chelsea Maurer
Nicole Savini

MARVIN '76 AND ANNAMAE FULTZ ENDOWED SCHOLARSHIP

Damian Fisher

MARY O. BRADLEY JOURNALIST ENDOWED SCHOLARSHIP

Leslie Heimbaugh

MELANIE MILLER DENNIS MEMORIAL ENDOWED SCHOLARSHIP

Erik Martin

NANCY AND DONALD MILLER ENDOWED SCHOLARSHIP

Alyssa Klinedinst
Adam O'Donnell

PETER AND MARY PHILLIPS '77 ENDOWED SCHOLARSHIP

Alycia Sherman

RHEA REESE-MADDEN '40 ENDOWED SCHOLARSHIP

Christine Hoon

RUSSELL AND STELLA KULP ENDOWED SCHOLARSHIP

Taylor Lagyak

RUTH EVINGER '40 ENDOWED SCHOLARSHIP

Shanille Lewis

THOMAS AND THERESA FRATICELLI ENDOWED SCHOLARSHIP

Trevor Holderegger
Delaney Ryan

TOM BEAUDUY ENDOWED SCHOLARSHIP

Marissa Matassa

TREMENDOUS LIVING FOUNDATION ENDOWED SCHOLARSHIP

Erica Heisey
Kristen Hilton
Daniel Malloy, Jr.
LeRai Morgan
Thaddeus Romozi
Brynn Youndt

UTZ FAMILY (73) 3 E'S ENDOWED SCHOLARSHIP

Jaime Buechel
Dylan Kleintop
Parker Rose
Heather Rudy

WELLS FARGO ADVISORS ENDOWED SCHOLARSHIP

Kenneth Krivac

WINGERT FAMILY ENDOWED SCHOLARSHIP

Peyton Poletti

ANNUAL SCHOLARSHIPS AND AWARDS

ANNUAL FUND AWARDS

Marquis Broxton
Brandon Clark
Danielle Craig
Shelby Galentine
Alexia Greider
Kristen Hilton
Daniel Malloy, Jr.
Nabin Poudel
Thaddeus Romozi
Aaron Sobotor
Nina Szalla
Holly Witmer

BANKING AND FINANCE AWARD

Wendy Garman

DERMODY PROPERTIES FOUNDATION AWARD

Alex Brill
Allison Harvey
Jessica Klock
Angelina Stillman

HALL FOUNDATION AWARD

Lindsey Burgard
Kristina Depew
Heidi Ellis
Dylan Kleintop
April Leister
Stephanie Neely
Johnathan Noss
Natalie Richards
Joseph Sirugo
Cyerra White

JOHN CRAIN KUNKEL FOUNDATION AWARD

Brittany Kirsch
Chelsea Smerling
Stacy Smith
Aaron Sobotor
Kathleen Tarr

KATHLEEN WEHLER MEMORIAL AWARD

Laquietta Braswell

PSECU SCHOLARSHIP

Renee Biggica
Tiara Hall
Cortez Harris
Kristen Hilton
Kiersten Sander
Aaron Sobotor

ROTARY VETERANS INITIATIVE TECHNOLOGY AWARD

Jeremy Anderson
Andrew Britton
Anthony Harrell
James Hrehowsik
Randy Ramer

WILLIAM AND KAREN GLADSTONE SCHOLARSHIP

Jaime Buechel
Dylan Kleintop
Jessica Klock

Ergonomics: WORKING SMARTER, NOT HARDER

By **Taylor Lentz**, LAT, ATC, PTA

Many of us spend countless hours sitting at our desks, writing emails, researching and working on reports. This can lead to pain and postural deficiencies. We can reduce or possibly eliminate these aches and pains by modifying each of our workstations.

As the day goes on, you may notice the tightness building in your upper trapezius, trigger points that are forming in your neck and the stiffness that's getting stronger between your shoulder blades.

Each of us can reduce or possibly eliminate many of these aches and pains by making some ergonomic adjustments to our work area. Ergonomics directly enhances our performance, attitudes and efficiency in the workplace.

Adjusting the height of our chair, computer monitor, keyboard and mouse can all greatly impact our well-being by eliminating or reducing stress to our neck, back and upper extremities.

HERE ARE SOME RECOMMENDATIONS:

- Your office chair height should be adjusted to properly align the hips and thighs, so they are parallel with the floor. Your knees should be bent at a 90-degree angle with the feet flat on the floor or supported on a riser.
- Your monitor should be at least 20 inches away from your eyes
- Proper sitting: Position yourself so that your shoulders are relaxed with your elbows close to your body, bent at a 90 to 120 degree angle, with your forearms, wrists and hands parallel to the floor.
- The wrist rest at your keyboard should match the front edge of the keyboard in order to maximize comfort.
- To decrease stress and pain in the low back, maintain normal curves in your spine, using appropriate lumbar support.

Making adjustments to your work area is one strategy for reducing injury and stress. Another one is incorporating some quick and easy stretching exercises into your work day...

SEATED EXERCISES

- **Hamstring Stretch** – While sitting near the front edge of your chair, complete a seated hamstring stretch by extending one leg out in front of you. The heel of your extended leg should be resting on the ground. Keeping your back straight, lean forward until you feel a stretch up the back of your leg. To increase this stretch, bring the

toes of your extended leg toward you, while you continue leaning forward. Hold this stretch for 30 seconds and complete up to twice a day. Repeat this exercise on your opposite leg.

POSTURAL STRETCH Place both your arms behind you supporting your neck (interlocking your fingers with one another). While keeping your head and the upper portion of your neck supported, lean backward with the upper and middle portions of your back. You don't need to hold this exercise. Complete one set of 10 repetitions up to twice a day. Perform each repetition slowly.

