



College of Health and Human Services

*Volume 4 Number 2
March 2023*

We continue to see numerous signs of excellence in the college; as students and faculty receive prestigious awards, are published in professional venues, and support the community through grant writing and activities. In addition, we had approximately 183 students graduate this past December, and thus began exciting careers or entered graduate school. It is hard to highlight all the accomplishments, but we do hope that you enjoy reading about a few in this addition of the CHHS newsletter! Drop by soon, as we would love to see you on campus.

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Criminology Distinguished Alumni Honored by PASSHE



An Indiana University of Pennsylvania Distinguished Alumni Award recipient will be honored by the Pennsylvania State System of Higher Education for her longstanding contributions to diversity, equity, and inclusions efforts at IUP. Debra Evans Smith, a 1981 IUP criminology graduate who received the university's Distinguished Alumni Award in 2022, is an inaugural Pennsylvania State System of Higher Education Keepers of the Flame award recipient. Smith retired from the FBI after a 30-year, award winning career. Smith was honored on Nov. 4 during the State System's Diversity, Equity, and Inclusion Summit. The Summit, which was held virtually, was livestreamed.

"Debra Evans Smith is really the gold standard of involved and committed alumni," Chief Diversity and Inclusion Officer and Title IX Coordinator Elise Glenn said.

"She has distinguished herself with an incredible, award-winning 30-year career, and continues to give back to the university and to our students in all possible ways," Glenn said. "It is our honor to nominate her for this recognition."

Smith currently serves on IUP's Alumni Board of Directors and the Black Experience Alumni Committee. She has made numerous presentations to IUP students and staff over the years, including serving on the "Diversity, Inclusion, and Equity in a Professional Workplace" panel discussion held in March 2021 and she spoke during an event for students after the Derek Chauvin verdict. In her continued commitment to mentoring students, she also spoke to criminology students at IUP on Nov. 1. She was the first alumni representative on the President's Commission for Diversity and Inclusion.

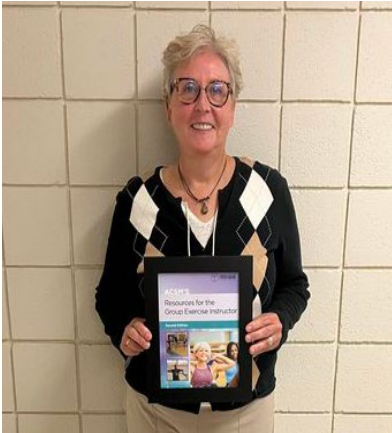
Faculty Awarded Grant to Help Local Indiana County Firefighters

Dr. Leslie Stenger and Dr. Stephanie Taylor-Davis were awarded an IUP Strategic Plan Mini Grant for the IUP F₃ (Firefighter Fit) Program. Graduate assistants, Grace Kerr and Tara Baney, will help to recruit and prepare the undergraduate students in the departments of KHSS and FDNT to work together to provide fitness and nutritional opportunities to the volunteer firefighters in Indiana County by teaming with the Indiana Fire Association. The program will start in February 2023 with the fitness testing followed by individualized programming which includes nutritional counseling, personal training, small group



training, and/or corrective exercise programming. The fitness level of firefighters may truly be a matter of life and death, and their health and wellbeing should be of paramount concern to the entire community. One aim for the program is to identify and monitor health-related issues (e.g., cardiovascular health) and provide opportunities for fitness improvement to optimize performance of the firefighter in the line of duty.

KHSS Faculty Member Serves as Senior Editor and Author



Dr. Leslie Stenger served as the Senior Editor and author of three chapters in the second edition of the (American College of Sports Medicine's) ACSM's Resources for the Group Exercise Instructor published by Lippincott, Williams & Wilkins (LWW) published in September of 2022.

ACSM's Resources for the Group Exercise Instructor is an essential resource for undergraduate exercise science programs, students in pre-professional programs, and those independently preparing for the ACSM Group Exercise Instructor (ACSM-GEI) certification.

