

CLARION

UNIVERSITY MAGAZINE

WINTER 2016

TEACHING
on the
TUNDRA

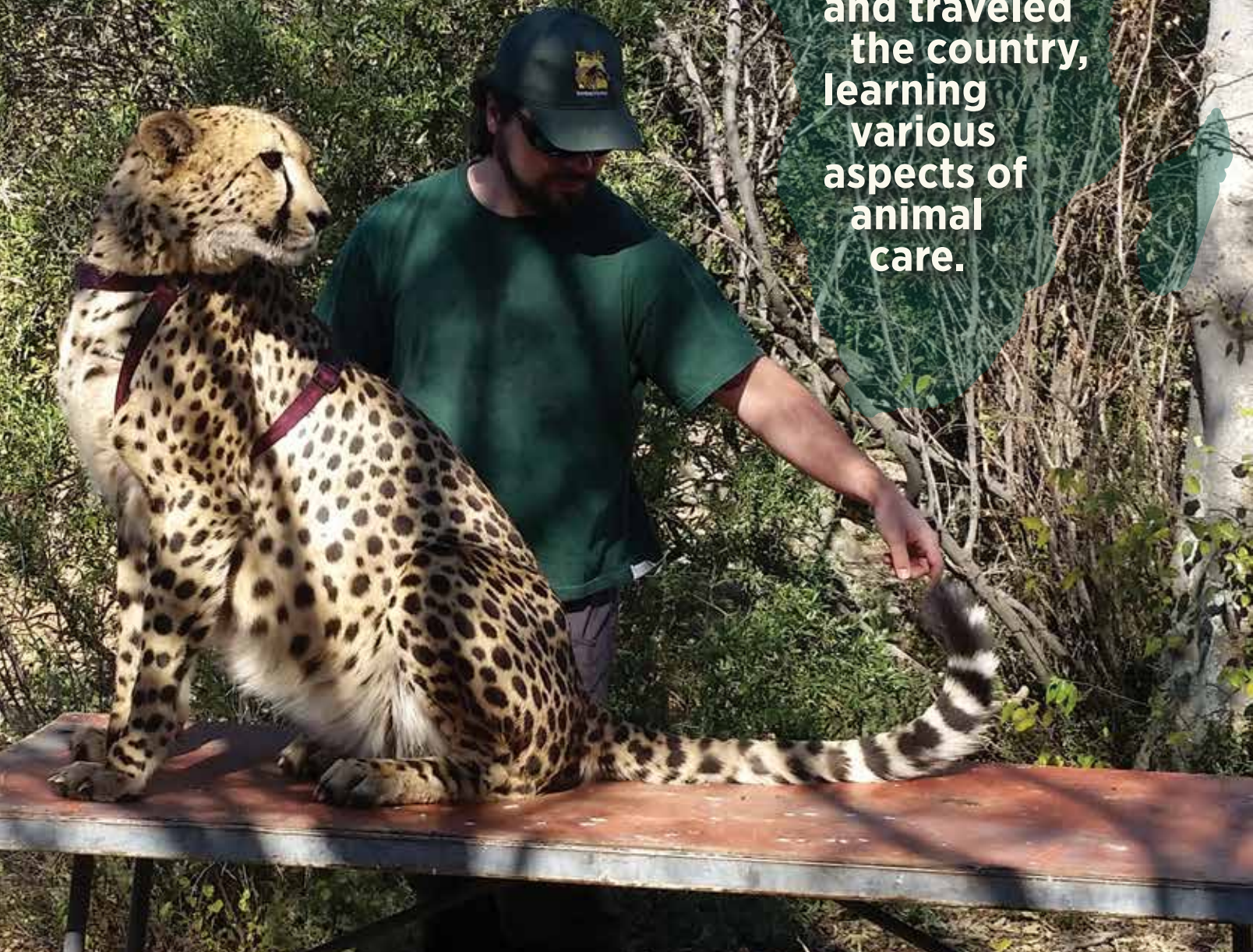
OM, SWEET
OM

PUSHUPS
raise
AWARENESS

SUBTROPICAL
STUDIES

**Biology major
and pre-professional
veterinary science
student Dylan McGlone
wanted to work with
large and exotic animals
in their natural habitat.**

**He signed up for the
EcoLife program
in South Africa
and traveled
the country,
learning
various
aspects of
animal
care.**



This story is accessible exclusively at www.clarion.edu/dylanmcglone



FEATURES

12 Om, sweet om

Joseph Croskey was looking for a topic for his dissertation, and he found not only that, but also less stress and more presence.



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When new teacher Tony Knapp took a job in Kasigluk, Alaska, he had no idea how much his hunting background would help him gain the respect of his students and the townspeople, and how much a part of his curriculum it would become.

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The Student Veterans Association, joined by other campus and community groups, dropped and gave 22 for 22 consecutive days to raise awareness of veteran suicide.

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Elizabeth McNitt found nothing but support from Clarion when faced with a pregnancy in her senior year of high school. This May, she'll graduate - a year early, with a 4.0 GPA and a beautiful toddler named Alaina.

ON THE COVER

CLARION UNIVERSITY ALUM ANTHONY KNAPP STANDS OUTSIDE OF HIS SHACK IN KASIGLUK, ALASKA. HOUSING IS PROVIDED TO

TEACHERS BECAUSE THERE AREN'T HOMES TO BUY AND CONSTRUCTING HOMES IS DIFFICULT BECAUSE THERE ARE NO TREES IN THE OPEN TUNDRA.



CLARION

UNIVERSITY MAGAZINE

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03.03.17

PITTSBURGH PIRATES™

**JOIN THE
ALUMNI
ASSOCIATION**
and the Pittsburgh Pirates
for a spring training game
in sunny Florida!

Watch as the Pirates
take on the
Baltimore Orioles
at 11:05 a.m. March 3
at McKechnie Field,
Bradenton.



The Alumni Association has reserved 100 tickets for alumni and friends. Seats are in the infield reserve. Tickets are \$25 per person and include pre-game admission to the BBQ Boardwalk with all you can eat food for the two hours preceding the game and all you can drink draft domestic beer, pop and water.

Make reservations by calling the Alumni Relations Office at 814-393-2572.

LETTER FROM THE PRESIDENT



COURAGEOUS.
confident.
CLARION.

Dear Clarion Family,

Courage and confidence!

Those are two of the most enduring attributes of the Clarion University family.

Education alumnus Tony Knapp personified courage and confidence when he accepted a teaching position in faraway Kasigluk, Alaska. He packed up all he had learned in his four years at Clarion and journeyed northwest to the unknown. To the native Yup'ik, Knapp was an outsider, and he had to gain their trust before he could teach their children. His hunting skill helped him earn a place among the primarily hunter-gatherers, and his Clarion education helped him to find innovative ways to communicate and relate with his students.

Taylor Braunagel and Dylan McGlone relied on their own confidence and courage when they spent last summer far from home in Madagascar and South Africa, respectively, to apply what they learned in the classroom by studying abroad.

Members of the Student Veterans Association showed great courage and confidence as they led a 22-day effort to bring awareness to veteran suicide.

Our students, faculty, staff and alumni live, work and learn in confident and courageous ways every day. It is through all of you that we have become **Courageous. Confident. Clarion.**

Go Eagles!

A handwritten signature in black ink that reads "Karen M. Whitney". The signature is written in a cursive, flowing style.

Karen M. Whitney
President, Clarion University

spotlight on:

PRE-PROFESSIONAL STUDIES

WHY IT'S HOT

The College of Arts, Education and Sciences has developed a well-earned reputation for providing access to sound preparation required for admission to professional schools in all medical sciences. Our graduates have distinguished themselves across the country in private practice, clinical and basic research and academic medicine.

WHAT IT'S GOT

Pre-professional studies prepares students for a professional school in medicine, dentistry, veterinary medicine, optometry, podiatry, pharmacy, chiropractic, physical therapy, occupational therapy, physician assistant programs and more.

WHAT'S NEXT

Clarion University maintains four different affiliations for accelerated undergraduate-professional degree programs: Logan University for chiropractic and Lake Erie College of Medicine for dentistry, medicine and pharmacy.

BE AN UPSTANDER



Clarion started out the academic year on #Day1, recognizing an important topic, anti-bullying. Hundreds of colleges and universities nationwide have come together through the Tyler Clementi Foundation to end online and offline bullying in schools, workplaces and faith communities. The #Day1 program gives people at the college/university level the information they need to be aware of bullying and to take actions within their own lives to end bullying.

Students often face new challenges in college; however, it is important for all of us to learn how to be an Upstander on our campuses and in our communities. For more information or to take the pledge, visit www.tylerclementi.org.





DONATE-A-MEAL CAMPAIGN BUYS 61 TURKEYS

Clarion students, along with Eagle Ambassadors and Chartwells dining service, donated a record number of turkeys to needy families this Thanksgiving season.

Students were encouraged to donate their Nov. 18 board meal

dinner or make cash donations to support the project, and 500 students joined the campaign.

Eagle Ambassadors presented Clarion County Community Action with 61 turkeys (monetary value of

\$1,425) Nov. 22 for distribution to area families. This year's effort is among the most successful to date, with 53 more turkeys donated than in the 2015 campaign.

NEW STUDENT *enrollment* INCREASES



Enrollment numbers for 2016-17 include 941 new freshmen and 308 new graduate students, an increase of 49 over last year's enrollment in those categories. Enrollment in sport management and technology leadership have tripled. Enrollment has more than doubled in the criminal justice administration and nursing bachelor's degree programs. Graduate studies grew by 50 students over last year's enrollment. This fall marks the largest bachelor's degree-seeking freshman class since 2013 and the largest graduate student enrollment since 2012.

THE UNITED OF GENDER

The 2016-17 Mary L. Seifert Cultural Series, “The United States of Gender,” kicked off Oct. 18 when Carlos Andrés Gómez presented “Man Up: Reimagining Modern Manhood.”



Growing up, Gomez believed that he should always be prepared to fight, objectify women and show no emotions. His memoir, “Man Up: Reimagining Modern Manhood,” was inspired by his realization that these beliefs are harmful to young men. He encourages young men to stand up against society’s rules of what it means to be a man and focus instead on being a good man.

GOMEZ

Spring events include:

Cast member from “BROTHERS,” a TV series about a group of trans male friends. 7 p.m. Feb. 13, University Theater, Suites on Main North

Panel: “Valley Girl, UpSpeak and Vocal Fry: The Gendering of Speech Patterns” Noon to 1:30 p.m. March 22, Carlson Library, Level A

Cartoonist and writer Allison Bechdel. 7 p.m. April 19, Hart Chapel

For details visit www.clarion.edu/seifertseries.

STATES

Sarah Jaffe and Rebecca Traister, both journalists and women's rights activists, spoke in November.



MARY L. SEIFERT



JAFFE

Jaffe is a Nation Institute fellow and an independent journalist who covers many topics, from labor and economic justice to social movements and gender. Some of her focuses include student debt in higher education and the lack of pay equity in jobs that are typically done by working class women. Her work has appeared in publications including the Washington Post, the Atlantic and many more. She also wrote "Necessary Trouble: Americans in Revolt."