CHIN TUCKS Keep a neutral neck position and position your head, so that you are looking forward. Move your chin backward (almost creating a double chin) and then return to start position. Your head should always remain in a neutral position (don't tilt your chin up or down). Complete one set of 10 repetitions up to twice a day.

WRIST STRETCH Remain sitting in your chair and extend your one arm out in front of you. Use your opposite hand to extend your fingers and wrist back toward you. You should feel an increased stretch at your wrist crease and up the forearm (of your extended arm). Hold this exercise for 30 seconds and complete two repetitions, up to twice a day. Repeat this exercise on your opposite upper extremity.

TRUNK ROTATION STRETCH While sitting in your chair, place your left arm over the outside of your right leg and rotate your chest toward your right leg (or further). Hold this exercise for 30 seconds and complete two repetitions, up to twice a day. Repeat this exercise on the opposite side, placing your right arm over the outside of your left knee and rotate your chest toward your left leg (or further).

STANDING EXERCISES

BACK EXTENSION STRETCH Stand up at your workstation and place the backs of your hands and forearms at the small of your back. Lean backward at your low back while also trying to widen at your chest. Complete one set of 10 repetitions up to twice a day.

HIP FLEXOR STRETCH

Stand up at your workstation while holding onto your desk or the back of your chair (whichever is most stable and high enough for you to reach comfortably). Advance one leg backward and the opposite leg slightly forward, while allowing a slight bend in your forward knee (you will be positioned in a slight lunge position). Lean slightly backward, feeling a stretch over the upper portion of your backward extending lower extremity. Hold this stretch for 30 seconds and complete two repetitions, up to twice a day.

DISCLAIMER

More sets and repetitions would be needed throughout the day to increase both range of motion and strength. These specific exercises listed above are intended for you to decrease work-related stiffness and discomfort while promoting increased movement throughout the day. ♦

NOTE: If you have pain performing any of the above exercises, refrain from continuing that particular exercise and consult a physical therapist.

Taylor Lentz is a licensed and certified athletic trainer and a licensed physical therapist assistant (PTA). An instructor in Central Penn's PTA program, she teaches a variety of courses, including Human Development and PTA Procedures.

The *W*



Inauguration of Dr. Linda Fedrizzi-Williams



On May 31, 2018, Dr. Linda Fedrizzi-Williams was named the 10th president of Central Penn College.

A year later, she was officially inaugurated under blue skies on a beautiful, late spring afternoon at the Student Fellowship Area on the college's Summerdale campus.

Speaking before a large crowd—that included alumni, students, faculty, staff, family members, friends and community members—Fedrizzi-Williams articulated her vision for the college: “I pledge to do all I can to make Central Penn College a remarkable institution that proves to be a game-changer for anyone willing to make the commitment to complete their education here.”

During her first year in office, Fedrizzi-Williams has already achieved a number of “game-changing” accomplishments...

- ♦ Implementing a Free Housing Initiative – enabling new residential students to enjoy free housing during their first academic year.
- ♦ Freezing tuition rates for the 2019–2020 academic year.
- ♦ Establishing a food pantry for any student dealing with food insecurity issues.
- ♦ Expanding student support services, specifically the Counseling department and the Advising Center.
- ♦ Launching a new 18-credit certificate program for phlebotomy technicians.
- ♦ Building stronger community and corporate partnerships through scholarship opportunities and other initiatives.



Her Background

President Fedrizzi-Williams earned a doctorate of education from Benedictine University, a Master of Arts in Organizational Communication from Marist College, a Bachelor of Arts in Communication (TV/Radio/Film) from Marist College and an Associate of Arts from SUNY Orange.

Fedrizzi-Williams joined the college in July 2016 as provost/vice president of academic affairs after holding various teaching and administrative positions—including associate vice president, Liberal Arts, and department chair, Arts and Communication—at SUNY Orange in Middletown, N.Y.

In fall 2017, she was appointed interim co-president when Central Penn College's ninth president left to pursue another opportunity. During Fedrizzi-Williams' first two years at the Summerdale institution, she gained a reputation for inclusivity, transparency and collaboration, qualities that made her well-respected and well-liked throughout the college community.

Fedrizzi-Williams' love for what she does... the people she serves... and the college she heads... shined through loud and clear on this afternoon. "Never have I felt so called to an institution, to a mission that I firmly believe in, to a student body who is doing everything necessary in their power to earn that degree that will change their lives and the lives of their families. That is why I took this presidency nearly one year ago," she said.

Celebrating A New Era

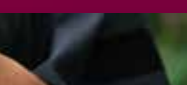
Sharing the stage with President Fedrizzi-Williams were State Senator Mike Regan who gave the salutation; Rev. Dilip R. Abayasekara, Ph.D., who performed the invocation; and Central Penn Professor Jared Rife and student Brian Christiana who both offered congratulatory remarks.

Dr. Krista Young, President of SUNY Orange, talked about the high regard in which Fedrizzi-Williams is held by administrators, faculty and staff at the New York state college.

"Former colleagues have described Linda as a piper: people just wanted to follow her," said Young. "They knew if they joined forces with her in an initiative that their time would be well spent, that the project would be quality and that they'd probably have fun and actually enjoy the process of getting whatever it was done."

On becoming president of SUNY Orange in 2015, Young said one of her first jobs was to quickly identify "among my 100's of new colleagues [who] could help me with the best answers for SUNY Orange?"

She was looking for someone "who cared deeply about students... who was honest about our situation... who was creative about what we could do as a college... who was humble enough to share their own thoughts... who saw the future as more promising than the past... who was a champion for our students and our college?" The person she identified? "Of course, it was Linda," said Young.