Nicole Dann-Payne contributed to the resource as the author of chapter ten, "Nutrition Guidelines for Group Exercise Instructors". Nicole is the IUP Dining Campus Dietitian and district dietitian for Aramark's Collegiate Hospitality.

Nursing Alumni Receives Colleen Conway-Welch Award

Karen Hande, who received a PhD in nursing education from IUP and a Master of Nursing from BC, received Colleen Conway-Welch Award for National Leadership from Vanderbilt University School of Nursing, in honor of her broad impact on health care. Hande is a nationally recognized nurse scholar known for her innovative teaching and learning strategies. Hande designed and implemented a competency-based, postgraduate in oncology fellowship at the Vanderbilt Ingram Cancer Center, the first hospital-based oncology transition-to-practice in Tennessee and third in the country. She also designated a nationally recognized opioid mitigation protocol to prevent opioid abuse.



2022 award winners include, from left: Cara Young, Karen Hande, Erin Miller, Jade Vergara, Rebekah Lee Hayes, Laura Buchanan, Amy Pettigrew and Taaka Cash. Honorees not pictured include: Abigail Morgan, Gilbert Gonzales and Bonnie Pilon.

Sociology Alumni & Foundation President Takes Part in Speaker Series

As part of the Social Sciences Career Pathways Speaker Series, the IUP Department of Sociology hosted a presentation by Mrs. Tara Hackwelder (MA '06) entitled, "Love is a Life Raft: A Mother's Memoir on Loss, Rare Disease, and Survival" on November 10, 2022. Tara spoke about how her Master of Arts degree



in Sociology prepared her for her daughter Elizabeth's challenges with a rare genetic disorder called ZTTK Syndrome. ZTTK syndrome is a severe, multi-system disorder characterized by delayed psycho-motor development and intellectual disability. Tara described the challenges Elizabeth and her family faced from finding her diagnosis to overcoming the barriers imposed on them by a fractured health care system. She also shared many of Elizabeth's proudest accomplishments like walking through New York City and riding a bike that was specially designed for children

with disabilities. Elizabeth sadly passed away at the age of 8 due to complications from her disorder; however, by serving as President of the ZTTK SONshine Foundation, Tara continues to be a strong advocate for other children like Elizabeth and their families. The speaker series presentation was co-sponsored by the Sociology Club, Alpha Kappa Delta (AKD), the Political Leadership Society, the Anthropology Club, Alpha Phi Sigma, the Criminology Association, and the Economics Club. It was attended by approximately 125 IUP students, faculty, and staff. According to the US Bureau of Labor Statistics, there will be an average of 194,000 nursing openings every year for the next 10 years. That's a good thing for schools that have solid reputations for nursing, like IUP. "We have a reputation for excellence because of our high state board pass rates at the undergraduate level and because our graduate programs have a unique niche that focuses on nursing education and preparing future nurse educators at the master's and doctoral levels." Students who complete any of IUP's nursing programs don't often struggle to find a job. Many have multiple offers.

Sociology Faculty Member Presents at Lunch & Learn



Dr. Hilario Molina gave a presentation on Wednesday, February 22, 2023, entitled, "Smoke and Mirrors: The American Dream Out of Reach for People of Color," as part of the Black History Month Lunch and Learn events, hosted by the Center for Multicultural Student Leadership and Engagement (MCSLE). His presentation examined how people of color are more prone to environmental discrimination and health issues because they are pushed into geographic areas that are deemed undesirable by the dominant group and the changes associated with owning versus renting a property. Dr. Molina is an Associate Professor in the Department of Sociology and currently serves as the MA program coordinator. He is a contributing faculty member for the Sustainability Studies minor and is affiliated with IUP's Pan-African Studies program. Additionally, Dr. Molina is a member of the Hispanic Heritage Council and the President's Commission on Diversity and Inclusion. His research interests include socio-demography, the role of race in the transformation of American society, and social and cultural change.