TRAISTER

Traister is a senior writer at Salon.com where she has covered women in media, politics and entertainment since 2003. Her book, "Big Girls Don't Cry," is the result of her well received coverage of the 2008 election from a feminist perspective with pieces on Hillary Clinton, Michelle Obama, Sarah Palin, the role of women in the media and the media's coverage of the candidates.





CLARION EARNS SPOT ON COMMUNITY SERVICE HONOR ROLL

Clarion University has been named to the 2015 President's Higher Education Community Service Honor Roll. The President's Honor Roll is the highest federal recognition an institution of higher education can receive for its community service work.

The 2015 honor roll reflects service completed between July 1, 2014, and June 30, 2015. Clarion reported that 3,022 students were engaged in community service, logging a total of 289,818 service hours in the one-year time span. This is Clarion's second consecutive year on the honor roll.

Clarion's strategic plan puts forth that the university will expand our engagement with society and align knowledge and resources with community partners' needs. Civic engagement is one of the university's core values.

ROTC CADETS *excel* AT SUMMER TRAINING

Two Clarion University ROTC cadets earned commendations at U.S. Army training programs they attended over the summer.

Dylan Cleveland, a senior majoring in athletic training, and Ashby Diaz, a sophomore nutrition and fitness major, both received outstanding ratings for their participation in the trainings.



Cadet Cleveland attended the four-week Advance Camp at Fort Knox, Ky. where he was ranked in the top 15 percent of his company of 150.



Cadet Diaz attended the Army's 10-week Basic Combat Training at Fort Sill, Okla. Diaz was ranked one of the top two soldiers of his battery of 219, receiving a certificate of achievement and graduating with honors.

Clarion earns **MILITARY FRIENDLY** designation



Clarion University has been designated a Military Friendly® School for the eighth consecutive year. The Military Friendly® Schools designation provides service members and their families with transparent, data-driven ratings about post-military education and career opportunities.

The Military Friendly® Schools designation is awarded to the top colleges, universities, community colleges and trade schools in the country that are doing the most to embrace military students, and to dedicate resources to ensure their success both in the classroom and after graduation.



Pennsylvania's
STATE SYSTEM
of Higher Education

POLICY REVISIONS EASE TRANSFERS, ENSURE SOLID FOUNDATION

The Board of Governors of Pennsylvania's State System of Higher Education has approved policy revisions that will make it easier for students to transfer to and among any of the State System universities and will update and strengthen the universities' general education requirements.

The revisions to the transfer policy were designed to facilitate the transfer of both undergraduate and graduate students and their prior learning experiences and to ensure no unnecessary duplication of coursework.

The revised general education requirements, which will take effect in fall 2018, reaffirm the value of general education and align with standards established by the Middle States Commission on Higher Education, the State System universities' main accrediting agency. Students seeking a bachelor's degree will be required to complete from 40 to 48 general education credits, while those seeking an associate degree must complete up to 30 credits.

The revised policy will focus on essential student learning outcomes and employability skills rather than on a menu of specific courses. The requirements are intended to ensure students acquire a variety of essential skills, including oral and written communication; scientific and quantitative reasoning; critical analysis and reasoning; technological competency; information literacy; intercultural knowledge and competency; and values, ethics and diverse perspectives.

Rourke pens book on **POPE FRANCIS**

Clarion University political science professor Thomas Rourke, Ph.D., has written a book about the theological, political and cultural roots of Pope Francis's social thought.

The heavily researched book, "The Roots of Pope Francis's Social and Political Thought, From Argentina to the Vatican," has been given the stamp of approval from the pope's personal biographer, Elisabetta Piqué, who is a Vatican correspondent.

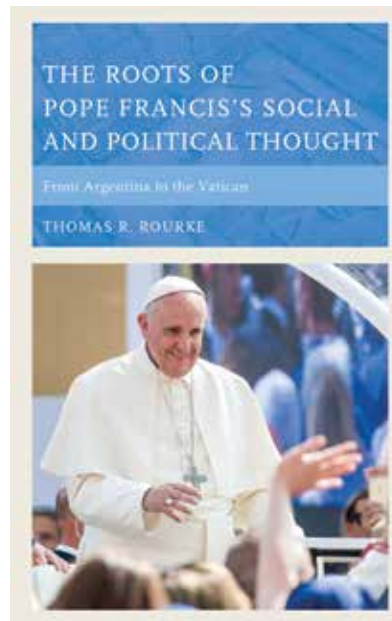
Piqué said the book "provides a broad historical, social, political and theological context for understanding Pope Francis's vision and teaching... drawing from many sources not accessible in English."

Rourke used the pope's own writings and discourses to shape the book.

The book explores the deepest roots of Pope Francis' thinking including Jesuit missions in the 1500-1700s and how the success and failures of missions in that time period would go on to shape his future thoughts.

Rourke said the book also touches on the pope's thoughts on culture, politics and economics.

The decision to write the book was due, in part, to Rourke's background in theology and his familiarity



with the pope's native country of Argentina.

The book is available at amazon.com and rowman.com.

NEW POLICY ALLOWS USE OF **PREFERRED FIRST NAME**

The Office of Social Equity has developed a policy allowing students to use a preferred first name in place of a legal name. While anyone is welcome to use a preferred first name, this option has been developed to respond to the needs of some international students and employees, transgender people and others who prefer the use of a nickname.

"This policy is an important step for Clarion University. Not only does it speak to inclusion, but it also allows

the university community to use the name which best expresses who they are, whether it is a middle name, an anglicized international name or one associated with gender identity," said Amy Salsgiver, interim director of Social Equity.

A student or employee's preferred first name will be used instead of the person's legal name in select university-related systems and documents. The legal name will be used in official university records.



There's no place like home, especially during **HOMECOMING** and **AUTUMN LEAF FESTIVAL**. Alumni and friends gathered for a weekend of friendship, festivities and food.





Om, sweet om.



MINDFULNESS.

WE'RE NATURALLY BORN WITH IT, AND IT GOES AWAY," SAID JOSEPH CROSKY, DIRECTOR OF CLARION'S CENTER FOR ADVISING SERVICES AND RESIDENT MINDFULNESS GURU. "WHEN WE'RE BORN, WE HAVE A MORE PURE ACCEPTANCE OF THE SENSATIONS AROUND US. WE LEARN TO LIKE SOMETHING - OR NOT."

INHALE
EXHALE
BREATHE

LIVING IN THE MOMENT ATTENTION ON THE PRESENT AWAKENING TO EXPERIENCE

What is mindfulness?

Vietnamese Buddhist monk, teacher, author, poet and peace activist Thich Nhat Hanh teaches that “the present moment is filled with joy and happiness. If you are attentive, you will see it.”

Social psychologist, mindfulness researcher and founder of the Langer Mindfulness Institute, Ellen Langer, describes it as “an active state of mind characterized by novel distinction-drawing that results in being situated in the present ...”

Psychologytoday.com defines it as “a state of active, open attention on the present. When you’re mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass

you by, mindfulness means living in the moment and awakening to experience.”

Croskey prefers the definition by Jon Kabat-Zinn, scientist, writer and meditation teacher: “The attention that arises from paying attention on purpose, in the present moment, non-judgmentally.”



Student affairs staff member Erin Schuetz practices mindfulness with Croskey at a weekly mindfulness session

“Decades ago, I became interested in mindfulness, probably in church and also by reading a Herman Hess novel, ‘Siddhartha,’ assigned by my 12th grade English teacher,” Croskey said. “Most recently my interest came when I found support for mindfulness practices at

this
moment
is full of
wonders



be still
and
know

“Mindfulness helps you to realize that this, too, shall pass. Pretend you’re standing outside and rain is coming down. You can accept it, because you know it’s going to pass.”



Google when I was looking for a research question for my dissertation topic.”

Google offers many mindfulness courses. Its most popular course, “Search Inside Yourself” has been offered since 2007. According to Harvard Business Review, “Google believes that these mindfulness programs teach emotional intelligence, which helps people better understand their colleagues’ motivations. They also boost resilience to stress and improve mental focus. Participants of the “Search Inside



Yourself” program report being calmer, more patient, and better able to listen. They also say the program helped them better handle stress and defuse emotions.”

Croskey has seen similar results in his own life.

“My wife would agree that I probably suffer from some type of ADD,” he said. “When I started to research for my PhD work, I’d get on the internet and easily get distracted. It would take me way too long to accomplish what I was trying to do. Practicing mindfulness helped me to focus so I could be more efficient and effective.”

Croskey, who has been practicing since 2010, said it also helps him handle stress.

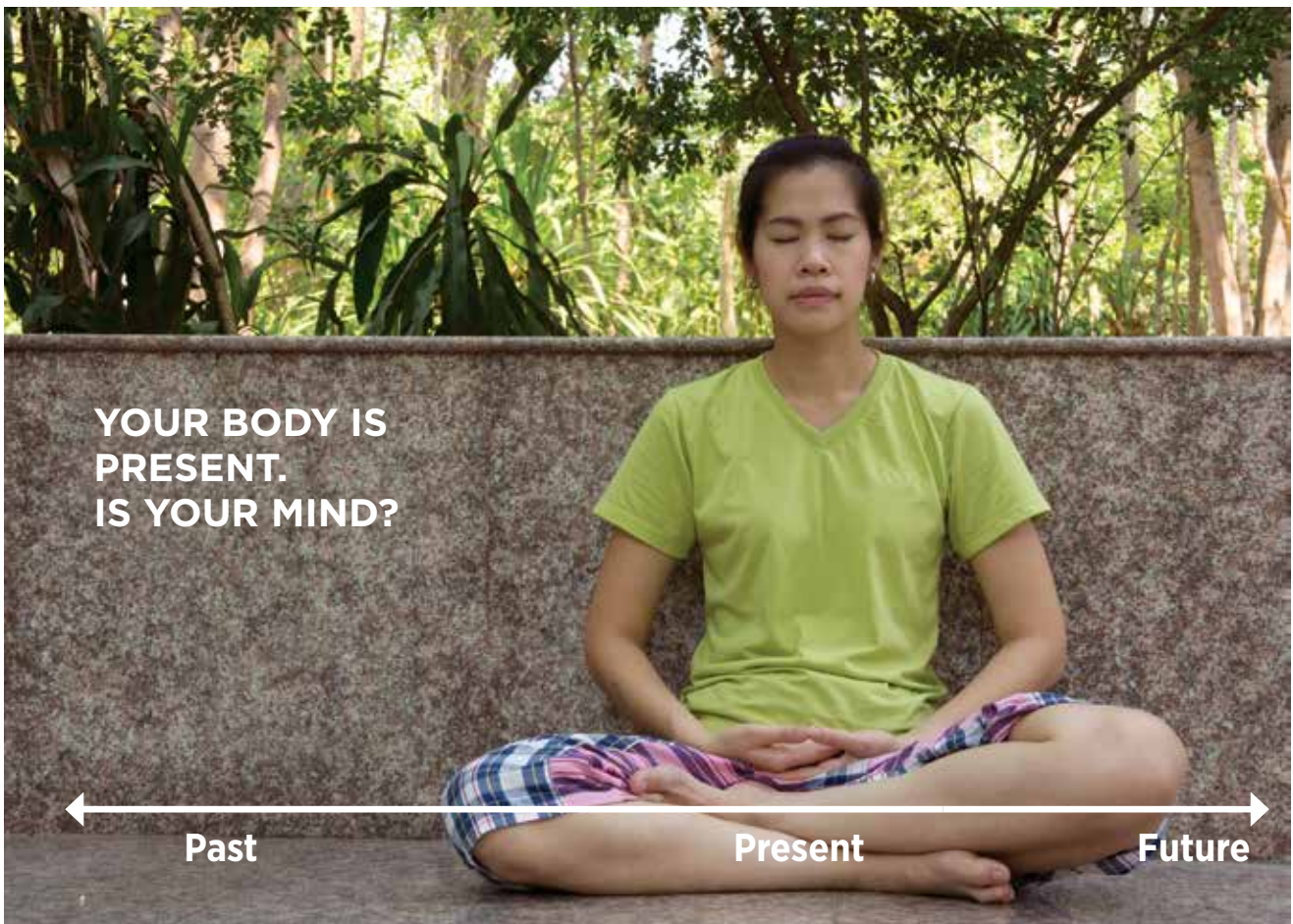
“Mindfulness helps you to realize that this, too, shall pass. Pretend you’re standing outside and rain is coming down. You can accept it, because you know it’s going to pass. If someone cuts you off in traffic, the typical reaction is to respond reflexively without conscious thought. With mindfulness you can realize the person probably meant you no harm.”