She also noted the many qualities that has made Fedrizzi-Williams a favorite of students, faculty and staff here at Central Penn: “I saw, as you have surely seen, her intellect, her curiosity, her positivity, her honesty, her humility, her ability to communicate, her work ethic, her value system and of course, her brilliant sense of humor.”

Dr. Carol W. Spigner chair on the board of directors for Central Penn College, performed the investiture ceremony.

Highlights

The newly inaugurated president spoke for about 15 minutes. Here are some highlights from her address:

Gratitude

“I must give thanks and acknowledge the nine previous presidents who had the vision to create such a unique resource for our community. If it weren’t for their leadership, we would not be the institution we are today. So thank you.”

Opportunities & Second Chances

“We offer opportunities to first-time students, and we offer second chances to the 70% of our students who took some college credits at another institution and had to stop for some reason or another...”

The Little Things

“For our students, challenges do not end with tuition—it is often the little things that we can do for our students that make all the difference...”

Flexibility

“The majority of our students work full time. It is imperative that we offer flexible scheduling, providing access to working students, rather than barriers.”

Student Success

“To our students—I promise that we will empower you in your studies, giving you the tools to be successful at whatever it is you want to achieve.”

Reception

After the hour-long installation ceremony, guests joined President Fedrizzi-Williams—along with Central Penn board members, faculty and staff—for a celebratory reception at the Conference Center. 🍷

The *New* website – It's here!


The new **CentralPenn.edu** launched Labor Day weekend.

We hope you like it. A great deal of time and effort was put into the development of the website. Most websites are designed to serve one audience; the unique challenge with a college website is that we serve a number of unique audiences: prospective students, current students, faculty/staff, alumni and community partners. A large emphasis was placed on lead generation. Anywhere potential students venture on the site, they are softly funneled toward a point of contact.



Some fun new features of the website to check out:


- ♦ The video on the homepage that features great drone footage of campus.
- ♦ The News section, which reads and looks more like a news site.
- ♦ The Events section, which is dynamic and able to be sorted.
- ♦ The faculty bio section that prominently features our outstanding full-time faculty.
- ♦ The digital and searchable course catalog.
- ♦ The website's mobile optimization enables it to perfectly transition from a desktop computer to a cellphone. If anyone happens to have a new iPad or tablet, it also displays beautifully on those!

We hope that you enjoy the new website and are as proud of it as we are. 



Alumni featured in *New* TV spots

Central Penn has started airing four new TV spots promoting the college to both high school students and adult learners. Two alumni—**Joshua Ash '12** and **Gillian Sumpter '17**—“starred” in their own commercials that showcased the power of Central Penn education for working professionals.


In addition, many other alumni volunteered as extras in the spots. Thanks to everyone for their help in making these ads a success! 

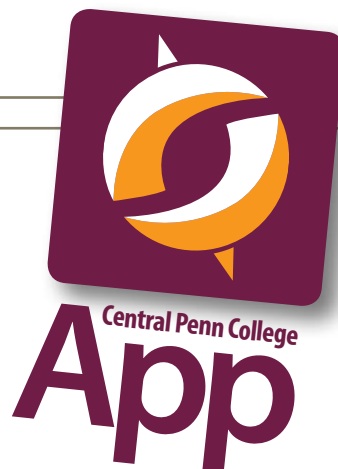
Download Central Penn's *New* Mobile App

The Central Penn mobile app is now available in the Google Play Store and the Apple App Store. Search for "Central Penn College" to find the app. When you access it for the first time, you will be asked to choose an “experience” to customize the app to their needs.

There are four choices:

- **Summerdale Staff/Students**
- **Lancaster Staff/Students**
- **Alumni**
- **Guests**

Click on “Alumni” and you’ll learn about the upcoming events and activities, as well as news and features that affect CPC alumni. 





Pictured left to right:
Student Brian Christiana, President Linda Fedrizzi-Williams,
Instructor Paul Miller and Student Parker Rose.

100th Podcast for *Knightly News*

Paul Miller wasn't sure if the podcast would survive when the Knightly News Club launched it three-and-a-half years ago. They didn't have any equipment. They didn't have their own studio, which made it difficult to schedule guests.

But Miller was determined to make it happen. "We started with a blog and held fundraisers to purchase equipment," says Miller, who joined the faculty as a full-time instructor in 2016. He had taught as an adjunct at the college since 2013. "The students were fully behind it."

The Center for Teaching Excellence (CTE) became the initial home for the podcast, which first hit the digital airwaves in February 2016. Over the next 12 months, Miller would record 16 episodes at the CTE, working around other programming.

By February 2017, the podcast had finally found a home—the second floor of the Boyer House.

"Once we had our own space, everything flowed," says Miller. He currently produces eight episodes a term, which adds up to a whopping 32 per academic year! His roster of guests reads like a who's who of Central Penn's leadership team, faculty, staff and students.

Episode 100 "aired" the last week of August and featured **Dr. Linda Fedrizzi-Williams.** 🍷

West Shore Chamber and Central Penn mix up some *Fun*



Pictured left to right:
Golf Instructor Kevin Bogrette, Sandra Box, President
Fedrizzi-Williams, Dr. Stacey Obi, Mary Wetzel and Kristi Castanzo.

The West Shore Chamber Mixer—hosted by Central Penn College and the Education Foundation—was a big hit. Held at the Conference Center, the event drew more than 150 business owners, working professionals and Central Penn personnel.

"The feedback from the community was nothing but positive and the interaction and networking was truly happening for everyone," said Sandra Box, director of development at the Education Foundation.