Academy of Culinary Arts Holds Cookie Competition

On November 19th, 2022, 6 Academy students participated in a holiday cookie bake-off. Sponsored by the ACF Groundhog Chapter, students were required to submit their best cookie recipe, inspired by the holidays, and from there 6 students were chosen to compete in a live competition.

The competition took place during an Academy Open House, so not only was this a fantastic way to showcase the talents of current students, but an incredible draw for visiting families and prospective students. All 6 participants received a certificate of participation and cookbook with 3rd, 2nd, and 1st place winners taking home cash prizes of \$25, \$50, and \$100. The winning cookie was also featured in the 2022 Holiday Treat Box. Students had 90 minutes to prepare their cookie and present it to the judges. Cookies were judged based on overall appearance, consistency, technical skill, bake, flavor, and theme.

The event was hosted by Chef Erin Reed. Judges included Academy Chefs, Lynn Pike and Thomas Barnes, Assistant Dean, Josh Muscatello, and Punxsutawney Groundhog Club inner circle member, Pat Osikowicz. Participants included culinary students, Jason Burchfield, Tatiana Johnson, and Bailey Hobson and baking and pastry students, Chloe Hindle, Colton Zavinski, and Devin Allison. Zavinski and Hobson took 3rd and 2nd place with 1st place going to 2nd year baking and pastry student Devin Allison with his pistachio spritz cookie with raspberry filling. Allison is a 2021 graduate of the Culinary Arts program and has returned to continue his studies in baking and pastry.



Academy of Culinary Arts Chef Wins Chef of the Year

The ACFGC Chef of the Year Award pays tribute to an active culinarian whose knowledge, skills, expertise, guidance, and direction have enhanced the image of the professional chef and who, by example, has given leadership and direction to culinarians seeking a career in the culinary profession.

Academy of Culinary Arts faculty member, Chef Thomas Barnes, was awarded the 2022 Chef of the Year Award by the Groundhog Chapter of the American Culinary Federation. The award was presented by 2020 and 2021 recipients Chef Andrew Nutter and Chef Erin Reed, as well as ACF Groundhog Chapter President, Chef John Kapusta. Congratulations to Chef Barnes on this very deserving award!

Academy of Culinary Arts Hosts PA ProStart Bootcamp



On Thursday January 12, 2023, the IUP Academy of Culinary Arts welcomed seven vocational programs to the kitchens of the culinary academy for an annual ProStart Boot Camp. A total of 40 Pennsylvania high school students, 8 educators, and 6 IUP chefs participated in the annual event.

This year’s event featured round table discussions with Chef John Kapusta, practical cooking experience with Chef Thomas Barnes, dessert plating demonstrations with Chef Erin Reed, and recipe costing, planning, and training sessions with Chef Melinda McIsaac. Kala Vargo, Culinary Admissions Coordinator was available to meet with potential future students and offered prizes and awards for both students and all vocational faculty. Lunch was planned and prepared for all participants by Chef Lynn Pike.

The “Boot Camp” program allows Pennsylvania high school ProStart teams a chance to learn tips and tricks about the competition and how to become more successful in planning and executing their creative menus. The boot camp program, now in its fourth year, was developed by Chef Andrew Nutter in coordination with Hope Sterner of the Pennsylvania Restaurant and Lodging Association to promote both IUP’s culinary program and the PA State ProStart curriculum. The ProStart program is a high school vocational curriculum developed by industry professionals and provides training for the students in all aspects of the foodservice industry. IUPACA supports ProStart by judging many state level competitions conducted in Georgia, Maryland, New York, North Carolina, Ohio, Pennsylvania, South Carolina, and West Virginia. Chef Nutter and Chef Erin Reed have also judged at the national level in Washington D.C., Texas, and California. All teams who place in the state and national ProStart events qualify for a \$2000 scholarship to the IUP Academy of Culinary Arts.