Croskey now shares the benefits of mindfulness with others, but it took a

lot of practice before he was able to master the concept.

“The instructions are simple, but it takes practice to do it,” Croskey said. “You have to commit to dedicated practice.”

He recommends starting with a short period of time such as a one-minute mindfulness exercise. “It’s better to start with a little and build. When you realize that (period of mindfulness) felt better, you





ONE-MINUTE MINDFULNESS EXERCISE

1. Sit in a chair with eyes lowered or closed. Uncross your legs and allow your hands to rest by your side or on your lap.
2. Allow your posture to be upright and stable, but not too taut and not slouched.
3. Take a few breaths and bring awareness to your body, sitting in the chair.
4. As you breathe, pay attention to the movement of the breath as it enters and leaves your body, attending to the feel of air around your nostrils or mouth, or the rise and fall of your belly.
5. There is no need to control your breathing or to try to breathe in any particular way.
6. Maintain awareness on your breathing, noticing the breath as you might the coming and going of ocean waves against the shore.
7. When you notice your mind getting lost in distraction (and you will), gently bring awareness back to the breath.
8. When you are ready, bring awareness to the body. Gently lift your gaze or open your eyes. Carry into the moments that follow a bit of the state of mind and body you have cultivated.

realize you can do two minutes, or five minutes, or maybe I don't need to watch that TV show and can do 25 minutes," Croskey said. "For me, it might take a 45-minute session to have a sense that I've attained a concentrated state.

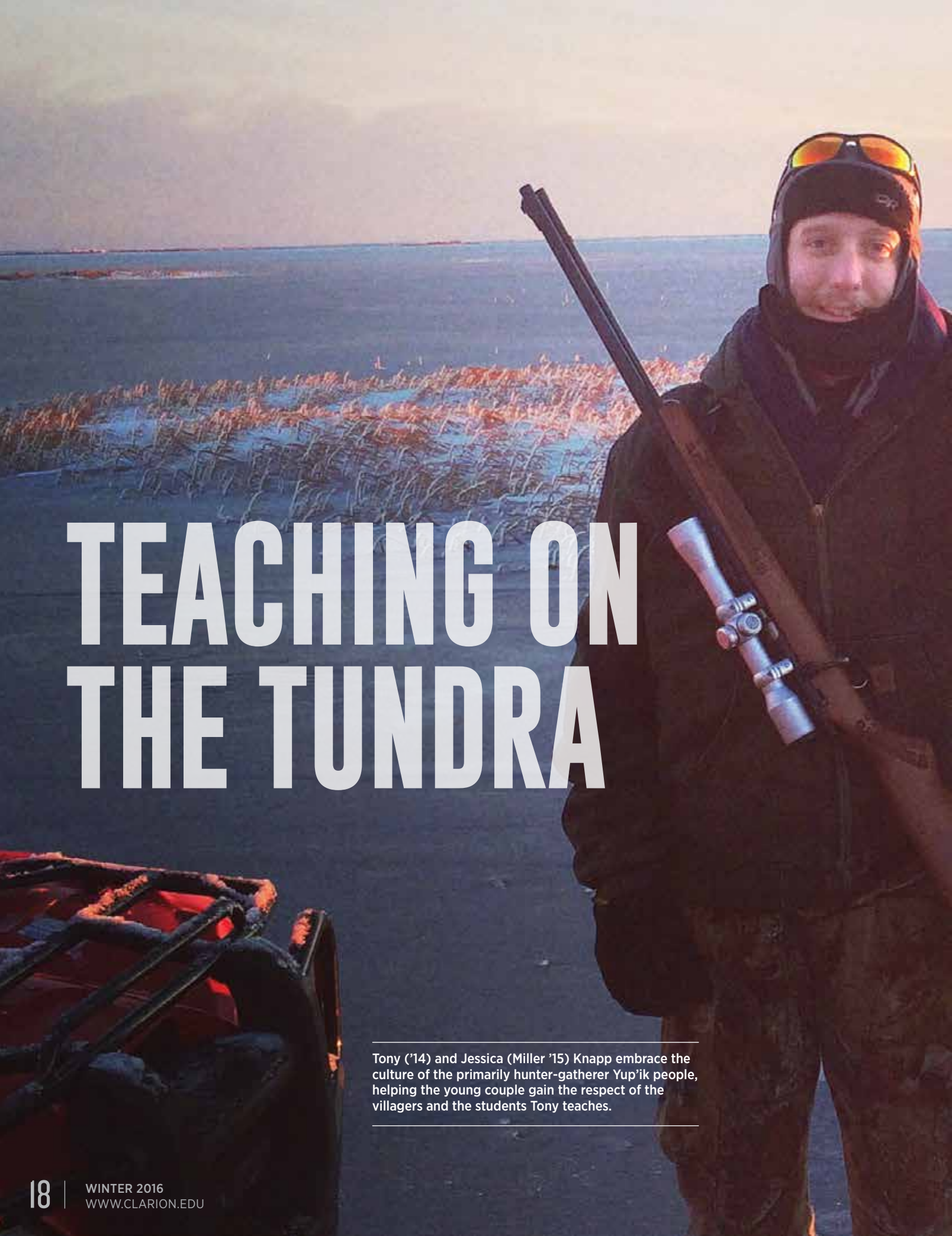
He recommends finding a posture in which one can be alert and relaxed. "A recliner might not support those efforts," he joked.

"The postures are designed to help people overcome. Use a posture to help you achieve what you want, one in which your body is supporting you without having to hold yourself rigid," he said. "Starting out, it's nice to hear something guided. There are apps, like Simple Habit, that have guided meditations."

His passion for sharing mindfulness has altruistic roots.

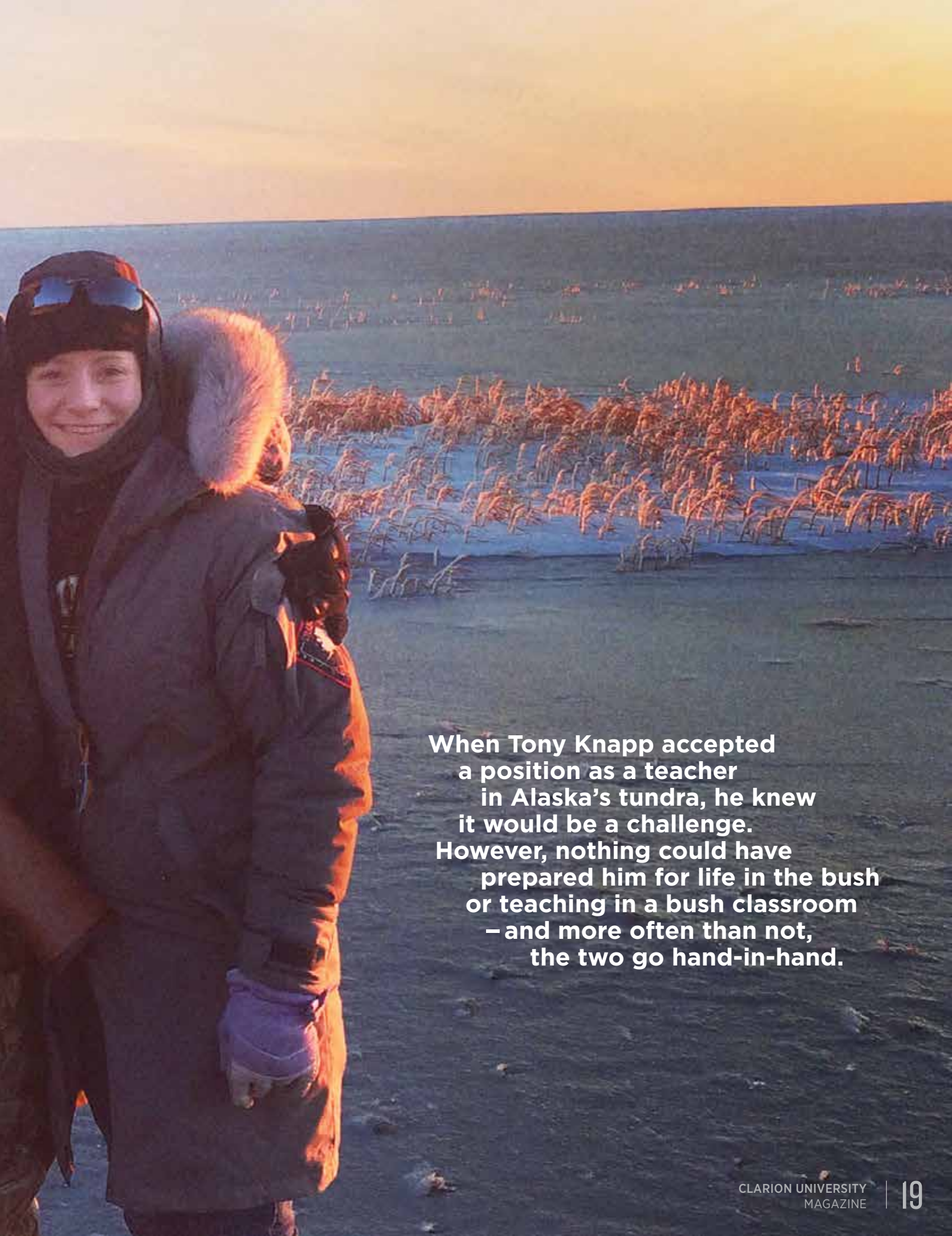
"If, by experiencing mindfulness, by learning to develop concentration and awareness, an individual can find more peace and happiness in themselves, then expand it out and there's more peace and happiness in communities. It might be an inexpensive solution to a lot of complicated problems." ■





TEACHING ON THE TUNDRA

Tony ('14) and Jessica (Miller '15) Knapp embrace the culture of the primarily hunter-gatherer Yup'ik people, helping the young couple gain the respect of the villagers and the students Tony teaches.