"My goal for this event," said Box, "was to make more people aware of everything that Central Penn College has to offer, including education, business partnerships, the Conference Center, Career Services and ways to give back to the school. And I think we definitely reached our goal." 🍷

Burton-Jones leads the USCAA in *Scoring*

Ja'Lynn Burton-Jones averaged 31.8 points per game during the 2018–2019 season to rank #1 among all players in USCAA DII. In 21 contests, she pumped in 667 points, shot 58.1% from the field overall and 43.3% from beyond



Ja'Lynn Burton-Jones

the three-point line, and averaged 8 rebounds.

"I'm always thankful when I reach major accomplishments like these because it is always a reminder that I could never do anything on my own," says Burton-Jones.

She also continues to prove herself in the classroom with a 3.5 GPA, earning a place on the USCAA Women's National All-Academic Team.

Athletic Director Kasey

Hicks credits Burton-Jones' "will to win" for her success. "On the court, she will score on you at will, over and over again, but off the court—I think she is a big softy! She loves kids, is genuine and kind natured. She is a good person to be around," says Hicks, who served as the women's basketball coach for the past four seasons. 🍌



snapshots

Walk a Mile in Her Shoes Event

Kudos to Director of Equity and Multicultural Affairs Megan Peterson, the participants, the speakers, the volunteers and the campus community for making this event such a success.

More than \$500 was raised, and both CBS 21 and abc27 were in attendance and stayed for the entire 45-minute event, filming at various locations throughout campus.

Here are some fast facts about the event, which was part of the programming for Sexual Assault Awareness Week:

- **17 Volunteers** – 14 students and three staff members who made the living exhibits come to life.
- **16 Walkers** – number of male students, faculty and staff members who slipped on a pair of three-inch high heels and led the tour around campus.
- **3 Speakers** – Gwen Stahlnecker, campus outreach advocate at the Carlisle YWCA, Dr. Melissa Wehler and Megan Peterson spoke at the kick-off.
- **2 Interviewees** – Vice President of Student Services Romeo Azondekon and student Robert McHugh were interviewed by local television stations. 🍌

Lancaster Center participates in Race Against Racism

In April, 27, Central Penn Lancaster Center students joined more than 3,000 racers from across Lancaster County to participate in the YWCA's Race Against Racism in downtown Lancaster. The event raised **\$165,000**.

Central Penn College's Lancaster Center was a proud sponsor of this event and it was exciting to have a team of students participate in the race.

Congratulations racers! 🍌



Left photo:
Male students in high heels lead the charge across the bridge.
Right photo: Dr. H. Allen Tannebaum shows off his new kicks.

Entrepreneur Speaker *Series*



Patricia Robinson



Juliet Jones



Leroy Allen

Central Penn College held a new Entrepreneur Speaker Series that showcased local business owners and leaders, as well as faculty members. The series featured a mix of workshops and speaking events.

"Business has been part of Central Penn's curriculum since the founding of the college in 1881, and small business is the biggest driver of today's—and tomorrow's—economy," says Doug Fisher, interim chair of the college's Business Department. "We want Central Penn to be a go-to resource not only for our students, faculty and staff, but the entire business community, too."

All events were free and open to the public. The series kicked off with the workshop, "The American Dream – I am an Entrepreneur," on June 11, in the Capital BlueCross Theatre on the college's Summerdale campus.

The rest of the series—organized by Director of Campus Engagement Adrienne Thoman—featured evening presentations given by these local business leaders:

Juliet Jones, CEO & Founder, VIP Fortune 500 Consulting

Patricia Robinson, CEO, EVOLVE Training & Development

Leroy Allen, Motivational Speaker & Trainer, Life Enhancement Consulting Group 🍀

1970's

Janet (Rickabaugh) White, '64, A.A.S. medical secretary. Ann has been employed at Lancaster General Hospital for 31 years. She is working in pain management. "Loved my years at CPC," she says. apletcher@verizon.net

Tina Robenolt, '77, A.S. office communication. Tina has recently accepted a position as community liaison and marketing specialist at Home Instead Senior Care. Tina lives in Harrisburg, Pa. tina.robenolt@homeinstead.com

1980's

Julie (Miller) Latzgo, '86, A.S. communication. Julie hasn't been back much to CPC since graduating. When she stopped in a few months ago, she was surprised to see all the changes and additions to the campus. Continuing her education, she is now at the Reading Hospital, Tower Health, as a system director, legal contracts. She mentioned how much she enjoyed her time here at CPC and how well it prepared her for her future career endeavors.



Jan Hastings

Jan Hastings, '87, A.S. office communications. Jan was named vice president, marketing manager, for Centric Bank in Harrisburg. In her role, Jan is responsible for development, design, and execution of marketing strategies, policies, and programs for the Bank. In her spare time, she serves on the board of the Capital Area Greenbelt Association as well as volunteer activities through Centric Bank. She currently lives in Harrisburg, Pa.



Ana Gonzalez-White

Ana Gonzalez-White, '88, A.S. accounting. Ana has accepted the position of development director at the Community Arts Center. She will be responsible for managing all fundraising and development activities for the 2000-seat venue in Williamsport, Pa. "My education and experience coupled with my love and personal involvement with the performing arts make this a great fit for me."

Karen (Wolfgang) Sheriff, '89, '17, paralegal and **B.S.** legal studies. Karen is a senior paralegal at Cognetti & Associates. "I was just elected to my second term as president of the Central Pennsylvania Paralegal Association," she says. "I am a PACE-registered paralegal and pennsylvania certified paralegal. I have worked in the field for 30 years now and loved every minute of it! Couldn't have done it without my Central Penn education!"

