

College of Health and Human Services

Volume 1 Number 4 – March 2020

The College of Health and Human Services at IUP has over 3,100 students enrolled in nine departments, centers, and institutes. Visit us at iup.edu/healthhumanserv.

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Coronavirus Update

IUP has suspended all face-to-face classroom instruction for the remainder of the Spring 2020 semester, transitioning to all online instruction, and most employees are working remotely. IUP President Driscoll is providing weekly updates; his March 27 video message called attention to the new Emergency Response Fund established to assist students who are facing unexpected expenses. For regular updates, see [IUP Coronavirus Information](#).

If you have difficulty contacting a University office during this time, feel free to email a dean's office staff member directly for assistance.

Exercise Science Club Participates in The Race To Anyplace

The Race to Anyplace took place at the Wintergarden at PPG Place in Pittsburgh on Saturday, February 22. The event, in its 20th year, raises money for the Leukemia and Lymphoma Society. As part of the stationary bike race, teams of at least twelve riders pedal continuously from 8am to 2pm. Riders change every fifteen minutes.

The Exercise Science Majors Club has participated in the race for the last 15 years, raising more than \$16,500 for the cause. Two faculty members, Dr. Hayden Gerhart and Dr. Leslie Stenger, and nine students (Mikayla Mills, Kendra Mengle, Corrine Casazza, Mike Parker, Jo-Hsuan Lee, Charles Horsley, Janae Sauders, Evan Breese, and



Partrick McCabe) kept two bikes going throughout the day. Their efforts raised \$1,309.00 totaling more than 200 miles.... all to pedal out cancer! The team earned a spot in the Top Fundraisers (#6) in the Corporate Team category!

The Majors Club team has watched Lilly (the young girl in the photo wearing the pink sweatshirt) grow. Lilly is a cancer survivor who has participated in The Race to Anyplace since she was three and always stops by to say hello to the IUP team. Donations are still accepted at [Race2020](#); click on the Top Fundraisers Corporate Team, then the IUP Exercise Science Club team to make your donation! Thank you.

Allenwood Hosts Dinner in Time for Valentine's Day

The Department of Hospitality Management services three classes out of the Allenwood, a dining room located on the ground floor of Ackerman Hall.

The first class, Hospitality 220 Food Service Operations, is an introductory class to food handling. Hospitality 330 Application of Food Production and Service, the second class, consists of a lunch buffet Tuesday through Friday. The last class is Hospitality 413 Restaurant Food Production and Service, which serves dinner every Thursday. One reason Hospitality Management is one of the best programs in the country is because of the hands-on management experience students receive in the curriculum within the Allenwood Lab.

Dinners feature theme nights curated by



students and faculty. February 13 was the first dinner of 2020 and featured a Surf and Turf menu. Allenwood guests enjoyed a lovely meal featuring heart-shaped bruschetta, shrimp bisque, Caesar salad, strip steak with grilled shrimp skewer, a side of green beans, and roasted fingerling potatoes. For dessert the students served a decadent chocolate lava cake with strawberry garnish.

A critical component of the curriculum is how the Hospitality Management students rotate through the Allenwood Lab. Students who are enrolled in both

HOSP 330 and 413 scratch-cook the food in the commercial food production kitchen in Ackerman. Each student researches a theme for authenticity, includes fresh ingredients, and taste-tests all food to

obtain faculty approval before the menu can be featured to the public. In addition, each student must cost and design the final menu, personally cook the food, service it for the guests' enjoyment, and manage the entire dining experience and back-of-the-house operations.

The Department of Hospitality Management had plans to serve dinners the rest of the semester but closed due to the current pandemic situation; however, plans are in place to return in the Fall!

The Department of Hospitality Management is accredited by the Accreditation Commission for Programs in Hospitality Administration (ACPHA).



Criminology Is 2nd Most Affordable Bachelor's in Criminology 2020

IUP's Criminology program landed in the #2 spot on the list of 35 most affordable bachelor's degree programs in Criminology for 2020 as ranked by Great Value Colleges.