When Tony Knapp accepted a position as a teacher in Alaska's tundra, he knew it would be a challenge. However, nothing could have prepared him for life in the bush or teaching in a bush classroom – and more often than not, the two go hand-in-hand.



Anthony Knapp poses with some students after capturing a beaver in a trap in their tundra town in Alaska. Catching animals is a way of life there as animals are used for food and to create fine fur goods.

To teach in the Alaskan Bush requires flexibility. The day Knapp arrived in Alaska was one day ahead of when he was supposed to start teaching. That's also when he found out what he was going to be teaching.

Tony said nothing in college could have prepared him for this type of educational experience.

"Everything we do in college, with the exception of the lesson plans, is thrown out the window," he said.

The students are Yup'ik Eskimos and a major challenge is communicating with them.

"They don't really answer you to say 'yes' or 'no,'" he said. "They really don't talk."

He explained that in the Yup'ik culture, they lift their eyebrows to say "yes" and scrunch their noses to say "no."

"At first, it's very hard to get used to," he said.

He realized that the best way to assimilate to the culture was to join it – even if it meant being less verbal in his teaching style.

"I started teaching the class like that and got a good response," he said.

"These kids can actually yell at you with their eyebrows."

“

They don't really answer you to say 'yes' or 'no.' They really don't talk."

– TONY KNAPP

Tony teaches seventh through 12th grades at Akula Elitnaurvik in the Lower Kuskokwim School District in Kasigluk, Alaska.

"Our school district is the size of Ohio," Tony said, putting his teaching situation into perspective.

However, land mass has nothing to do with the number of students in the school. For the 100 students, the school employs 11 full-time staff, which includes a principal, teachers for preschool, kindergarten, first through second grade and third through fourth grade dual language, a fifth through sixth grade teacher, an English teacher, Knapp and a technician who also teaches Yup'ik, the students' native language.

Tony teaches 12 classes in seven periods, including American history, world history, economics, psychology, geography, consumer life skills, junior and senior high health and physical education, and other elective courses including online classes.

"You have a 30-second transition to teach the next subject," he said.

That transition is different from when he was a student teacher teaching the same subject all day long. He gets a five-minute break twice a day.

He and his wife, Jessica "Jess" Miller Knapp, a 2015 Clarion graduate with a B.S. in environmental geoscience and

geology and a minor in geography and GIS, also developed a program which teaches students how to properly trap, take fur and sew pelts into garments and items to support themselves and their families.

"Here, we're like the MacGyver of teachers," he quipped.

He said considerable preparation and good relationships with the students are the best tools he has for teaching so many different grade levels at the same time.



A great deal of learning for the students at Akula Elitnaurvik School takes place in the trapping shop. Here students learn to trap animals and properly take their fur for the creation of goods.

He said his students learn best when he shows them skills in a hands-on way, which works particularly well in the trapping shop.

Tony's wife, who isn't a teacher, but a geologist, is a big part of this program. She helps students with their homework after school and also teaches the students to sew the animal skins into useful items.

Tony said the students are much more willing to work with her, and her willingness to be part of all aspects of the program, from the hunt to the creation of useful fur goods, has garnered her great respect in the village.

"I'm very fortunate with that," Tony said of his wife.

Growing up in Plum, a suburb of Pittsburgh, Jess never did the types of trapping, skinning and sewing skills she does in Alaska. However, she would go fishing with her dad and chose to attend Clarion for its scenic location. She joined Clarion's Recreational Outdoors Club where she met Tony and picked up additional outdoor skills that she says come in handy living in Alaska.

"My favorite part about working with the kids is probably just being with them and being there for them," Jess said. "Their lives are so different from anything Tony and I experienced while growing up, so it's really neat to get to know their personalities and interests during the after-school activities that we do with them. And what's awesome about it is that they are equally as interested in learning about us, because they want to know about what we grew up with."

Jess also has bonded with the girls.

When he first arrived, men from the village forced him out of the classroom to go hunting, knowing it was the only way to secure respect from the students.

"I love being able to show the girls not to be afraid of touching a gross animal or going out to check traps. It's different for them because the culture is different. However, being able to teach confidence is something I've never done before, but I absolutely love it. I try to remind them as often as I can that they can have the life they want. They can be happy, even when life is really hard."

She also has a pet cat which fascinates the students. A lot of people still have pet dogs but they are mostly garbage disposals. The Knapps order a 35-pound bag of cat food, and that sustains him for the year.

As for Tony, he had a slight advantage getting to know the students because he was an avid hunter, fisherman and outdoors person when he grew up in Brookville.

In fact, when he first arrived, men from the village forced him out of the classroom to go hunting, knowing it was the only way to secure respect from the students. Also, hunting the animal

is referred to catching the animal – the animal allowed itself to be caught by you. That's how the Yup'iks describe hunting.

He believes he actually gained respect from the students when he caught his eighth fox. When he would go out for a catch, a local gentleman would parade him through the village past the children with his catch. The boys liked him first and then the girls decided to trust him next (which is typical in that culture).

"Most of the boys could see I was able to catch," he said.

Gaining respect also is hard due to the climate of turnover the school has had.

"It's not unusual to have teachers come and go," he said.

Not that coming and going is an easy feat in the tundra.

"We don't even have any cars," Tony said.

Transportation is by boat, bush plane or snowmobiles, although the locals refer to them as snow machines. At \$5.51 per gallon, gas is reserved for those modes of transportation and for necessary travel.

Hunting the animal is referred to as catching the animal – the animal allowed itself to be caught by you. That's how the Yup'iks describe hunting.



Students proudly display the pelts that they have prepared from their catches. Catching animals is a way of life in the tundra. The Knapps (center) teach the students to trap animals and properly take fur, along with many other life skills.



Decorating for Christmas means getting creative. There are no trees where Tony and Jessica live, so Jessica created one with what she could find.

LIFE ON THE TUNDRA

At the end of September, temperatures were 45 degrees Fahrenheit in Kasigluk, but normally temperatures are already in the 30s. The lowest temperatures will likely be -42 degrees Fahrenheit with the wind chill factor. School is only delayed when it's -45 degrees Fahrenheit or colder.

Alaska has been experiencing the effects of global warming, and, with Knapp's town sitting at sea level, the effects are apparent at his ground-level shack which sinks during the summer months. In particular, the kitchen starts to sink because the appliances are heavy. When the cold weather begins, the ground freezes and shifts, bringing the kitchen level with the rest of the shack.

Global warming is just one of many concerns living in this part of Alaska.

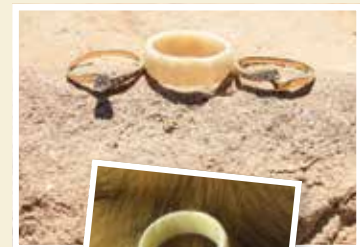
Soon daylight will start lessening by 12 minutes each day.

"It's definitely a noticeable change," Tony said.

In Kasigluk, residents get three-and-a-half hours of sunlight in the peak of winter and about three-and-a-half-hours of darkness in the peak of summer.

People in the village live in homes with modern amenities such as running water, cable and electricity that is powered by windmills. However, the Yup'iks are still primarily hunter-gatherers. There are no jobs in the village except a few at the town's only store, on the tribal council and as substitute teachers at the school.

Money flows back and forth in town, but because there are so few jobs, bootlegging alcohol is a problem among the town's youngsters. That's one of the main reasons for the trapping program – to help students make money in a legal way.



Because they both regularly work with traps, Tony and Jessica got wedding ring tattoos. However, Knapp proposed to Jessica with a ring he purchased using his honors scholarship money. Tony's wedding band is made of walrus tusk.

16 x  =
32 filets

LETTUCE
\$8 PER HEAD

-45°
= SCHOOL
DELAY

Birds are a common staple in the Alaskan Bush diet, including this swan that wouldn't normally be considered a feast in the lower 48. Knapp caught and had this swan for his Thanksgiving feast last year.

12 classes/
7 periods

100 students
in Ohio-sized
district

3.5 HOURS



3.5 HOURS



8 x  = RESPECT



Knapp uses his education degree in unexpected ways in the Alaskan Bush. Here he is teaching a student how to trap a beaver.

Despite their efforts, selling fur isn't what it used to be. There was a time, when fox pelts would garner \$75 per pelt, but now they sell for \$8.70 per pelt.

"By being politically correct, you're almost going against someone else's culture," he said.

And the culture isn't just catching animals for fur. They are catching animals for survival as hunter-gatherers. Foods they regularly catch and eat include beaver, salmon, moose and a variety of birds such as crane and last year's Thanksgiving swan. The Knapps have also tried muskrat and mink.

Tony and Jess have become rather fond of beaver, which he says tastes like roast after it's cooked for long enough in a crockpot.

“By being politically correct, you're almost going against someone else's culture.”

They traveled two hours to get to where the salmon run. They caught and kept 15 to 16 salmon, which is about 32 filets.

The Knapps only keep one out of every three animals they catch. The rest of the animals they give to the local elders, which strengthens their relationships with the people there.

In the summer, there are berries everywhere on the ground, and they collect them and freeze them.

Jess becomes frustrated because lettuce is about \$8 per head, and, in order to get the lettuce, they must travel an hour via bush flight to get it, then another hour to come home.

When they visit home, she splurges on the salad, Tony said. But for him, when they come home his dietary splurge is on doughnuts. He estimates having eaten several dozen last summer in a matter of weeks.

Catching one's own food and obtaining one's own educational and everyday supplies are some things that were a hard adjustment living in that part of Alaska. When he comes home

to Pennsylvania, he has to remind himself of the convenience of stores and restaurants. They do have Amazon Prime, but two-day shipping is actually about two weeks for them.

The reason they continue to live there is for the students.

“We love the kids,” Tony said.

Jess agreed. “We get asked a lot up here why we don’t have kids yet, and we usually just respond it’s because we already have 40 Yup’ik children.”

They’re not sure they want to expand their family there since the nearest hospital is between four and six hours away.

“We kind of hope to be here for a long time,” he said. “It’s definitely an adventure, at this point.”

An adventure it is. Tony, with his long beard, can usually be seen with a rifle strapped to him and among dead animals – and that’s at the school.

“I realize how ridiculous my life is when I look at pictures,” he said.

Now, he believes he could teach anywhere.

“It’s definitely a different world.” ■

Students from the school where Knapp teaches use a boat, one of their three modes of transportation in the Alaskan Bush. There are no cars in the tundra due to freezing temperatures so villagers get around by boat, snowmobile or bush plane.



HELP WANTED

If you’re an adaptable educator who is looking for adventure and is willing to learn, then working in the Alaskan Bush may be for you.

When he first arrived in Alaska, Knapp often heard, “If you’re willing to catch your food, turn in your car for a four-wheeler or trade in your flushing toilet for a five-gallon bucket, then the job is for you.”