Doug Zweizig, '89, A.S. court reporting. Doug Zweizig, RDR, CRR, of Baltimore, Md., is the new Realtime Contest champion for court reporters. Zweizig previously won the contest in 2006 and 2015. "Thanks to the Central Penn court reporting education I received, I did it again! I'm so glad I attended this program."



Eric Kazda

Eric Kazda, '00, A.S. multimedia/internet production. Eric was recently honored as one of the Forty under 40 in Lancaster. He is president of Lancaster Virtual Reality Lounge and co-owner of Quantum Dynamix. Both business are located in Lancaster, Pa., where he also currently lives.

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Beth Bell, '10, '16,
A.S. paralegal, B.S. legal studies.

Beth began her career as an intern at Johnson & Duffie in Lemoyne where she was hired after graduation. In 2012, she



accepted a position at McNeese Wallace & Nurick LLC in Harrisburg, where she provided general support, helped manage cases and oversaw all document productions.

Professionally and personally, Beth is very

active. She's on the Advisory Board at Central Penn College, providing advice to the legal department regarding its degree program. She was elected as 2nd vice president of Central Pennsylvania Paralegal Association in February 2018. She also was a member of the National Federation of Paralegal Associates where she served as the local liaison.

She serves as a junior board member of the YWCA of Harrisburg. She particularly enjoys the Thanksgiving dinner event and the holiday collection drive. She enjoyed participating in last year's Moonlight Gala and being a member of the Red Shoe Crew.

In May of this year, Beth was hired at Defense Logistics Agency in New Cumberland as a human resource specialist. She enjoys helping our military personnel find civilian careers.

Beth is excited to see where this new career path is going to lead her and expressed her gratitude to everyone who has helped shape her into the person she is. Without the outpouring support of mentors, family and friends, Beth said she would not be where she is today.

In her spare time, she enjoys running, reading, traveling and, most of all, being involved in all of her son's sporting events. Go Polar Bears! Beth.Bell@dla.mil 🏈

Michael Wilson, '00, '06, A.S. criminal justice, **B.S.** criminal justice administration. Michael has recently been promoted to chief marketing officer/chief relationship officer at Members 1st Federal Credit Union, which is headquartered in Mechanicsburg, Pa. Mike lives in Elizabethtown, Pa. with his wife **Amy Zentz, '05, B.S.** business administration.

Jeremy Smith, '02, A.S. accounting. Jeremy lives in New Oxford, Pa. and has worked for Snyder-Lance for 12 years in various positions. He was recently promoted to DSD route analyst. A board member at the Gates of Praise Worship Center in Hampden Township, he also serves as a volunteer on the finance oversight committee.

Alison Bruetsch, '06, A.S. travel and tourism. Alison is quite the busy woman. Not only is she employed full-time for a local law firm, but she also works at Tröegs Brewing Company as a greeter since August 2012. "My customer service skills made me perfect for the greeter position and I love talking to the guests as they come to visit the brewery!" says Alison. "When I'm not working, I enjoy running, traveling, hanging out with friends and checking out local breweries!" She lives in Mechanicsburg. alisonbruetsch@gmail.com



Chad Heister

Chad Heister, '08, B.S. business administration and accounting. Chad lives in Thompsettown, Pa., and became a Certified Public Accountant in 2018. He instructs municipalities in management and financial sustainability for the Pennsylvania Rural Water Association. cheister97@yahoo.com

David Tirado, '09, B.A. information technology. David has recently joined the law firm of Saxton & Stump's as the director of information technology.



Aaron Beverly

2010's

Aaron Beverly, '10, B.S. business administration. Aaron was recently awarded Toastmasters World Champion of Public Speaking. To win this prestigious award, Aaron competed against more than 30,000 participants from 143 countries. His winning speech was titled "An Unbelievable Story." Aaron lives in Collingdale, Pa., and works with J.P. Morgan Chase & Co. as a project manager. aaron@speakandbeyou.com

Samanthé Burton-Bosket, '12, '18, B.S. business administration, **M.P.S.**

organizational leadership. Samantha has joined the team at Rosedale Development Association as a full-time program coordinator in Kansas City, Kan. samanthebosket@yahoo.com



Samanthé Burton-Bosket

Marlene Blose, '14, B.S. business administration. Marlene lives in Enola, Pa. and is employed at Capital Blue Cross as a technical business analyst. She received her MBA from Capella University.



ALUMNI FOCUS

Andrea Aldinger, '06, B.S. business administration.

With more than 15 years of healthcare experience, Andrea has recently been named vice president of Business Development



and Palliative Medicine Consultants Operations at Hospice & Community Care. Previously, she served as the administrative manager of oncology and surgery service lines at WellSpan Health for five counties.

Andrea is an active member of the

American College of Healthcare Executives and hopes to receive fellowship status (FACHE) after finishing her master's degree.

She lives in Wellsville, Pa., with her husband, dog and cat. Together, they support Compassion International in a variety of ways and sponsor two girls, 8 and 14, from El Salvador. They also are involved with the Hershey Free Church providing activities and teaching to individuals with special needs.

Andrea competes in a variety of running events, such as Spartan, CrossFit and trail/road races. She also is a certified personal trainer through the American College of Sports Medicine.

Amanda and her husband like to travel to the national parks out west and hike the trails. She also enjoys competitive shooting and fishing on the Susquehanna River.

aldingerfitness@gmail.com

Shannon Carson, '14, '16, B.S. business administration, **M.P.S.** organizational leadership. Shannon began a new job with Foot Locker, Inc., in Camp Hill as a staff accountant. She currently resides in Harrisburg.