Great College Value's rankings are determined by using data collected from College Navigator regarding tuition in conjunction with program information from each institution's official website. According to Great College Value, though placement is largely determined on tuition, other factors are also considered such as student-faculty ratio, return on investment (ROI), customization within the degree program, both in content and format, and an overall 'wow' factor that "highlights each program's unique offerings and sets it apart from the pack".



Julie McCaulley, online relations specialist at Great College Value, noted IUP's Criminology program "was selected not only for the program's affordability but also for the institution's overall outstanding reputation, its faculty's excellence, and the unerring commitment to providing students a high-quality education and in doing so, giving them all the tools that they need to achieve their future career goals."

Academy of Culinary Arts Faculty and Admissions Support ProStart

ProStart is a nationwide program for high school students that combines education, competition, and industry experience to develop talented students into future leaders in the food industry. The IUP Academy of Culinary Arts has been supporting this program for many years through judging at competitions, offering scholarships, and hosting a ProStart Boot Camp for local schools. This year faculty were judges at ProStart Competitions in Pennsylvania, West Virginia, Ohio, and New York. Chef Andrew Nutter was part of the judging team on February 26 in Pennsylvania and March 3-4 in West Virginia. Chef John Kapusta was scheduled to be part of the judging team on March 14-15 in Ohio and March 28 in New York. Students that place first, second, or third with their team in the Culinary

Arts or in the Management Competition are offered \$1500 scholarships to attend the IUP Academy of Culinary Arts. The Academy of Culinary Arts planned to have



Admissions representatives at the Pennsylvania, Maryland, and Ohio Competitions. The Academy also supports the ProStart program by offering hands on help to schools prior to the competition at *PA ProStart Boot Camp*. During the Boot Camp experience, chefs work with students from high schools across the area to develop skills in food production, knife skills, teamwork,

professionalism, recipe costing, and much more. In January, the Academy hosted students from the Central Pennsylvania Institute of Science and Technology, Central Westmoreland Career and Technology Center, Fayette County Career and Technical Institute, Greene County Career and Technology



Center, Greater Johnstown Career and Technology Center, Jefferson County-DuBois Area Vocational School, and Northumberland County Career and Technology Center. This event has proven to be very beneficial

for the schools who attend. In fact, last year two of the teams who participated in the PA ProStart Boot Camp placed in the top three in the Culinary and Management Competitions. This year's teams are working to be just as successful!



HOSP Senior Speaks to High School Students about IUP

Over winter break, Christian Jones, a soon-to-be-graduate of the **Hospitality Management Department**, visited his previous high school's classes in Family and Consumer Science, Human Development, and Nutrition to speak about his college experience.

Throughout the day, Jones spoke to six classes in grades from freshman to senior to discuss his maturation and growth from self-proclaimed "lazy" student in high school to a focused, dedicated, and hard-working college student-athlete.

"I really believe that higher education is all about finding out who you are and developing that person into the best you can be...I 'flipped a switch' and realized to be successful I had to refocus and reform myself," stated Jones.

Jones stressed the importance of developing core values and shared his core values of attitude, consistency, optimism, respect, willingness, and teamwork. Jones then transitioned into sharing how his core values helped build his life into the one he wants.

"I used the metaphor of a building block pyramid – the top is where you want to be, but, if you don't have a solid foundation of values and skills, you can never get to the top. A building is only as strong as the foundation you build it on."

– Christian Jones

"I used the metaphor of a building block pyramid—the top is where you want to be, but, if you don't have a solid foundation of values and skills, you can never get to the top. A building is only as strong as the foundation you build it on," shared Jones with the students.

Jones added, "Though I believe all the values I shared with the students are important, I really stressed the importance of consistency and willingness. If they choose any of those values, those two should be in their toolbox. Consistency is key to any type of success. Willingness is also important; willingness to succeed, but also to fail. There are going to be

times when things don't work out, and one must adapt." Jones was surprised by the students' willingness to listen. "You could tell that they were really processing and taking to heart what I had to say. I think that some of this may be because I am from Laurel Highlands. It wasn't too long ago that I was sitting in their seats."

