



College of Health and Human Services

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The College of Health and Human Services at IUP has over 3,000 students enrolled in nine departments, centers, and institutes.

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Faculty Learning Together

Three Hospitality Management Department faculty members, Stephen Shiring, Yasong (Alex) Wang, and Nicole Buse, are together completing the Certification in Hotel Industry Analytics (CHIA) and Certification in Advanced Hospitality and Tourism Analytics (CAHTA) at Train-the-Trainer workshops by STR SHARE Center in Tennessee, a global source for benchmarking and forecasting data.

Hotel analytics are an increasingly important skill for revenue managers, general managers, corporate staff, and research professionals. CHIA, the only hotel-related certification globally-recognized professional credential, validates advanced knowledge in hotel industry analytics including foundational metrics, hotel and market-level data analysis, and data-driven decision-making. Certification requires the understanding of formulas and methodologies used in the lodging industry, including hotel industry foundations, hotel math fundamentals, property level benchmarking, and industry performance reports and data.

CAHTA expands upon the CHIA content with comprehensive training on advanced analytics. Professionals stand out among their peers in hospitality and tourism; the training includes hands-on experience analyzing data, visualizing findings, and presenting results using detailed case scenarios and templates.

Research Experience Through an Assistantship Opportunity

Elizabeth Clinger, graduate student in Food and Nutrition, was awarded a graduate assistantship opportunity with Dr. Lei Hao, assistant professor in the Food and Nutrition department, for the 2020-2021 academic year. As a registered dietitian completing her master's degree in nutrition, Clinger found a valuable experience in working with Hao, who completed his doctoral degree at Penn State University, followed by an intensive post-doc research experience at Harvard, and arriving at IUP following a research position at Texas Tech University.

While Clinger has 15 years of experience in clinical nutrition, she sought to learn more about the intricacies in higher education and nutrition research. Both Clinger and Hao have an interest in learning more about dietary patterns that support lifelong health and prevent chronic disease. Recent nutrition research points to gut microbiota having a key role in helping to prevent diseases like obesity, cardiovascular disease, and cancer. Under the direction of Hao, Clinger is working on a grant proposal for research to investigate the effects of a whole food plant-based diet on gut microbiota and metabolic markers as well as a research review paper on colorectal cancer and gut microbiota.

“Dr. Hao’s guidance has been invaluable during these projects. He has provided expert feedback and guidance and has been able to help with my understanding of the science as well as the research process,” remarked Clinger. “Dr. Hao’s love of nutrition research is contagious. He makes the prospect of nutrition investigation and the advancement of nutrition science very exciting. It has inspired me to build off the concepts and research ideas we have discussed to further investigate other areas of interest, including nutrition and cardiovascular disease,” she added. While there have been challenges to a year where the graduate assistantship has been virtual, Hao has made the experience valuable and has generously shared his knowledge and expertise in the area of nutrition research, helping to spread his passion for advancing the field of nutrition.



Highlights from Criminology

Dr. Matthew Hassett (a doctoral program alumnus) and Dr. Bitna Kim (faculty member) coauthored an article entitled, "Campus Carry Attitudes Revisited: Variations within the University Campus Community" which was just published online in the *Journal of School Violence*.

Additionally, Dr. Nathan E. Krus (doctoral program alumnus) and Alida V. Merlo (faculty member) co-authored an article entitled, "A Preliminary Assessment of Stigma in Law Enforcement Officers' Responses to Opioid Overdoses" in the *Journal of Drug Issues* (Forthcoming).

The College of Business & Public Management at West Chester University announced that Dr. Michele Bratina is the recipient of the 2021 Faculty Scholarship Recognition Award based on her extensive scholarship including publications, presentations, and other research activities in the field. Dr. Bratina is a graduate of IUP's Department of Criminology & Criminal Justice's doctoral program.

On April 12th, Alida Merlo participated in Slippery Rock University's Department of Criminology and Criminal Justice's Awards Ceremony via Zoom to present the Alida V. Merlo Award. This award was established in 2006 by two IUP doctoral program alumni, Dr. Katherine Hardesty and Dr. David Champion, and is awarded each year to the graduating senior with the highest GPA.

On April 14th, Dr. Bitna Kim, Chair of the Academy of Criminal Justice Sciences' (ACJS) 2020-2021 Awards Committee, presided over the ACJS Annual Meeting Awards Ceremony on Zoom. The Zoom ceremony was viewed across the United States as well as internationally. Dr. Kim was responsible for chairing the committee and overseeing all subcommittees that select recipients of the Academy's awards.