Dillon Epler

shannonmcarson@hotmail.com

Dillon Epler, '14, B.S. legal studies. He has recently become engaged to Samantha Bise, Reference and Instruction Librarian at Central Penn College. A spring wedding is planned. dilloneplernepa2010@gmail.com

Daphne Sonon Gombosi, '14, A.S. accounting. Daphne resides in Bethlehem, Pa., and is the assistant director of finance at Upper Saucon Township in Center Valley, Pa.

Haley (Brandt) Henry, '15, A.S. physical therapist assistant. Haley married Tyler Brandt last September in Gettysburg. They currently live in Carlisle Pa.



Nicole Saylor

Nicole Saylor, '16, A.A.S. physical therapist assistant, recently became engaged to Brent Martin. Nicole lives in Lititz and is currently working as a physical therapist assistant



Norman Geary

at NovaCare Rehabilitation.

Norman Geary, '17, B.S. corporate communications. Norman had the honor of being inducted into the inaugural class of the Knightly News Hall of Fame. Norman, along with Dr. Linda Fedrizzi-Williams, were presented with a plaque and small token of appreciation. In his acceptance speech, Norman, a huge Philly's fan, joked that somehow he finds himself working part-time with the Harrisburg Senators! Norman lives in Harrisburg, Pa. norman.geary525@gmail.com

Your Success Story

We love alumni testimonials. Tell us how your Central Penn Education contributed to your career success and you just might find yourself featured in an upcoming issue of *PennDulum*. Send your success story to marybethfisher@centralpenn.edu.

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Charlie Hughley, '19, B.S. homeland security management.

A continuing education student, Charlie received the Veteran Leadership Award at commencement. A distinguished member of



the U. S. Navy, he works as a program manager at the Defense Logistics Agency in New Cumberland.

"Charlie has been an inspiration to students and faculty while here at Central Penn, in not only words, but actions as well," said Interim Dean of Professional Studies Ben Lipschutz.

After some extensive research, talking with co-workers, and visiting the campus, Charlie decided to apply to Central Penn College because it was close to home and it offered everything he needed to fulfill his educational goals. "I knew I would be successful attending this college," he says.

Homeland Security as a major has a wide range of interesting competencies and disciplines that piqued his interest. "My experience at Central Penn was epic," he says. "I really enjoyed interacting with fellow students and faculty. The professors brought their real-world experience to the classroom. They encouraged and supported me."

He goes even further. "Central Penn gave me a new start in life, and that's something I really appreciate," he says.

As a military veteran, he was impressed by the atmosphere at Central Penn. "I would give Central Penn a five-star rating as a military-friendly institution and I feel that Central Penn College has fully embraced supporting our troops," he says.

For those working professionals who are considering going back to school, he offers encouraging words: "Working full-time and attending college is a worthwhile achievement... The best advice I could give is to take one or two classes at a time and stay focused. Stay away from the negative talk and remain positive."

Charlie lives in Mechanicsburg with his wife Diana. charlie.hughley@dla.mil 🍀

Ronald Grim, Jr., '17, B.S. business administration. Ron lives in Wellsville, Pa., and founded a startup called eventfuli.com, a website designed to make it easier to find the right photographer for any event. regrim825@gmail.com

Kelsey (Hockenberry) Hinkle, '17, B.S. criminal justice administration. After graduating from the police academy in 2018, Kelsey serves as a part-time patrolman in both Mount Holly Springs and Shippensburg. She was married in July 2017 and lives in Newburg, Pa., with her husband Randall. kelseyrae18cj@gmail.com

Swathi Saradha, '17, B.S. information technology. Swathi started a new position as application security at Deloitte in Camp Hill. She currently resides in Mechanicsburg, Pa.



Gillian Sumpter

Gillian Sumpter, '17, B.S. health care management. Gillian lives in Harrisburg, Pa. and works at UPMC Pinnacle REACCH Program. She also started her own consulting business in 2017. In her spare time, Gillian volunteers as a mentor at Young Women's Empowerment Academy and Loop BNG. kzmenterprisellc@gmail.com

Zachelly Vargas, '17, B.S. criminal justice administration. Zachelly lives and works in Lancaster, Pa. She is the assistant store manager at Tommy Hilfiger. In July, she joined the Alumni Association at the Harrisburg Senators game and in August, at the On Tap event at Yorgos in Lancaster. z.vargas102@gmail.com

Gregory Bosley, '18, A.S. information technology. Gregory is currently employed as a system administrator assistant at Barton Associates, Inc. in York, Pa. and lives in Red Lion, Pa.



Lindsay Garber Family

Lindsay Garber, '18, M.P.S. organizational leadership, is proud to share the birth of her first daughter Elizabeth. Together with her husband Tim, they welcomed little Elizabeth on July 16. Lindsay is the residence life director at Central Penn College and lives in Harrisburg, Pa. Lindsay.Knapp16@gmail.com

CENTRAL PENN ONESIES NOW AVAILABLE

Check out this beautiful Lil' Knight, **Emmalee Grace**. She's the daughter of Megan Peterson, director of Equity & Multicultural Affairs at Central Penn College.

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Mike Gallagher, '78, A.S. accounting

Mike is currently the chair of Accounting at DeSales University in Center Valley, Pa. His career started at Central Pennsylvania Business



School in the summer of 1974. He finished his classes in December of 1975 after turning 18. He stayed in the area and worked several jobs while finishing his bachelor's degree at Lebanon Valley College.

"Several young professionals started teaching with me around

1981 including Tony Psyck and Pat Gonzales. A couple years later, Chip Baumgardner, Lynn Arnold, John Cuff, Kelli Kidd and many others worked together... We are all friends to this day," he says.