Besides being a student and track and field athlete, Jones is also a certified personal development coach and public speaker through the John Maxwell Team, conducting coaching calls and programs to assist others in reaching their potential.

Jones is looking forward to more speaking engagements at high schools and has already been invited back to Laurel Highlands High School to speak to the senior class. As of now, he has no definite plans after graduating but is looking forward to the future.



Criminology & Criminal Justice Present on Domestic Homicide



Dr. Alida Merlo

Drs. Bitna Kim and Alida Merlo, faculty in the Department of Criminology & Criminal Justice, along with former graduate students, Courtney Evans and Cady Griffith, co-authored a presentation entitled "Domestic Homicide Revisited: A Synthesis of Systematic Review Findings".

They presented their study on February 7th at the 47th Annual Meeting of the Western Society of Criminology in Phoenix, Arizona. Evans and Griffith received their Master of Arts degrees in Criminology & Criminal Justice in December 2019.

HDFS/FCSE Receive Funds to Improve Early Education

Co-project directors Kalani Palmer (HDFS/FCSE) and Tricia Shelton (ECED) received funding of \$71,569 to improve the quality of early education in Pennsylvania.

The grant is a partnership between the Pennsylvania Departments of Education and Human Services Office of Child Development and Early Learning and the Pennsylvania Department of Education Office of Postsecondary and Higher Education. Alongside Palmer and Shelton, additional faculty

members in HDFS – Sarah Brown, Jennifer Salaway, and Brianna Totty – plus students Avien Lawson (Fashion Merchandising), Caylenn Jordan (HDFS), and Kellianne Nerlich (Biology; CDFR Minor) are contributing. The grant facilitates community partnerships as well and works closely with Elisa Spadafora from Butler County Children’s Center and Thomas Yeager from the YWCA of Greater Pittsburgh.

The grant will be used to design an infant–toddler certificate and preschool certificate for ECE professionals that focuses on the skills and knowledge needed to support children and their families. The grant will also help construct hybrid courses that combines face-to-face contact and technology-based instruction to support the needs of nontraditional students.



Dr. Kalani Palmer



Specific goals for the grant include the following:

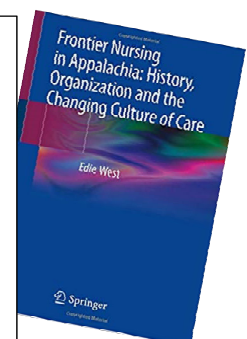
- developing certificates in (1) Infant/toddler and (2) preschool/early childhood
- executing articulation agreements with community colleges and other higher education institutes
- investigating pathways for non-traditional students to return to school to earn a certificate
- collaborating with community partners
- preparing faculty to work with students returning to school for certificates

KHSS Graduate Student Award

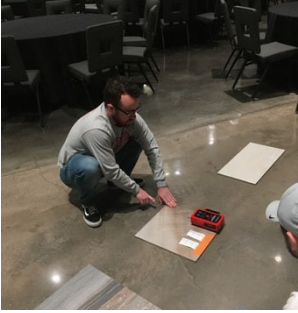
Noah Mandel, a graduate student in the MS Sport Science Exercise Science program, was awarded the Highmark Graduate Award supported by the Pennsylvania’s State System of Higher Education Foundation. Noah, a Graduate Assistant in the KHSS Department, had an outstanding undergraduate GPA in Exercise Science while successfully competing for the IUP Cross Country team for four years. As a Graduate Assistant, he assists IUP undergraduates in a variety of lab and practicum-based classes as well as offers tutoring in Exercise Physiology and Exercise Electrocardiography. He continues running for the Cross Country team in his last year of eligibility while still performing as an academically outstanding student. Noah was nominated for the award by the Exercise Science Program Coordinator, Dr. Madeline Bayles.