ASSP Virtual Conference

Dr. Wanda Minnick and Dr. Tracey Cekada, faculty from the IUP Safety Sciences Department, in conjunction with the W. PA Chapter of the American Society of Safety Professionals (ASSP) and Slippery Rock University Safety Management Department, hosted their annual ASSP Regional Professional Development Conference on March 11 virtually!

Due to the COVID-19 pandemic, the conference was offered virtually for the first time in its history. The opening Keynote Speaker was Dr. John Howard, Director of NIOSH, and the Closing Speaker was Bill O'Rourke, formerly of Alcoa. Over the course of the day, the conference had many impressive speakers including Jay Harf, Chris Irwin, Regina McMichael, Dan Snyder, Pam Walaski, Kent Hatcher, Kyle Kutsup, Wyatt Bradbury, Kristin Herman, Tyler Orazio, and Fran Sehn.

A special thank you to all the vendors, sponsors and speakers who helped make this event a huge success!

Keep up the good work!

Scholarship Recipients

Three Safety, Health, and Environmental Applied Sciences majors were 2021 academic scholarship recipients from the ASSP Foundation. Congratulations to Adam DiCriscio (Future Leaders Scholarship), Kaitlyn Walsh (Future Leaders Scholarship), and Jeremy Bittleburn (Amazon Impact Scholarship).

Academy of Culinary Arts Featured in Local Art Show

The IUP Academy of Culinary Arts was invited to be part of the [23rd Annual Art in Bloom Spring Art Show](#) in Ebensburg, PA. As part of the Art Show, the IUP Baking & Pastry program displayed sugar sculptures donated by Baking & Pastry faculty members Chefs Anthony Battaglia and Hilary DeMane. The sculptures were featured as a new exhibit this year and were on display at Everyday Gourmet in Ebensburg. The Art Show is also available to view online.

*the Art and
Science of
Sugar as an
Artistic
Medium*

Zeta Lambda Induction Ceremony and Research Day

IUP Nursing and Allied Health Department's Sigma Theta Tau International Zeta Lambda Chapter welcomed a new president as well as hosted the annual Induction Ceremony and Research Day in April.

Zeta Lambda Chapter welcomed Dr. Riah Hoffman as she moved from President Elect to President of Zeta Lambda Chapter of the Sigma Theta Tau International Honor Society of Nursing. The Chapter also thanked Dr. Pam O'Harra for her many years of service as President of ZL Chapter. Kudos, ladies!

ZL Chapter hosted the Induction Ceremony in April at the Rustic Lodge in Indiana, PA. The featured guest speaker was IUP Nursing Doctoral student Dr. Diann Cooper who shared her research entitled, "The Relationship between the Stage of Moral Development and the Frequency of Dishonest Behaviors in the Classroom and Clinical Settings in Baccalaureate Nursing Students." Lunch was provided for the new members and the Induction Ceremony was live-streamed via zoom for family and friends. A good time was had by all!

Zeta Lambda Chapter's 10th Annual Research Education Day was held on Monday, April 19 on the IUP Campus for students and faculty which was also live streamed via Zoom. The guest speaker, Dr. Catharyn Baird, shared her expertise on Nursing Ethics. In conjunction with the presentation, select student-faculty poster presentations focusing on end-of-life ethical issue topics such as organ donations, tissue donation or transplant, human suffering, physical assisted suicide, advanced directives, quality of life, and resource allocation were presented via slideshow.

For more information check out the [Zeta Lambda website](#).

Congratulations to the
2021 Inductees!

Alexandra Andrick
Stephen Bohenek
Amber Brady
Corrine Craig
Sierra DeMarsh
Cody Dreibelbis
Gail Drew
Cassidy Dunaway
Ivy Eisenhower
Mira Federico
Emma Frazier
Brooke Gentile
Kasey Kaczorowski
Christina Katarski
Maura Keinath
Karley Kovatch
Julie Kucherer
Josie McKee
Riley Morgan
Jenna Pollaci
Addison Rutkowski
Ashley St. Jacques
Madeline Stas
Haley Twarkusky
Alyssa Vansach
Kelly Woodward

Well done!

Criminology Distinguished Alumni Panel

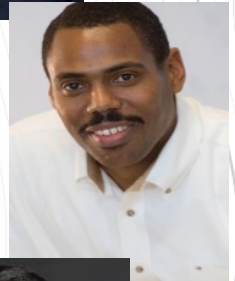
Three Department of Criminology Alumni were selected to be honored as Distinguished Alumni: Mr. Michael Baughman, Presidentially Appointed US Marshal for the Western District of Pennsylvania (Retired), Dr. Shaun Gabbidon, Distinguished Professor of Criminal Justice, Penn State Harrisburg, and Mr. Eric Zahren, Carnegie Hero Fund Commission and Special Agent in Charge US Secret Service (Retired).