The last part is just a joke. They only have to use a five-gallon bucket when they lose power.

Knapp first learned of Alaska’s available teaching jobs at a job fair in Pittsburgh.

Jess, who also has an adventurous spirit, is the one who suggested he look into it.

“When I suggested to Tony that he should go to the Alaska

table at the job fair, I was hopeful and almost kind of kidding that it would happen. I’ve always wanted to travel and live somewhere different



Surviving in the Alaskan Bush means catching your own food. Anthony Knapp’s wife Jessica, accompanies him on these hunts and they provide the town’s elders with many of their catches.

because all my life I’ve kind of been stuck in the suburbia of Pittsburgh. When he had the interview, everything kind of just started happening,” she said.

He started the interview process at the job fair and now has been teaching there for two years.

Right now, his district, Akula Elitnaurvik, is looking for math, science, social studies and English teachers.

The whole experience has made him flexible as an educator. “I can’t tell you what’s going to happen here in an hour.”

If this type of adventure sounds like you, contact Knapp directly at anthony_knapp@lkzd.org.

#22KILL.com

"To honor those who serve"





There's a good chance your social media feed has been filled with friends and family completing 22 pushups a day for 22 days..

The challenge is meant to raise awareness for the 22 suicides committed by veterans every day.

Honor Courage Commitment, Inc., a nonprofit group focused on veteran entrepreneurship, started the 22 Pushup Challenge after statistics were released on veteran suicide. The original goal of 22 million pushups has been reached, but the website Kill22.com keeps track of

the number of pushups still being completed for awareness.

According to kill22.com, "The 22KILL movement started in 2013 after the VA released the staggering statistic that an average of 22 veterans are killed by suicide every day. 22KILL has committed to researching and understanding the genesis of this epidemic and educating the general public on the issue. 22KILL is a platform to raise awareness not just toward veteran suicide, but also to the issues that can lead them to suicide. These mental health issues

can stem from post traumatic stress, traumatic brain injury, or the struggles and stresses of transitioning from military to civilian life."

This fall, the Student Veterans Association and ROTC spearheaded a local 22 Pushup Challenge, and many university and community groups participated in one of the 22 days.

"I have been lucky enough to not suffer from a traumatic brain injury or post traumatic stress disorder, or even know





anyone who lost their life,” Student Veterans Association president Sam Richardson said of his military service in the National Guard.

Still, he said this challenge is his way of giving back to those who have suffered in this manner or know veterans who have.

Richardson said he and ROTC Cadet Leanne Martin worked together to coordinate the challenge.

Participants included:

DAY 1
Student Veterans Association and ROTC

DAY 2
Phi Delta Theta Fraternity

DAY 3
CU Wrestling Team

DAY 4
The College Republicans

DAY 5
The MS 112 class and the full corps of ROTC cadets

DAY 6
CU Soccer Team

DAY 7
The U.S. Army Recruiting Station on 5th and Main during Crafter’s Day

DAY 8
CU Alumni and the CU Rugby team

DAY 9
Delta Zeta sorority

DAY 10
CU Men’s and Women’s Swimming and Diving teams

DAY 11
The Rehab Sciences Club

DAY 12
The ATSW 450 class

DAY 13
CU Football Team

DAY 14
CU Marching Band

DAY 15
Virtual Video Challenge of all SVA and ROTC members

DAY 16
Sigma Phi Epsilon Fraternity

DAY 17
Clarion Area High School Varsity Football Team

DAY 18
Hip Hop Dance Team

DAY 19
Kappa Kappa Psi honorary

DAY 20
CU Women’s Basketball Team

DAY 21
Faculty, Staff, Students and Administrators from Becht Hall

DAY 22
The CU Cheerleaders and fans from the CU vs. Cal U football game



The groups were assigned one day, but Clarion Area High School Varsity Football Team used their designated day as their own day one, said Student Veterans Association advisor David Hartley, Ph.D. After

“
With the military, the pushup is something that resonates.”
 –DAVID HARTLEY

every football game, they would complete the challenge on the 50-yard line with the opposing team.

After they played Brockway High School, both teams completed the pushups, and a woman came out of the stands crying, Hartley said. She thanked the teams because her husband, who had been a veteran, committed suicide after struggling with PTSD after his time in the service.

Hartley said the challenge also is important for everyone who struggles with depression, because

seeing the challenge completed means that people care about your struggle.

“With the military, the pushup is something that resonates,” Hartley said.

There were two public displays of this challenge during the Autumn Leaf Festival. Representatives from the U.S. Army Recruiting Station completed 22 pushups during the Farmers and Crafters Day on Fifth Avenue and Main Street, and alumni and the rugby team joined in before the ALF parade at the Alumni Reception in front of Hart Chapel.

While the challenge was ongoing, Phi Delta Theta fraternity sold silicone bracelets and donated the earnings to the Student Veterans Association.

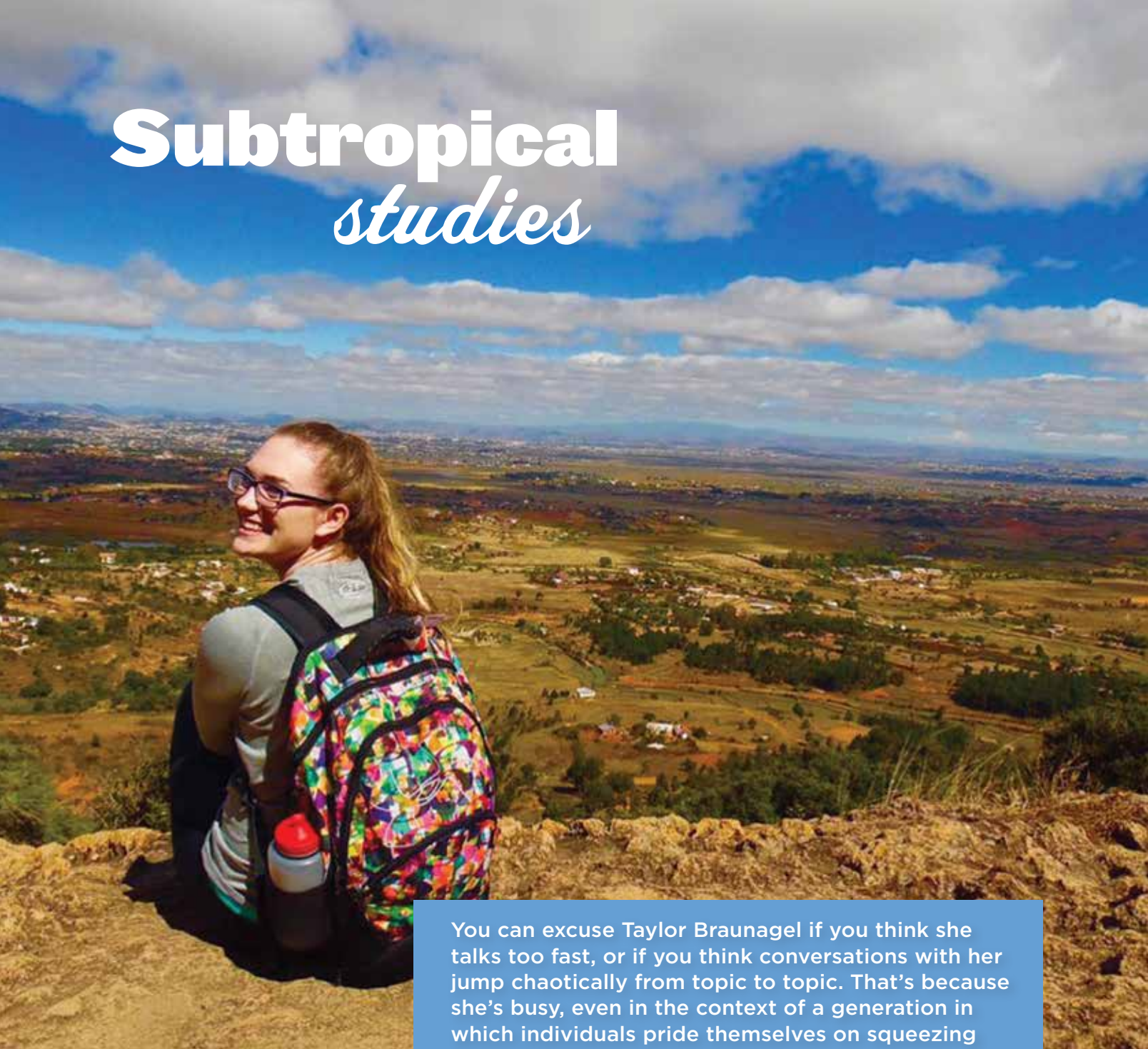
The challenge also helped the Student Veterans Association attract more veterans to their organization and served as a positive boost for Clarion University, which is a Military Friendly School, Richardson said.

You can still be part of the 22 Pushup Challenge. 22Kill.com has instructions on how to formally join the challenge, as well as other ways you can help veterans so they don't become a statistic. ■

TAKE THE CHALLENGE



Subtropical *studies*



You can excuse Taylor Braunagel if you think she talks too fast, or if you think conversations with her jump chaotically from topic to topic. That's because she's busy, even in the context of a generation in which individuals pride themselves on squeezing 26 hours of activity into 24-hour days.

“I've always been that person that doesn't feel productive if I'm not doing 8,000 things a day,” Braunagel said. That number may not be far off. Braunagel has managed to successfully balance her academics – she's majoring in biology and is a member of the Honors Program – with the grueling schedule of a college athlete, while still finding time to remain an active and involved member of the Fellowship of Christian Athletes and in Bible study groups.



“Whether I’m preparing for my academic pursuits or for athletic competition, I spend a lot of time preparing. It’s very process driven.”

The common factor of being able to juggle all these responsibilities, according to her, is embracing the challenge.

“Biology is not an easy field to study, especially with the schedule of a college athlete,” Braunagel said. “To be able to do these things, it takes a lot of determination and hard work. Whether I’m preparing for my academic pursuits or for athletic competition, I spend a lot of time preparing. It’s very process driven.”

Biology was Braunagel’s passion as far back as high school, though if you’d asked her four years ago, you would have found a different point of emphasis. Braunagel originally intended to study pre-med before coming to Clarion, until an encounter the summer before her freshman year changed her mind.

“I always thought I was going to be an orthopedist because I spent so much time in doctor’s offices dealing with sports injuries,” Braunagel said. “It wasn’t until I came to Clarion that I decided to go in a different direction.”

Braunagel attended the honors camp at Clarion the summer before her

freshman year of 2014-15, where she participated in a water quality test in local tributaries. The students sampled macroinvertebrates – “you know, tiny water bugs,” Braunagel clarified – and checked pH levels, turbidity and alkalinity, among other things. From that moment on, Braunagel was hooked.



“I totally fell in love with the outdoors,” Braunagel said. “I always loved it, but Clarion showed me that I could make a career out of it. I was so excited to have the opportunity to study nature.”