NURS Faculty Publication

Dr. Edith West from the Department of Nursing and Allied Health Professions recently had her book, *Frontier Nursing in Appalachia: History, Organization, and the Changing Culture of Care*, published after completing historical research with Frontier Nurses.



SAFE, INDS, and NURS Students Share Expertise and Time



Four Safety, Health, and Environmental Applied Sciences students traveled to the Rivers Casino in Pittsburgh on February 17th to help the casino's safety department conduct coefficient of friction (CoF) tests on floor coatings at the casino. Students learned about measuring the coefficient of friction in their ergonomics lab, and their experience at the Rivers Casino allowed them to apply this skill in a real-world application. The results of their findings will help the casino determine appropriate floor finishes in order to prevent slips and falls.

The National Kitchen & Bath Association Student Chapter (comprised of students majoring in Interior Design) recently made Valentine's Day cards for the Memory Support residents to color at St. Andrew's Village. Students dropped off the cards and chocolates for the residents to enjoy. What a great way to connect with the Indiana community!



IUP's American Association for Men in Nursing (AAMN) continued their outreach visits to area high schools with a recent visit to the Punxsutawney Area High School (PAHS) in February. The IUP students met with over 120 PAHS students throughout the day. AAMN students expanded their presentation to include information about all of the majors within the College of Health and Human Services, with demonstrations highlighting the skills needed for nursing. PAHS found the visit to be very beneficial to the students and has asked AAMN to return for future visits.

Fashion Merchandising at International Textiles & Apparel Association



Dr. Mercan Derafshi, Assistant Professor in the Department of Human Development, Fashion, and Interior Design, presented her research entitled, "Effect of Police Duty Belt on Trunk Kinematics" at the International Textiles and Apparel Association (ITAA) in November 2019.

The results support the use of a lighter duty belt. An alternative carriage method is being developed in the Department of HDFID as a result of her research.

HOSP Alumnus Speaks to Students about his Catering Company

In February, Hospitality Management alumnus Corey Crocco (2010) shared his story of his independent catering company, *Flair of Country, Catering and Event Planning*, with the students in Stephen Shiring's Hospitality 470 Business Model course. Students were very much engaged with Crocco's presentation since his business model is similar to the project students are currently working on in Hospitality 470, a senior-level course where students create their own business concept by writing a complete and comprehensive 11-module business plan specific to their own hospitality idea.

Crocco shared how he always wanted to run his own business, following his parents' entrepreneurial sprits. "The idea of doing things on my own always appealed to me," stated Crocco.

After graduating from HOSP, Crocco knew he wanted to start his own business but began work in the natural gas industry then managed a bar for experience and to accumulate income to offset the

startup costs. He also began to cook at events, including the Johnstown Music Fest, and as referrals became more frequent, he eventually developed his catering business to incorporate an 8 ½ by 24 foot "mobile kitchen" within a trailer so he and his staff could cook directly at the venue location, providing everything fresh for the first guest through the 250th guest at the event.

The Crocco's company was an instant success, and they invested in a second mobile trailer-designed kitchen to enable them to service more than one event at a time. Crocco excitedly shared with the class his next business plan.

"We are very excited to be taking the next step in developing our own wedding facility on a piece of property we recently acquired next to the [John Murtha Johnstown-Cambria County] airport." As all companies evolve over time to

meet their target market needs, he explained, "This commercially



zoned area will be in close proximity to the airport, main road, and nearby hotels. This will enable us to design the building from

the ground up, customizing their own space to include an outdoor patio area. The building will have a classic upscale rustic atmosphere, like the rustic ambience of the historically renovated barns. However, it will provide the ability for us to offer more guest-comforting amenities."

The students asked Crocco how he moved from business idea to concept with limited knowledge, such as when building a new facility. He responded, "Do your research and try to answer all the questions you have both currently and in the future...Don't be afraid to reach out to other people who have similar goals as you. You would be surprised to know how helpful people are when you have questions about something they, too, are also passionate about."