The Distinguished Alumni Award is the highest honor for an alumnus at IUP and recognizes IUP graduates who have achieved distinction through sustained performance in their fields or who have provided outstanding service to IUP. Baughman, Gabbidon, and Zahren are three of only 369 out of over 150,000 IUP alumni who have received this award.

The Department's April 20th Distinguished Alumni Panel Zoom event was well-received with over 100 participants in attendance. Among topics discussed by the panelists were their educational and career trajectories, career advice for students, the training process for their profession, and the value of strong writing skills in their profession. For more information about the presentation, please see the April 20 article in [The Penn](#).



Michael Baughman, Shaun Gabbidon, and Eric Zahren



Dietetics Student Studies Gut Microbiome

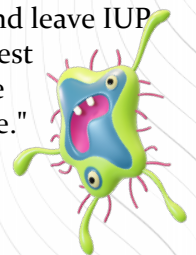
The food we eat isn't just fuel for our organs to complete metabolic processes, but it is fuel for the trillions of bacteria that harvest our gut microbiome. The composition of our diets either feeds the good bacteria or feeds the bad bacteria potentially resulting in health concerns such as diabetes, obesity, and autoimmune disease from chronic low-grade inflammation. The idea that diet can potentially cause, or cure disease led Ashley Beam ('20, Dietetics), current graduate student in Nutrition, and Dr. Lei Hao (Food and Nutrition faculty) to dive into the gut microbiome to study the effects that diet and dietary

components have on the gut.

With Hao's guidance, Beam focused on specific dietary components such as polyphenols, flavonoids, prebiotics, SCFA, soluble fiber, bile acids, and TMAO. She analyzed over 150 published studies and approached the review process with the intention to "create a story" so she could present her literature review in an informative and entertaining manner. Her manuscript, "Effect of Diet and Dietary Components on the Composition of Gut Microbiota," is currently

under review for publication.

Beam credits Hao's expertise in providing the framework for her success. Her advice to current students is, "If you have a passion, no matter what it may be, talk to your faculty members because your professors, especially in the food and nutrition department, want every student to succeed and leave IUP with the best experience imaginable."



Lights, Camera, Action: Studio 814 at the Academy of Culinary Arts

The IUP Academy of Culinary Arts was the featured guest on WTAJ's Studio 814 programming on Thursday, April 15, 2021. Faculty and students were interviewed at the Fairman Centre by WTAJ's Jordan Tracy.

Faculty members Chef Lynn Pike, Chef Hilary DeMane, and Chef Anthony Battaglia, along with Baking & Pastry students Thomas Moran and Ashley Cruz, were interviewed during the segment. Chef Pike gave an overview and spoke about the programs offered at the Academy of Culinary Arts. Chef DeMane demonstrated how to make a sugar ribbon and explained the process of creating a sugar showpiece. During another part of the segment, Chef Battaglia focused on how students learn to make wedding cakes and cookies.

Check out all the segments of the interview at [Fun Times at Academy of Culinary Arts](#)

Ashley Cruz and Thomas Moran



Chef DeMane demonstrates sugar techniques



Sugar Showpiece: Butterfly



Jordan Tracy interviews Chef Pike

Outstanding Presentations at the IUP Scholars Forum

Safety Sciences PhD student Cynthia Pugh and her mentor from the Safety Sciences Department, Dr. Luz Marin, received the graduate Outstanding Presentation Award at the [IUP Scholars Forum](#) in April.

Cynthia's research entitled, "Characterization of occupational exposures to engineered nanomaterials in a recycling facility," looked at evaluating occupational exposures to nanomaterials in the workplace that may affect plant workers' health. Her research revolved around both quantifying and characterizing the exposure levels to nanoparticles in a recycling facility. The results of her research could have significant impacts on reducing potential worker exposure to nanoparticles.

At the same Scholars Forum, undergraduate senior respiratory therapy students Hawra Ali Abusaab, Sara Alshareef, and Mawadh Alfارشoti received the undergraduate Outstanding Presentation award.

Abusaab, Alshareef, and Alfارشoti presented "Respiratory therapists' perceptions of the efficacy of differing airway clearance techniques used in the United States." Their faculty mentor was Dr. Jackie Heisler.



University Senate Award

Bev Mastalski, administrative assistant in the HHS Dean's Office, received the 2021 Distinguished Staff Award for Service from IUP's University Senate. The award recognizes staff members for university-wide service, service to departments and students, involvement with community, collaboration with others, and leadership.