Things progressed quickly as Braunagel moved forward in the world of biology. Before the summer of 2016, she was presented with a unique opportunity to feed that passion when Dr. Suzanne Boyden made mention of a study abroad opportunity in Madagascar.

“Dr. Boyden is one of my favorite professors. I’ve had her for several classes and I’ve worked for her,” Braunagel said. “She approached me with this opportunity to do field research and earn college credit in this study abroad program, and I was really interested.”

Braunagel said that among the many selling points of the trip was its unique location. Madagascar is a subtropical island that has a wide array of ecosystems, not to mention the fact that its isolation from the African mainland over the last 80 million years has led to the evolution of flora and fauna that you really, truly can’t find anywhere else.

“I totally fell in love with the outdoors. I always loved it, but Clarion showed me that I could make a career out of it.”



“There’s a 96 percent endemism of organisms on Madagascar, plants and creatures that literally are nowhere else in the world,” Braunagel said. “For example, they don’t really have venomous snakes or big predators there because it’s so isolated. The populations have never needed them.”

The group, which was made up of students from several universities, spent the first two weeks traveling across the island and touring the different ecosystems. They stayed at a research station called Centre ValBio in Ranomafana National Park, where they

also attended classes during their six-week stay.

Things like mist netting, botany plots, research on the strawberry guava and behavioral sampling of lemurs filled the days and nights of the students.

“Going to this place with such a unique environment, I feel like it’s going to give me a leg up over other people in my field, because it’s field experience very few others get in college.”

“Going to this place with such a unique environment, I feel like it’s going to give me a leg up over other people in my field, because it’s field experience very few others get in college,” Braunagel said.



There was also small mammal trapping at night, with the group trying to capture *rattus* in traps – or, as it’s more commonly known, the black rat. An invasive (non-native) species to Madagascar, black rats spread disease to the local community.

“We would go out into the forests at night with headlamps and Sherman traps, which we had to clean and bait every day,” Braunagel said. “It was an hour to hike the transect and another two hours to set the traps, and then we

had to collect the traps in four hours. We would just sit around the campfire, not being able to see anything around us, eating rice and beans until it was time to collect the traps.”



“I think studying abroad is so important for a lot of reasons, because it puts you in unfamiliar circumstances and forces you to adapt.”

Braunagel said that the education gained in nature and in the labs was valuable, but the lessons that made even more of an impact were the ones she took from the living situation of the Malagasy people.

“Nothing anyone tells you about the poverty there can really prepare you for seeing it for yourself,” Braunagel said. “It’s heartbreaking watching them make difficult decisions that, in our country, most of us never have to consider.”

According to Braunagel, the average Malagasy citizen lives on the equivalent of less than one U.S. dollar a day. Their connection with the environment is obvious, as their chief exports are harvested

items like cotton, vanilla and coffee. The challenge, Braunagel says, is balancing these economic concerns with environmentalist efforts.

“The country faces political instability, and the government doesn’t really regulate many of these practices,” Braunagel said. “One of the things being worked on is educating people about agriculture. They’re working on ways to make it more sustainable and better for the environment without depleting resources.

“But these decisions are difficult for them,” Braunagel continued. “Madagascar is considered the fourth-largest biodiversity hotspot in the world, but when push comes to

shove, how much do you value that over feeding your own family?”

She hopes to find out more the next time around. Braunagel said she has already decided that she wants to travel back to Madagascar to continue her studies.

“I think studying abroad is so important for a lot of reasons, because it puts you in unfamiliar circumstances and forces you to adapt,” Braunagel said. “It reminds me of when I came to Clarion and started practicing with the volleyball team as a freshman, and you’re dealing with all these new concepts and people. How you adjust determines how successful you can be.” ■

1966

The year was 1966. Lyndon B. Johnson was the U.S. president. The Celtics beat the Lakers in the NBA Finals. Notre Dame and Michigan State were at the top of their part of the college football world, but it was the Clarion Golden Eagles that ruled the roost in the Keystone State.

The year was 1966. Lyndon B. Johnson was the U.S. president. The Celtics beat the Lakers in the NBA Finals. Notre Dame and Michigan State were at the top of their part



of the college football world, but it was the Clarion Golden Eagles that ruled the roost in the Keystone State.

Many Golden Eagles football fans will recognize two names on the coaching staff that year: head coach Al Jacks and assistant coach Charles Ruslavage.

Jacks coached the Golden Eagles from 1963 to 1981, holding a winning record of 128-46-5. Ruslavage was the longtime defensive coordinator under Jacks and took over as head coach for the 1982 season, coaching the Golden Eagles to a 7-3 record.

The team was led that season by quarterback Jim Alcorn, a junior from Penn Hills.

Alcorn threw for 1,925 yards while adding 26 touchdowns and only five interceptions. He had a great trio of players to throw to that year: halfback John DeRiggi, tight end Jim Miller and halfback Jim Becker.

DeRiggi was Alcorn's favorite target: he caught 28 passes for 690 yards and 12 touchdowns. Right behind him was Becker, who caught 28 passes for 411 yards and nine touchdowns. Tight

1996

Togetherness. Family. Close-knit. Camaraderie. These are just a few ways Clarion football head coach Chris Weibel remembers the 1996 football team.

Weibel was the star quarterback in 1996 when the Golden Eagles surprised everyone and took the PSAC by storm. This year marks the 20th anniversary of the 1996 team's run to the semifinals of the Division II championship.

The Golden Eagles went 11-3 that year under head coach Malen Luke. Weibel noted that coming together as a family and working hard was the mantra of the 1996 squad.

"It was actually in 1995 we started to click," Weibel said. "We came in with a goal and knew that we needed to work

hard in the offseason to achieve it."

The team came together in the 1996 season, bonding off the field as well as on it. After the last practice of training camp, the Saturday before the season started, Weibel and his teammates took an excursion to Cook Forest.

"The majority of the team went up to Cook Forest and tubed down the river," Weibel said. "We had big, 280- to 300-pound lineman on inner tubes floating down the Clarion River. It was pretty funny. We had a great time doing that."

Weibel also talked about a players-only golf outing that they had before the season. While none of these activities were football-related, they had a profound impact on the trajectory of the season.

"It was the closeness of the team and not wanting to disappoint each other, and holding each other accountable that were big factors," Weibel said.

The Golden Eagles weren't picked as the PSAC West favorites before the 1996 season, but they quickly proved that they weren't to be taken lightly.

"From the beginning we knew how good we were," Weibel noted. "We made minimal mistakes and we took care of the football."

Marquee wins for the Golden Eagles included victories over rivals Slippery Rock and IUP.

Clarion took care of business against Slippery Rock, demolishing them by a score of 54-28 on Slippery Rock's home field.

"IUP was a bigger win because they were projected to beat up on everybody that year," according to Weibel. The Golden Eagles were the ones beating up on IUP however, crushing them 49-15 at Memorial Stadium.

"We just crushed them," Weibel said. "That was the game where we said OK, nobody can stop us, now."

Weibel led an explosive offense that featured a strong running and aerial attack. He threw for 2,880 yards, 32 touchdowns and just 10 interceptions. His favorite target was All-American running back Steve Witte, who had 802 yards and six touchdowns that year. Alvin Slaughter and Chris Skultety were also two big players at wide receiver. Mark Witte, Steve's brother, was another favorite target of Weibel. He accounted for 365 yards and 10 touchdowns through the air.

On the ground, Steve Witte rushed for 1,382 yards and 16 touchdowns. Clarion utilized a variation of the Wing-T offense in 1996, and he was joined in

end Miller led the team in receptions with 36 for 455 yards and a touchdown.

The offense was balanced through the air and on the ground, too. Fellow Penn Hills alumnus Michael Catello was the driving force in the backfield. He ran for 925 yards and an astounding 16 touchdowns in only eight games. Fred Wickstrom was the complement to Catello in the backfield. He ran for 553 yards on 125 carries.

The difference between the 1965 and 1966 season was simple, according to Jones. "We were just better," he said. "We jelled, just one of those things in sports. If we could identify it and control it, all teams would be undefeated."

They started the 1966 season by beating Brockport State 38-0, then beat Millersville 34-7.



The Golden Eagles' toughest games were the last few of the season. They took on the Vulcans of California (Pa.) in the showdown of the year for the West division. Clarion grinded out a 39-26 victory.

Jones vividly remembered the next game: "Shippensburg was played in a

snow storm. We scored 54 points with 6 inches of snow on the field."

Clarion kept rolling in week nine, demolishing Slippery Rock 40-0 on their turf.

The final game of the season was against East division champion West Chester for the 1966 State Championship. Clarion trailed for most of the game, but quarterback Alcorn led the game-winning drive with just over

a minute to play, finding Becker for the go-ahead touchdown.

West Chester had one more attempt to take the lead, but sophomore defensive back Fran Sirianni came away with a timely interception to seal the undefeated season.

the backfield by fellow running back Ron DeJidas. He ran for 1,247 yards and tacked on seven touchdowns on the ground, and through the air added 373 yards and two touchdowns.

Weibel noted that the offense couldn't have been as successful as they were without the men in the trenches. "Derek MacKay, Chris Martin, Tim Sohyda, Mike Sipos and Chris Kiker got the job done up front," according to Weibel. That line led the way for two 1,000-yard rushers and protected a quarterback who threw for almost 3,000 yards.

Clarion's offense was explosive in 1996, but its defense was just as good. Defensive back Kim Niedbala was a driving force. He led the team in tackles with 166 total and also had 20 passes broken up. Niedbala also led the team in fumbles recovered with five, and forced two of his own. Linebacker Thomas Williams was just behind Niedbala in total tackles, racking up 165 on the year.

The Golden Eagles' hallmark on defense however was a strong defensive line that stopped its opponents in their tracks. Clarion only gave up 97.2 yards per game on the ground, with the leader of the line Joe Bzorek making 71 tackles that season along with eight sacks. The team leader in sacks was linebacker Mike

Maguire, who tallied nine that season.

Clarion started off its playoff run by defeating Bloomsburg 42-29 at home. "We played hard that game, and the defense really played a great game," Weibel said.

They took that momentum from the Bloomsburg victory and carried it into a victory over Ferris State the next round, defeating them 23-21. "The weather conditions were terrible," said Weibel. "It was the end of November in Michigan, it was all sorts of weather."

"It was a really tough game. They were really good, and we pulled out a win there," said Weibel.

The victory over the Bulldogs placed the Golden Eagles on a collision course with Northern Colorado in the NCAA Semi-finals, in a game to be played in less-than-ideal conditions at Memorial Stadium.

The weather made the field into a muddy mess that day. Weibel noted how they re-sodded the field a week before the game. "If you look back at pictures of the game, you can see clumps of sod everywhere on the field," he said.

"Having the semifinal game at home was really huge," Weibel said. "The Northern Colorado game was a battle; we led the whole game until they scored a late touchdown."

Northern Colorado led 19-18 late in the fourth quarter, but Weibel and the Golden Eagles drove down the field in the waning moments to set up a chance at a score.

"We had the ball with a minute-and-a-half to go, and I ended up throwing a long pass to Steve Witte, and he landed out of bounds at the 13-yard line with six seconds left," said Weibel.