In 1988, he married alumna, **Karen (Harper) '89, A.S.** physical therapist assistant, and moved to Annville, Pa., where he worked at Lebanon Valley College. While there, he earned his MBA and finished the requirements for his CPA. They also started a family, having three children. Eventually, they moved to Ohio. He finished a doctorate at the University of Toledo and Karen graduated as a physical therapist.

They lived in Defiance, Ohio, for 15 years. He worked at Defiance College and also at the University of Notre Dame. They moved back to Pennsylvania to be closer to family, with both landing jobs in the Lehigh Valley, Karen as a home health physical therapist and he as a professor at DeSales University. Mike and Karen like to travel and are both sports enthusiasts. They both won intramural championships in softball and volleyball at Central Penn College.

As a current member of the CPC Alumni Council, Mike says, "I received my start at Central Penn as both a student and a professional. My goal is to help Central Penn College provide this strategic competitive advantage for the current generation of students."

mgallagher.gallagher14@gmail.com

Calendar

October — December

2019

Alumni Events

Visit centralpenn.edu/alumni for details on these and additional alumni events, and to subscribe to alumni e-news. For information, contact Alumni Engagement at 717-728-2295 or alum@centralpenn.edu.

-  Alumni Events
-  CPC Events
-  Family Events

FAMILY FLICKS FILM SERIES: TOY STORY 4

Oct. 12 • 2–4 p.m. • Free
Capital BlueCross Theatre
Summerdale Campus

FALL HARVEST FESTIVAL / HOMECOMING

Oct. 19 • 10 A.M.–4 P.M.
Fall Harvest, 10 a.m.–2 p.m.
Homecoming, 1–4 p.m.
Summerdale Campus

HOMECOMING SOCCER GAMES

Oct. 19 • 2:30 & 5:30 p.m.
women vs. Patrick Henry at 2:30 p.m.
men vs. Valley Forge at 5:30 p.m.
Adams Ricci Park, Field F

THE HUMANITIES FILM SERIES: 1984

Oct. 25 • 7–9:30 p.m.
Capital BlueCross Theatre
Commentary and discussion
with Lancaster Center Director
Judith Dutill.

FALL OPEN HOUSE

Nov. 9 • 9 a.m.–noon
Summerdale Campus
Prospective students will learn about
the many benefits of attending
Central Penn College.

FAMILY FLICKS FILM SERIES: THE SECRET LIFE OF PETS 2

Nov. 9 • 2–4 p.m. • Free
Capital BlueCross Theatre

VETERANS DAY LUNCHEON

Nov. 11 • 11:30 a.m.–1 p.m.
Capital BlueCross Theatre

OTA DAY

Nov. 20 • 9–11 a.m.
Summerdale Campus
Know someone who's interested in a
rewarding healthcare career? Let them
know about OTA Day.

SPECIAL HOLIDAY PRESENTATION: AN ELF MAFIA MURDER MYSTERY

Dec. 5 - 6 • 6:30 p.m.
Capital BlueCross Theatre
Enjoy a fun and outrageous holiday
murder mystery created and performed
by local acting troupe the Ozymorons,
while feasting on a delicious meal
prepared by CulinArt.

SECOND SATURDAY – ADMISSIONS EVENT

Dec. 14 • 8:30–10:30 a.m.
Interested students can get an instant
decision regarding their acceptance.
Candidates should bring high school
transcripts along with a recent
writing sample.

SANTA VISITS CENTRAL PENN COLLEGE

Dec. 14 • 12–2 p.m. • Free
Capital BlueCross Theatre
Come share cookies and milk with
Santa when he stops at CPC!

FAMILY FLICKS FILM SERIES: THE LION KING (2019)

Dec. 14 • 2–4 p.m. • Free
Capital BlueCross Theatre

To learn more about any of these
events, visit centralpenn.edu/events.

#goknights



Don't see yourself here?
**Join us for the next
Alumni Event**

Hip Homecoming October 19th PEACE, LOVE & CPC CENTRAL PENN COLLEGE ALUMNI

Homecoming 2019 will be a blast to the past, a celebration of the 50th anniversary of Woodstock! Come in your bell-bottoms and wire-rimmed glasses to join your friends and former classmates for a fun-filled afternoon on the Summerdale campus.

The Homecoming tent will open at 1 p.m. with the tapping of the official Homecoming beer, courtesy of Pizza Boy Brewery, which is owned by Albert Kominski, '98. There also will be adult beverages from Zero Day, owned by Theo Armstrong, '09, and The Vineyard at Hershey, which Mike Wilson, '00 and '06 is a partner. The entertainment will feature three amazing alumni

musicians: Brett Rudder '12, Harry Kerstetter, '95 and Jason Barshinger, '03. There will be plenty of food and light refreshments available, too!

Get an early start by visiting the Fall Harvest activities on campus beginning at 10 a.m. Enjoy pumpkin carving, kiddie corner, craft vendors, live music, raffle baskets, food trucks and more!

Dig out your yearbooks, call your roommates and meet under the alumni tent for Homecoming 2019. You also can show your school spirit by supporting the Central Penn College's men's and women's soccer teams—they both play at Adams Ricci Park later in the day.

An Elf Mafia Murder Mystery Dinner

An Oxymoron Production

SOLD OUT ~~December 5th~~
December 6th



Get rid of your holiday stress... by attending *MacJingle All the Way: An Elf Mafia Murder Mystery*—the first-ever dinner theatre production at Central Penn!

At the peak of toy-making season, Santa's head elf, Marty MacJingle, suddenly goes missing. Was he taken out by a rival elf family? Or is someone closer to him responsible? Find out what happened, while enjoying some over-the-top, holiday silliness from the Oxymorons, Harrisburg's favorite comedy improv troupe.