Father-Daughter Publications

Stephen B. Shiring, chairperson and faculty member in the Department of Hospitality Management, and his daughter, Elizabeth J. Shiring, ('15 Masters and '20 Doctorate), instructor in the Department of Professional Studies in Education, have co-written five manuscripts, all of which were accepted by the *Journal of Hospitality and Tourism Research (JHTR): ICHRIE'S 75th Anniversary Special Issue Celebrating Its Past, Present and Future*, Summer 2021 publication. A unique section was created in the journal to house the five articles, which included: "Early leaders in the struggle to improve hospitality education in America," "Hotelkeepers organize in twentieth century to legitimize and advance profession in American society," "International Stewards' Association (I.S.A.) efforts to organize a hotel training school – Winona Technical Institute," "The International Stewards' Association efforts end to establish a hotel school in 1917," and, "Scarcity of human resources plague America's hotel industry at the start of the twentieth century." *JHTR* is an international scholarly research journal that publishes high-quality, refereed articles that advance the knowledge base of the hospitality and tourism field. *JHTR* focuses on original research, both conceptual and empirical, that clearly contributes to the theoretical development of the hospitality and industry field.

SAND Hosts Events for National Nutrition Month

Nutrition In the News: Science Fact or Science Fiction?

National Nutrition Month is an invitation for everyone to learn more about developing healthy eating and lifestyle habits during March. As an annual campaign by the Academy of Nutrition and Dietetics, the IUP Student Association of Nutrition and Dietetics (SAND) organizes events to celebrate on campus and within the community.

In the past, SAND hosted three campus events: a smoothie sale, a Crock Pot competition, and a guest speaker. With restrictions this year due to COVID-19, SAND was limited to hosting a guest speaker, taking advantage of video conferencing to host nationally recognized, Chicago-based, registered dietitian, Melissa Joy Dobbins, MS, RDN, CDE. Dobbins specializes in nutrition communication, has experience as a spokesperson for the food, grocery, and healthcare industries, and specializes in training health professionals on social media and communication skills. In 2016, she received the Media Excellence Award from the Academy of Nutrition and Dietetics. Dobbins, also known as the Guilt-Free RD®, serves up nutrition information in her Sound Bites podcast, helping people make food decisions based on facts rather than fear. Dobbins gave two separate presentations to the IUP community to celebrate National Nutrition Month.

Dobbins' first presentation, open to the IUP and Indiana communities, disputed myths surrounding nutrition in the media. Dobbins addressed the misinformation of organic and GMO (genetically modified organism) food labels. She explained the negative stigma due to pesticide use discourages low-income shoppers from buying fresh fruits and vegetables because of the high cost of organic produce. Dobbins also addressed myths surrounding the egg industry labels of *cage-free*, *free-range*, and brown eggs, and what it means to be plant-based. She concluded by encouraging people to focus on the nutrients that a food provides, picking foods with a lot of nutrition for most of the diet.

Dobbins' second presentation, targeted to food and nutrition students, discussed the importance of communication. She described how nutrition education specifically helped her in communicating. Giving people too much information can be overwhelming and ineffective, so experts must boil the knowledge down to what is most important. Dobbins emphasized that being clear, concise, and compelling are the three most important aspects of successful communication. She also encouraged nutrition students to show confidence in their food choices and to differentiate facts from sensationalized headlines.

The advice Dobbins left students with was to find opportunities, make mistakes, and learn. To future nutrition professionals, her presentation was inspiring and helpful in showing a glimpse of what students can expect. She emphasized, "Focus on your strengths and work with what you have." By doing that, students will create their own paths to success.

CRIM Student Receives Reynolds Scholarship

The IUP chapter of the interdisciplinary honor society of Phi Kappa Phi has selected Bradley Welman as this year's recipient of the annual Reynolds Scholarship. Welman, an undergraduate student in the Department of Criminology and Criminal Justice who graduated in May, plans to use the scholarship to continue as a graduate student



in IUP's Master of Arts program in Criminology. Welman has already earned graduate credits through the university's 4+1 Accelerated

Degree Program. As an undergraduate, Welman participated in the annual IUP Scholars Forum that allows students to present original research in a university-wide conference setting. Welman supplemented his academic experiences by obtaining certification as an Emergency Medical Technician through IUP's Institute for Rural Health and Safety.

The Phi Kappa Phi Reynolds Scholarship is awarded to the top undergraduate student member of Phi Kappa Phi who plans to continue their education with post-graduate studies. As chapter winner, Welman's name will be forwarded to the national office of Phi Kappa Phi for additional fellowship consideration.