Clarion had its field goal attempt blocked as time expired and Northern Colorado squeaked out the 19-18 victory. They went on to win the National Championship against Carson-Newman that year by a score of 23-14.

"It was a run that we will never forget, but it's also a playoff run where we knew we could have been national champions if we had two more points on the board," said Weibel.

On Feb. 12, 1997, the Golden Eagles were awarded the Lambert/Meadowlands Cup, given to the top team in the Division II Eastern Region at that time, in a ceremony held at the Meadowlands in East Rutherford, N.J. Luke was named the American Football Coaches Association GTE Region 1 Coach of the Year.

"We battled on the field, but we were best friends off the field," Weibel said.

VOLLEYBALL

After an impressive run in 2015 that saw the Clarion women's volleyball team reach the PSAC Championship in Johnstown, the Golden Eagles looked to top their dominant run a year ago with a conference championship in 2016.



Ferragonio

Led by veteran head coach Jennifer Mills on the sidelines, Clarion's 2016 campaign was filled with as many stunning triumphs and memorable moments as

you would expect from a squad that came into preseason as the predicted favorite to win the newly formed PSAC Southwest Division, and they certainly did not disappoint.

An experienced unit led by a pair of reigning All-PSAC honorees in senior Mackenzie Biggs and junior Taylor Braunagel, the Golden Eagles stormed out of the gate to a pair of back-to-back wins at Tippin Gymnasium against Merrimack and Lake Erie College.

Milestones fell for the Golden Eagles, with Braunagel and libero Catherine Ferragonio joining exclusive clubs in Clarion history. Braunagel became the latest player to record 1,000 career kills, while Ferragonio became the most recent

Golden Eagle to top 1,000 career digs. Both did so in the Golden Eagles' Oct. 22 win over Seton Hill.

The team finished the season with an overall record of 16-14.



SOCCER

Although the 2016 season was a learning experience for all involved, second-year head coach Sean Esterhuizen has seen plenty of growth from his incredibly young roster, growth that has him confident in his team's abilities heading into next year.

Coming off of a breakout debut season that saw Esterhuizen lead the Blue and Gold to the most wins since 2007 and the most total goals in program history with 22 in 2015, Esterhuizen has had to deal with a team that continued to learn and evolve every game.

On the field, the Golden Eagles also had to cope with the departure of senior



Esterhuizen



Kelly Antonucci, a veteran forward who appeared in all 18 games for the Eagles in her final season. By the time opening day against Edinboro rolled around in

September, Clarion's lineup featured six underclassmen who saw action, including three true freshmen.

Clarion finished the season with a record of 2-14-2.



FOOTBALL

The Clarion football team, under the steady hand of head coach and former Clarion standout Chris Weibel, navigated an up-and-down 2016 campaign, one that saw a number of Golden Eagles step up and make significant contributions on the field in the wake of a series of devastating injuries.

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Senior quarterback Connor Simmons came out of the gate firing. The Erie Community College transfer followed up a breakout 2015 campaign right where he left off, leading the Golden Eagles to a commanding 41-24 victory over Lock Haven in the season opener at Memorial Stadium. In his first five starts, Simmons threw for more than 1,400 yards for 10 touchdowns, rushing for another two.

Highlighted by a dramatic 35-34 victory on the road at Mercyhurst that saw the Eagles rally from three scores down to win, Simmons looked poised to top his lofty offensive numbers from the previous season; however, an injury in the homecoming game against Edinboro would force him to watch the next handful of games from the sidelines, opening the door for redshirt

freshman Jeff Clemens to step up and fill the void behind center.

Thrown into the fire in his first game as a starter on the road against Seton Hill, Clemens managed an impressive 176-yard, two-touchdown performance, including a perfect 27-yard strike to wide out Kevin Genevro. The Wexford native would also tack on 36 yards and a touchdown on the ground in the effort.

Despite the eventual loss, Clemens followed it up with another strong performance one week later against Cal U, tossing three touchdowns for 142 yards as the Eagles played host to the Vulcans at



Memorial Stadium.

Clarion also was hit hard after standout running back Delrece Williams was sidelined with an injury the same game as Simmons. A 2015 member of the Don Hansen's Football Gazette All Super Region 1 team, Williams had



over 1,100 all-purpose yards last season. Following a dynamic 211-yard performance against Mercyhurst, Williams went down against Edinboro, opening up the door for sophomore Kyle Evans and redshirt freshman Devin Clark to shoulder the bulk of the workload on the ground. The duo combined for 116 all-purpose yards.

Both Simmons and Williams returned in time to salvage the season. After a two-game absence, Simmons made a dramatic comeback in week 10, tossing four touchdowns for over 300 yards in a 27-24 win over Slippery Rock. He would continue the hot streak one week later against Gannon, where Simmons connected for five touchdown passes, including one in the final minutes of the fourth quarter that gave him sole possession of Clarion's all-time touchdown pass record with 66.

Wide out Matt Lehman also wrote himself into the history books that afternoon, snagging his 25th career touchdown catch, tying him with Terry McFetridge ('85) for first all-time in program history.

All in all, the Golden Eagles ended 2016 by winning two of their final three games to finish 4-7. While a rash of injuries hamstrung what could have been a more successful season, the pride and passion of Clarion's unsung role players kept the Blue and Gold afloat long enough for Simmons and Williams to return in time to make an impact.

EXPERIENCE TRUMPS OUTCOME



The Clarion men's basketball team enjoyed the thrill of playing in one of college basketball's most famous arenas, battling, but ultimately falling to, the Kentucky Wildcats by a 108-51 score at Rupp Arena Oct. 25.

Coached by Clarion alumnus and Athletics Hall of Famer John Calipari, the Wildcats fought off an early challenge from the Golden Eagles for the win.

A number of Golden Eagles acquitted themselves well against the powerhouse Wildcats, none more notably than senior guard and Preseason All-PSAC West selection BJ Andrews. Andrews finished the game with 16 points, including a 4-of-6 performance from three-point range, in 31 minutes of action. Cameron Grumley added nine points, four rebounds and two assists.

Justin Grant drew first blood against the Wildcats, scoring on a baseline out-of-bounds play at the 18:24 mark off a feed from Manny

Powell. Grumley scored on the Golden Eagles' next trip down the court as well, driving the line and finishing with the left hand to cut the Wildcats' lead to 7-4. Powell added a bucket of his own, drilling a three-pointer from the left wing to cut the deficit to two points at 9-7.

Generally speaking, things stayed within one possession between the two teams in the opening minutes of the game. Grant fired a three from the left corner to keep the deficit at 13-10, but Kentucky responded with a 6-0 run that was capped with a steal by Isaiah Briscoe, who pushed the ball ahead to Dominique Hawkins for a layup. Andrews stopped the bleeding with a pull-up three-pointer at the 13:03 mark, but Kentucky pulled away

and led 24-14 at the second media timeout of the half.

The Kentucky defense locked it down the rest of the way in the first half, holding the Golden Eagles to just one field goal – a jumper from Kwame Morton Jr. – and a free throw from Andrews over the span of nearly seven minutes. Morton broke the drought with another jumper, this one a trey from the head of the key off a feed from Powell at the 3:49 mark. Derek Willis delivered a spinning layup as the clock wound down in the half, and the Wildcats led 48-22 at the break.

Akeem Williams scored the first bucket of the second half for Clarion with a monster dunk, converting a feed from Grumley and throwing it down with two hands to elicit cheers

“THIS IS SOMETHING NONE OF YOU WILL EVER FORGET. IT’S AN EXPERIENCE ALL OF YOU WILL CARRY THE REST OF YOUR LIVES.”

–Coach Williams

from the Golden Eagle fans in attendance. The Golden Eagles started raining down threes midway through the second half, with Andrews knocking down treys on consecutive possessions and Grumley adding one from the left wing at the 13:47 mark.

Andrews drilled another three-pointer from the left corner at the 12:08 mark of the second half, draining the fall-away jumper with a hand in his face for his 13th point of the night. Grumley added a fall-away of his own with roughly eight minutes to play, lifting off his left

foot and draining it from 12 feet out.

Kentucky did not let up, however, cracking the century mark with 3:39 remaining in the game. Bo Murray knocked down a jumper from the head of the key for his first points of the night and RJ Laugand followed suit with a three-pointer with 2:33 to play.

“This is something none of you will ever forget,” Head Coach Marcess Williams told his team before departing for the trip home. “It’s an experience all of you will carry the rest of your lives.”



Interim athletic director Wendy Snodgrass, Clarion coach Marcess Williams, John Calipari and Clarion President Karen Whitney.

IN GAME WITH KENTUCKY WILDCATS



A look back...

1967 theatre production
of "The Knack."



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ALUMNI NOTES

WINTER 2016

1970

Craig Harwick resides in Fuquay-Varina, N.C., with his wife, Becky. He is retired and volunteers at his grandsons' elementary school.

1979

Karen (Kennedy) Gobrial is retired from the United States Postal Service. She resides in Land O' Lakes, Fla., with her husband, Maher.

1982

Caryl (Brush) Decker recently retired from teaching special education for the Warren (Pa.) County School District. She resides in Russel with her husband, Michael.

1984

Linda Leshowitz is a training developer for the University of Virginia, Charlottesville, Va. She resides in Charlottesville with her husband, Tim Brazill.

1986

William Hanna is a computer science teacher at Centennial High School, Frisco, Texas. He resides in Plano, Texas.

1993

Dr. Stephen Caliendo was recently selected as Dean of the College of Arts and Sciences, North Central College, Naperville, Ill. He also continues to be a professor of political science. Dr. Caliendo resides in Chicago with his wife, Jillian, and children: Amelia, Gianni and Stella.

Marisa Diaz y Diaz is a Spanish teacher at Valley Stream Central High School, New York. She resides in Freehold, N.J.

1994

Chris Porter is vice president, communication and development, for Child Development Centers, Inc., Franklin. He resides in Franklin with his wife, Cindy.

1995

Carrie (Lengauer) Rose is manager of the Grove City (Pa.) College Bookstore. She resides in Greenville with her husband, Will, and children: Calvin, Izabella and Michaela.

1999

Ryan Pepper is an assistant golf coach for Boston (Mass.) College. He resides in Boston.

2002

William Friedline is a captain in the United States Army. He resides in Watertown, N.Y.

2004

Jessica (Gardner) Mastropietro has been promoted to partner at Baker Tilly Virchow Krause, LLP. Jessica was also recently recognized as a nominee for the GWCPA "Women to Watch" awards in the CPA emerging leader category.

2005

Bill and **Kathleen (Lutz) Lehman** reside in Belgium, with their daughter, Elizabeth. Bill is a global procurement director for Anheuser-Busch, Leuven, Belgium. Kate is a stay-at-home mom, teaching at playgroups for other young children of expats trying to learn Dutch.

2006

Lauren (Fortnoff) Acres is an intake manager for Renewal, Inc., Pittsburgh. Lauren resides in Pittsburgh with her husband, David, and son, David Stanley.