The sous chef, Britton Showalter, is a [Department of Hospitality Management and IUP Academy of Culinary Arts graduate!](#)

The Academy of Culinary Arts Uses New Technology



In mid-March, eighty of the Academy Culinary and Baking students asked questions using the Zoom Technology that was recently installed in the Fairman Auditorium. Students had the opportunity to hear Chefs Reed, Barnes, Kapusta, and Pike answer their concerns as the coronavirus pandemic put a halt to face-to-face classes. If you look closely, you can see the screen filled with students' faces as they zoom in from their remote locations.

Dean's Message.....by Sylvia Gaiko

I hope this newsletter finds you healthy and happy! Since our last newsletter it seems like the world has completely changed, and I am glad to have this venue to touch base with our special HHS alumni and friends. Over the past several weeks our faculty and staff have worked tirelessly to move all classes to a distance mode. This is not an easy task and we are so fortunate to have amazing, hard-working faculty. Our goals during this time: minimize the health risk, while continuing to provide high quality educational programs that focus on student success and support. And, wow, have our faculty embraced that goal. I have spent much of my time either in administrative meetings or talking personally with department chairs and faculty. The amazing stories of what everyone is doing to support the students and move through this semester is heartwarming. One student indicated through email to a faculty member, "I just wanted to take a moment to encourage you and thank you for all of your hard work. We were all extremely flustered by all of these changes, but you have been phenomenal about communicating and adapting to our needs." Others have expressed their appreciation when receiving a personal phone call from our Dean's Associate Dr. Sally McCombie. It is this personal touch that defines us at this time, and I believe will move our students and faculty through this difficult situation. Watch for our April newsletter as we will share more stories about the wonderful efforts of our faculty and staff.

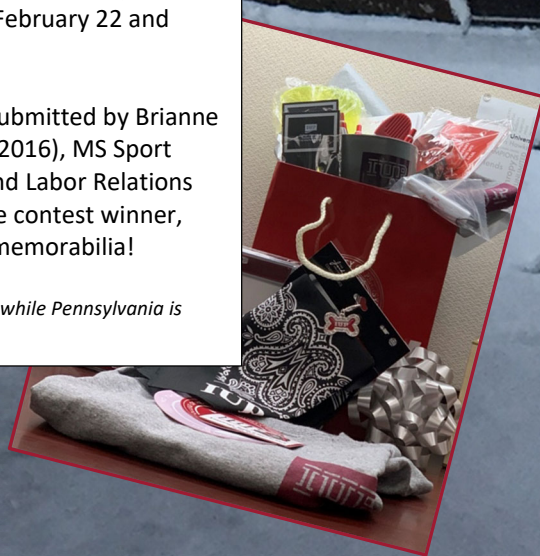
To further support social distancing we have closed all academic building on campus, but our faculty will continue to provide personalized support to our students through telecommuting. Please feel free to call or email anytime, we are here, just not in our normal offices.

Until next month's newsletter, stay safe and take care of yourself, your families, and your community. Please pass this CHHS e-newsletter along to others who might want to learn more about us or visit our website.

In last month's trivia contest, we asked, *What current IUP ambassador and HHS sophomore will ask a question on this season's 'Hometown High Q'?* The correct answer was Casandra Marrero-Rodriguez, a sophomore nursing major from Harrisburg. She was on the show February 22 and February 29.

The winner of last issue's contest was submitted by Brianne Lenhart, B.S. Hospitality Management (2016), MS Sport Science (2017), and MA Employment and Labor Relations (2017). Congratulations, Brianne! As the contest winner, she will receive a prize package of IUP memorabilia!

Note: The trivia contest is temporarily suspended while Pennsylvania is under a "stay at home" order from the Governor.



Comments, suggestions, and questions regarding the newsletter can be sent to the editor at beverly.mastalski@iup.edu.