Phi Kappa Phi is an interdisciplinary honor society headquartered in Baton Rouge, Louisiana. Membership is by invitation only to the top 10 percent of seniors and graduate students and the top 7.5 percent of juniors. Faculty and professional staff members and alumni who have achieved scholarly distinction also qualify for membership.

NURS Senior Receives Judith Ann Shoop Award

The Judith Shoop Award is granted annually by the IUP Nursing Departments' Zeta Lambda Chapter of Sigma Theta Tau to a graduating senior in nursing.

This award is presented in memory of Judith Shoop ('78) who faced many health challenges but did not let that stop her from pursuing her dream of becoming a nurse. To honor the memory of this courageous young woman, the Zeta Lambda Chapter of Sigma Theta Tau presents the Judith Ann Shoop Memorial Scholarship each year by recognizing outstanding academic achievement in a graduating nurse. The \$500 award is given to the graduate with the highest-grade point average, and this year the award was given to Brooke Zawalnicki.

After learning she was the recipient of the award, Zawalnicki stated, "Not only has the IUP nursing program given me the



competencies to become a successful nurse, but the University as a whole has served as a cornerstone in fostering my personal growth. After graduation, I have plans to work at UPMC St. Margaret in the critical care rotation (ICU, ER, Stepdown Unit). I would like to thank everyone who has supported me throughout my journey!"



Hospitality Management Hosts Recognition Dinner

The 2021 Department of Hospitality Management's annual Recognition Awards Dinner was held virtually in April. The department recognized student achievement, service, academic scholarship, and leadership, as well as hospitality industry professionals and alumni for their dedicated support to the department and students.

Chairperson Stephen B. Shiring served as master of ceremonies, and HHS Dean Sylvia Gaiko welcomed all guests, followed by the award presentations from faculty members.

Nicole Buse recognized the 2020-2021 department-sponsored student professional organizations and international honor society then presented the Outstanding Junior Awards for service, leadership, and academic excellence, followed by Yasong (Alex) Wang presenting the Outstanding Senior Awards in the same categories and Jeff Santicola recognizing the student scholarship award recipients.

Shiring then spoke of the exemplary contributions the industry and alumni recipients provided in support of the students and program. He presented the 2021 Donna Cauffiel Annual Industry Recognition Award to Jamie Moore, Director, Sourcing and Sustainability, Eat'n Park Hospitality Group. Shiring, joined by Ron Simkins, then presented the 2021 Ronald Simkins Annual Industry Recognition Award to Chef David Whetsel, Aramark, Culinary Director PASSHE West, Mid-Atlantic Region, Higher Education IUP.

Next, Bill Jardine joined Shiring to present the 2021 R. William (Bill) Jardine Industry Advisory Board Recognition Award to Glenn Buse, Vice President of Human Resources, Blue Link Mobile, for his dedicated service to the department. Finally, Shiring presented The Allen M. Woods alumni achievement award to the 2021 recipient Courtney McKenna ('98), Director of Recruitment & Talent Acquisition, Hershey Entertainment & Resorts Company. The 2020 recipient, Pete Turner ('00), was also recognized for his distinguished career in the hotel and supply-chain sector of the hospitality industry who currently serves as a food service consultant as well as owner of Studio Z Yoga and Studio C Cycle (Zelienople, PA).

The awards event ended with a special recognition to Sherry DiPaolo for her dedicated and loyal service in her role as departmental secretary.

The following students were recognized at the dinner:

Club Managers Association of American (CMAA)
President John Hess
Vice President Michelle Brumbaugh
Secretary Jesse Coyle
Public Relations Jillian Brinling

Meeting Professional International (MPI)
President Sarah Rickard
Vice President Jillian Creel
Secretary Caitlyn Reading
Treasurer Samantha Ordonez
Fundraising Melody Traver

Eta Sigma Delta (ESD)
President Jillian Creel
Vice President Caitlyn Reading
Secretary Sarah Rickard

Outstanding Junior Awards:
Kortnei Almon, Service
Heidi Neumann, Service
Bethany Jacobs, Leadership
Deanny Davidson, Academics
Kyle Kubicko, Academics
Emily Stull, Academics

Outstanding Senior Awards:
Caitlyn Reading, Service
Sarah Rickard, Leadership
Jillian Creel, Academics
Rachel Johnson, Academics
Julia Lombardi, Academics

Scholarship Recipients:
Justin Paul
Angela Debockler
Kyle Kubicko
Kaleigh Casey
Courtney Behrik
Kaitlyn Smith
Rebecca Paulus