Academy for Culinary Arts Holiday Treat Boxes

The now annual holiday treat box fundraiser, helmed by Chef Erin Reed, has more than doubled its profits in this 3rd year of production, raising \$6,500 with the addition of our Academy Spice Rub and Hot Cocoa gift sets. In February, the Academy added the production of a Valentine’s Day treat box. In partnership with the ACF Groundhog Chapter, faculty at the Academy of Culinary Arts are working toward a \$25,000 goal to establish an endowed scholarship. Thank you to all who ordered!

Indiana County Walking Decathlon

Join the Indiana County Walking Decathlon and choose from hikes, walks, and fun family events throughout the county. Dr. Leslie Stenger of the Kinesiology, Health, and Sports Science Department has served on the planning committee since the inception in 2017. One of the main goals of the committee is to identify walking routes and form sustainable walking groups that will enhance and expand active transportation networks with the goal of improving the health of county residents. There are both in-person group events and self-guided tours, and all walks take place between Feb 11th and June 3rd. Copies of the flyers with details regarding each walk are located in the James Mill Fitness Center and the CHHS Dean's Office, both in Zink Hall. You can also see the flyer [here](#).

Health and Physical Education Student Receives Award

Riley Prugh, a junior undergraduate student in the Health and Physical Education Teacher Education program, was recognized as the 2022 recipient of the Outstanding Future Professional Award.

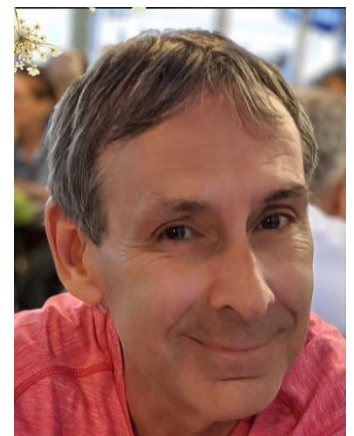
This award is given by the PA chapter of the Society of Health and Physical Educators (SHAPE PA), an organization for health and physical education professionals. The Outstanding Future Professional Award recognizes student achievements in academics, professional service and potential, and contributions to the university and community.

Prugh is very active in her major, the university, and her local community. She is also IUP's liaison for a state-wide SHAPE PA Future Professional Advisory Council. Prugh received her award at the state SHAPE PA Convention this past December.

IUP's Health and Physical Education Teacher Education students and alumni have a strong history of winning state-level professional awards. IUP students have won a state award in four out of the past five years. This demonstrates IUP's commitment to the health and physical education discipline and to student professional preparation.

Dave LaPorte Memorial Enhancement Fund

Dr. David LaPorte was a neuropsychologist who taught at IUP from 1995 until he passed away in 2022. He was a beloved faculty member in the Psychology Department who was known for his agile mind, incisive wit, and compassionate heart. Dr. LaPorte often operated in the role of institutional compass; guiding everyone around him to do the right thing for our students and community. And while his passions included reading, hiking, biking, scuba diving, traveling around the world, and talking about paranoia and superstitions, his driving passion was mentoring his students. He was a self-described "mama bear" in advocating for his students and the PsyD program. The Dave LaPorte Memorial Enhancement Fund is being established to continue to support Dave's treasured program and its students in the ways he would have wanted to himself.



The fund will be used to support the professional development of students in the PsyD in Clinical Psychology program. The allocation of these funds will be overseen by the Clinical Training Committee in the Psychology Department at IUP. The use of these funds can be flexible and based on current needs, but may include initiatives such as:

- Scholarships for PsyD students
- Travel to postdoctoral internship interviews for PsyD students
- Dissertation costs for PsyD students
- Travel to professional conferences for PsyD students
- Membership in professional organizations for PsyD students
- Computer-based neuropsychology assessments used for training students in the Center for Applied Psychology

To support the Dave LaPorte Memorial Enhancement Fund, please visit: <http://www.alumni.iup.edu/4829>



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