Attendees will dine on a four-course Italian dinner, while yucking it up at the Oxymorons' frantic antics and rapid-fire one-liners. Performances are Thursday, Dec. 5, and Friday, Dec. 6, at the Capital BlueCross Theatre. Doors open at 6 p.m., with dinner being served at 6:30 p.m.

Ticket Prices are as follows: **\$15** students, **\$20** alumni, **\$25** faculty/staff and **\$30** for the public. To purchase tickets in advance, visit: elfmafi murdermysterydinner.eventbrite.com.



We are proud to offer for the first time, the AARP Smart Driver Course, in March at the Summerdale campus. When you've been driving for decades, it's easy to feel like you know it all. Yet for years, national surveys have shown that about one in five of us would fail a written driver's test. There also are laws that evolve with the times, such as those regarding cell phone use that many people simply don't know.

Do you think you're a good driver?

Take this **short quiz** to test your knowledge

Don't think you need to take the course? Try this short quiz. You may be surprised.

1. At what distance before making a turn should you put on your turn signal?

- ☐ A. 50 feet before the turn
- ☐ B. 100 feet before the turn
- ☐ C. It depends on whether anyone is behind you to see you turning
- ☐ D. Early enough to give drivers behind you time to react

2. What does a solid white line on a roadway mean?

- ☐ A. Passing is discouraged
- ☐ B. All lanes of traffic are traveling in your direction
- ☐ C. An indication of the shoulder of the road
- ☐ D. Any of the above

3. What does a blinking red light mean?

- ☐ A. You only need to stop if there's cross traffic coming from either direction.
- ☐ B. You should approach with caution
- ☐ C. You should come to a stop and proceed when the traffic is clear
- ☐ D. The light is going to turn solid red soon


4. If the steering wheel were a clock, where should your hands be positioned?

- ☐ A. 12 and 6
- ☐ B. 7 and 5
- ☐ C. 9 and 3
- ☐ D. 10 and 2

You may qualify for a discount from your insurance carrier when you complete the course. Look for exact dates and times in upcoming Alumni email or call Mary Beth Fisher at 717-728-2295 for additional information.

Answers to AARP quiz

1. B. 100 feet
2. D. Any of the above
3. C. You should come to a stop and proceed when the traffic is clear
4. C. Wait? What? 9 and 3? Not 10 and 2, as we were taught? That has changed along with car design and technology. Steering wheels are now smaller, more responsive, and equipped with airbags. To best maintain a balanced grip on today's steering wheels and avoid injury should the airbag deploy, it's now 9 and 3, says the National Highway Traffic Safety Administration (NHTSA).



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Mary A. (Knecht) Barkofsky, age 82, of Mechanicsburg, Pa., passed on Feb. 6, 2019.

Marie (Hill) Bamberger, '02, A.S. office administration. Marie passed away at age 36 on Feb. 25, 2019. She was living in Womelsdorf, Pa.

Burnadetta I. Bixler, age 92, formerly of Duncannon PA., passed away on Feb. 12, 2019, at Messiah Lifeways in Mechanicsburg, Pa.

Julie (Wenrich) Binkley passed on Aug. 18, 2019, at the age of 94. A celebration of life was held in Manheim, Pa.

John Calvin Brown, '41, age 95, passed on July 11, 2019, in Southern Pines, N.C. After enlisting in the Army Air Corps in 1942, he became a navigator and flew 57 combat missions from Italy in World War II with the 15th Air Force-484th Bomber Group. His decorations include the Air Medal with two Oak Leaf Clusters and the Distinguished Flying Cross.

Elva F. (Hippensteel) Frey, age 87, passed away on July 30, 2019, at her home.

Donald L. Lippert, '78, B.A. information technology. Donald passed away on Apr. 19, 2019, at the age of 61. He was living in Chambersburg, Pa.

Cindy J. (Price) Martin, '74, A.S. office communication. Cindy passed away on May 13, 2019, at the age of 64. She was living in Lewistown, Pa.

Carol Jean (Kegris) Morrow, '63, nursing. Carol passed away at age of 75 on June 11, 2019

Gayle Elaine (Keller) Rebuck, age 81, of Carlisle, Pa., died Friday, Feb. 22, 2019 in the Church of God Home in her hometown.

Charnae Mercedes Smith, '17, and '19, passed on Sept. 1, 2019, in Philadelphia at the age of 23. Charnae was living in Darby, Pa.

Deborah Sobolewski, '72, A.S. travel and tourism. Deborah passed away at 64 on March 8, 2019. She resided in Crystal Lake, Ill.

Leah P. (Travers) Strausser, age 97, formerly of Mifflinburg, Pa., passed away on July 26, 2019, at the Buffalo Valley Lutheran Village in Lewisburg, Pa.

Charles E. Wileman, '72, A.S. management. Chuck passed away on May 2, 2019, at the age of 73. He proudly served in the U.S. Air Force during the Vietnam war.

Warren Worthley '13, B.S. criminal justice administration. Warren passed away at age 58 in Camp Hill, Pa. on March 8, 2019.

Alumni, **LET US KNOW!**

We want to know about any changes or other exciting news that you would like to share with classmates.

Visit centralpenn.edu/letusknow or call 717-728-2295.

IMPORTANT NOTICE FOR ALUMNI WISHING TO CHANGE THEIR NAME

Alumni who want to officially change their name in the college database must contact one of the below offices to complete this request.

- **RECORDS AND REGISTRATION:** 717-728-2229
- **ALUMNI ENGAGEMENT:** 717-728-2295
- **CAREER SERVICES:** 717-728-2262

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VISION

To become a leading resource for professional education in the central Pennsylvania region and beyond.

CORE VALUES

Integrity
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Excellence
Professionalism
Inclusivity
Community Service