2009

Heather (Cooney) Boswell is a preschool early intervention service coordinator for Seneca Highlands Intermediate Unit Nine, Smethport. She resides in Lewis Run with her husband, John.

2010

Rev. Benjamin Austin is pastor for Jefferson Central Lutheran Ministry, Brookville. He resides in Brookville.

Craig and Samantha (Petroff '11) Butler reside in Philippi, W.Va., with their son, Theodore. Craig is director of marketing and communication for Alderson Broaddus University, Philippi.

2012

Joanna Catalano recently received a doctor of osteopathic medicine degree from Philadelphia College of Osteopathic Medicine. She is continuing her medical training in internal medicine at Temple University Hospital, Philadelphia.

2013

Daniel De Kok is a librarian, business resources and innovation center, Free Library of Philadelphia. He resides in Norristown with his wife, Nancy, and children: Daniel Jr., Sara and Natalie.

2015

Debra (Wilson) Weaver is an assistant to the director for the school of education at Clarion University. She resides in Seneca with her husband, William, and children, Samuel and Matthew.

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MARRIAGES



Will Rose and **Carrie ('95) Lengauer**, April 8, 2016.

Jared ('12) Resanovich and **Katie ('12) Anderson**, May 2016.

Tyler ('14) Patton and **Stephanie ('13, M.S. '14) McConnell**, June 25, 2016.

David Rankin and **Hannah ('15) Domaradzki**, June 28, 2016.

Bryce ('10) Davis III and **Lisa ('10) Buck**, Sept. 3, 2016.

Jason Brenk and **Natalie ('07) Eckler**, Sept. 3, 2016.

Lucas ('11) Allen and **Laura ('08) Ferruchie**, Sept. 16, 2016

BIRTHS

Ronald and **Christina (Reiter '06) Mitchell**, a son, Bricen Asher, March 4, 2016.

David and **Lauren (Fortnoff '06) Acres**, a son, David Stanley, July 12, 2016.

Matt ('08) and Lori (Rajkowski '09) Huha, a son, Andrew Matthew, July 14, 2016.

IN MEMORIAM

1940s

Elizabeth Mooney ('41), July 10, 2016
Alice Arner ('44), Aug. 2, 2016
Pauline Wiberg ('44), Sept. 24, 2016
Mary O'Toole ('48), Sept. 2, 2016

1950s

Genevieve Harchick ('50), Aug. 5, 2016
Peter Mervosh ('53), July 11, 2016
Mary Reno ('55), Sept. 4, 2016

1960s

Martha Ames ('60), Sept. 5, 2016
Richard Shaner ('65), Aug. 29, 2016
Ernest Kocur ('67), July 13, 2016
Carole Anderson ('69), Sept. 5, 2016
Lynne Rees-Lentz ('69), Sept. 30, 2016

1970s

Madelina Garofalo ('71) Aug. 22, 2016
Vickey Monrean ('71), Aug. 23, 2016
Christine Rea ('72), Aug. 20, 2016
Robert Young ('73), Sept. 13, 2016
Virginia Wilson ('76), July 18, 2016

1990s

Barbara Heckathorne ('90), Aug. 20, 2016
Janet B. Hajj ('92), Feb. 25, 2015
Roseann Dies ('92), July 12, 2016
Lee Negley ('96), Aug. 18, 2016

2000s

Martha Wiant ('06), Aug. 14, 2016
Ashley Stang ('07), Oct. 4, 2016

Friends

Sandra Dowlan, July 5, 2016
James Krouse, July 8, 2016
Louis Deloe, Aug. 1, 2016
Gale Wurster, Aug. 22, 2016
Margaret Staab, Aug. 24, 2016
Homer Watson, Sept. 1, 2016
Lillian Allen, Sept. 9, 2016
Helen Hetrick, Sept. 14, 2016
Lynn Peterson, Sept. 5, 2016
James Gourley, Sept. 27, 2016

GOLDEN EAGLES FLOCK TOGETHER



PHILADELPHIA

Alumni from the Philadelphia area enjoyed happy hour Sept. 15 at the Victory Beer Hall prior to the Phillies vs. Pirates baseball game. Pictured, from left, are Steven and Verdell Ganges with their daughter, Sherrell Ganges ('99), CUA president-elect Jeff Douthett ('79) and Laura Smeltzer ('99).



Alumni gather to Party for a Purpose Aug. 6 at the Crown Plaza Hotel in Harrisburg. All proceeds from the event benefited the Black Students Fund at Clarion University.



Past members of the Clarion University softball team returned Sept. 18 to face off against the current softball team in the second annual Softball Alumni Game. Pictured are the softball alumni with the current team and Coach Cheryl Peterson.

CLARION UNIVERSITY

BABY EAGLE



Our gift to baby Eagles of Clarion alumni is a dashing new bib! To receive a bib, let us know about the new addition to your nest by emailing to alumni@clarion.edu:

- Parents' names
- Full address
- Graduation year of alumni
- Baby's name and gender
- Date of birth

Once you receive your bib, take a picture of your Eaglet putting the bib to use, and email a high-resolution photo to us for inclusion in Clarion University Magazine.



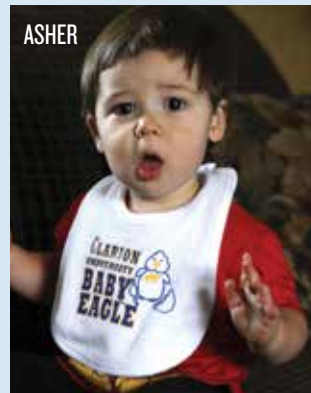
Rory Alec Wolkiewicz, son of **Ryan ('08)** and **Stacey (Belsterling '07) Wolkiewicz**, born July 3, 2015.



Easton James Jones, son of Brandon and **Elizabeth (Indrihovic '09) Jones**, born Feb. 21, 2016



Blakely Marie Fremer, daughter of **Andy ('10)** and **Katie (Miller '12) Fremer**, born Oct. 25, 2015



Asher Herman, son of Michael and **Renee ('02) Herman**, born Aug. 8, 2015



Fiorella Mia Lo Presti, daughter of **Sergio ('08)** and **(Nicole Lo Presti, '08)**, born Nov. 12, 2015



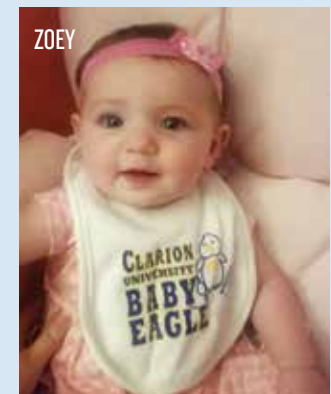
Veronica ClairAnn Lovett, daughter of **Dan ('99)** and **Susan (Ramolt '01) Lovett**, born June 7, 2016



Camden Jude Doyle, son of **Brian ('06, '07)** and **Deanna ('09) Doyle**, born May 14, 2016.



Jacob Patrick McNamee, son of **George ('09)** and **Elizabeth (Newcomer '09) McNamee**, born March 25, 2015



Zoey Mae Norcross, daughter of **Aaron ('07)** and **Chere (Wyland '08) Norcross**, born Feb. 5, 2016

CRESCENDO

Membership in Clarion University Golden Eagle Marching Band swelled to 100 this year, the highest in 16 years.

From its earliest beginnings in the 1940s until now, the band has remained a symbol of Clarion University pride and accomplishment. With its new uniforms unveiled last season and this year's increased numbers, the Golden Eagle Marching Band continues to be an example of not only their own, but also Clarion University's, continued growth and success.

Dr. Casey C. Teske, who first served as director from 1996 through 2001, has led the band since fall 2014. He feels what makes the marching band so successful is the eclectic mix and hard work of the instrumentalists, color guard and majorettes from all majors that make up the group.

"Our band is comprised of students ranging from freshmen to graduate students, and this melding of different ages and experience levels, as well as skills and personalities is what makes the Golden Eagle Marching Band

one of the most entertaining collegiate marching bands you will see in our area," Teske said. "The talented students that make up the Golden Eagle Marching Band are very committed to their craft. The amount of hard work they put into the band shows in every one of their performances.

Students who successfully complete band camp, MUSA136 and the marching band season receive a \$250 scholarship and are eligible for other scholarship opportunities.



Elizabeth McNitt and daughter Alaina, 3



“
WHEN CLARION
SUPPORTED ME
IN THE SCHOOL
ASPECT, THEY
ALSO SUPPORTED
ME IN THE
PARENTING
ASPECT.”

COURAGEOUS *endeavors*

ELIZABETH MCNITT

In January of Elizabeth McNitt's senior year of high school, she learned she was pregnant. Until that point, she thought she knew what the future held: Attending college and studying speech pathology.

“The first person I told (about my pregnancy) was the guidance counselor, who contacted the universities (I was interested in attending),” McNitt said. “Clarion University responded within an hour. They offered the most compassion and the most help making a plan.”

That plan began with a year of taking general education classes online.

“Clarion helped me realize that going online for a year was my best option. I started school in August and had my daughter in September,” she said. “When I came to campus, I worked with my advisor to double up on speech pathology classes.”

McNitt will graduate in May, one year early. She maintains a 4.0 GPA.

Mastering the material for her speech path major was only part of the challenge she faced.

“When Clarion supported me in the school aspect, they also supported me in the parenting aspect,” McNitt said.

When she attended orientation, she knew the difficulties she would face as an on-campus student and

asked about groups or clubs to which she could turn for support.

“I got an email about (Pregnancy and Parenting Resources Initiative) from Tom Rourke.”

She became involved in PPRI and is now its president. Last year she organized a Pregnancy and Parenting Resources Forum, to assess the needs of pregnant and parenting students. She found there was an unmet need for baby items such as wipes and diapers, which are now available in the Student Resource Center. A more difficult need to meet was a designated place for breastfeeding moms who had been nursing in restrooms and the offices of empathetic faculty members.

This fall, a lactation room opened in Gemmill Student Complex. The room features a comfortable chair, a sink, a TV and plenty of privacy.

McNitt is grateful for the help she received as a student and a mom. For her efforts in improving the campus climate for pregnant and parenting students, she was recognized with Clarion's Equity Award in November.

“I wish someone had been there when I was looking at the pregnancy test, telling me that my life isn't over,” McNitt said. “Don't choose the easy option; choose the best option.”

Clarion University

DISTINGUISHED *Awards*

Saturday, Sept. 9, 2017

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Submit nominations online at clarion.edu/alumni, or
contact the Alumni Relations Office at 814-393-2572
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Deadline to submit
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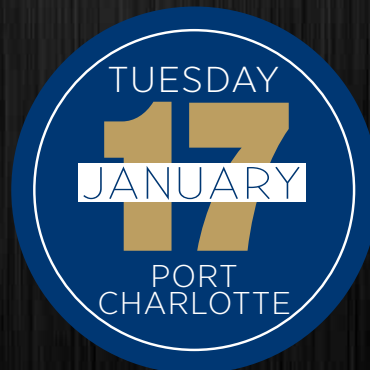
Music will be provided by Al Holland – former member of The Platters. Come join us for any or all of the events: lunch, golf, or dinner.

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