# PORTRAITS

# FACE TO FACE

Up close with alumni on the frontlines of the coronavirus



(left-right): Philip Jacobus '72-'74, Ali Rinfrette '18, Richie Brand '16, Jasmine Reeves '08, Melissa Dibble '15, Tami Minnier '81, and Lt. Matt Delaney '00

# Staying Together

I am writing this on a snowy April day, cloistered away in my home office, and like most Pitt-Bradford employees and students, wondering when it will be possible to

In these last several weeks, we have all been facing ever-evolving uncertainty and change. Directives are changing. Expectations are changing. Nothing is the same. Hurricane-strength winds filled with negative messages of fear, anxiety, loss and despair seem to constantly swirl, demanding that we change. There has been an endless supply of guidance on how to cope, how to recreate normalcy in the face of life that daily seemed to grow more abnormal. There is no denying it: This has been hard — really hard.

I have been reflecting a great deal on how we respond to change and uncertainty and, in this case, intense, global and unexpected change. Like most of us, I have tried to recapture some normalcy in life by keeping a regular schedule, faithfully showing up in my home office, attempting an exercise routine, and connecting with friends and colleagues through virtual means. I also have found myself thinking about what really matters: compassion and kindness.

I am happy to report that Pitt-Bradford's faculty, staff and alumni have mobilized at this unprecedented time of change and demonstrated great compassion and kindness by taking care of our students and vulnerable

In this issue, you will hear stories of heroism, of compassion, of going the extra mile: faculty working tirelessly to deliver instruction online; creating

> virtual communities for students out of thin air and in thin air; getting laptops and hotspots to students;

creating an emergency fund for students in need and checking in with them to see how they were doing. Everyone worked together like never before to care for one another.

What the pandemic has revealed — which shouldn't be a surprise to anyone — is that Pitt-Bradford is a compassionate, kind place with incredibly nimble, agile and passionate people who have made sure that, despite the global crisis, everybody had what he or she needed.

> I hope you enjoy this issue of Portraits and share my pride in being a member of the Pitt-Bradford community.

Sincerely,

Catherine Koverola, Ph.D., president

# members of our community.

# **PORTRAITS**

SENIOR EDITOR

Pat Frantz Cercone

EDITOR

Kimberly Marcott Weinberg

COPY EDITORS Laurie Dufford Judy Hopkins '71-'73

ALUMNI EDITOR Lindsay Hilton Retchless '98

John Sizing www.ispublicationdesign.com

PHOTOGRAPHERS

Alan Hancock '07, '19 Matthew Lester Glenn Melvin '04 Aimee Obidzinski Kat Procyk

PRINTER

Canfield & Tack Inc.

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ebuggie@pitt.edu

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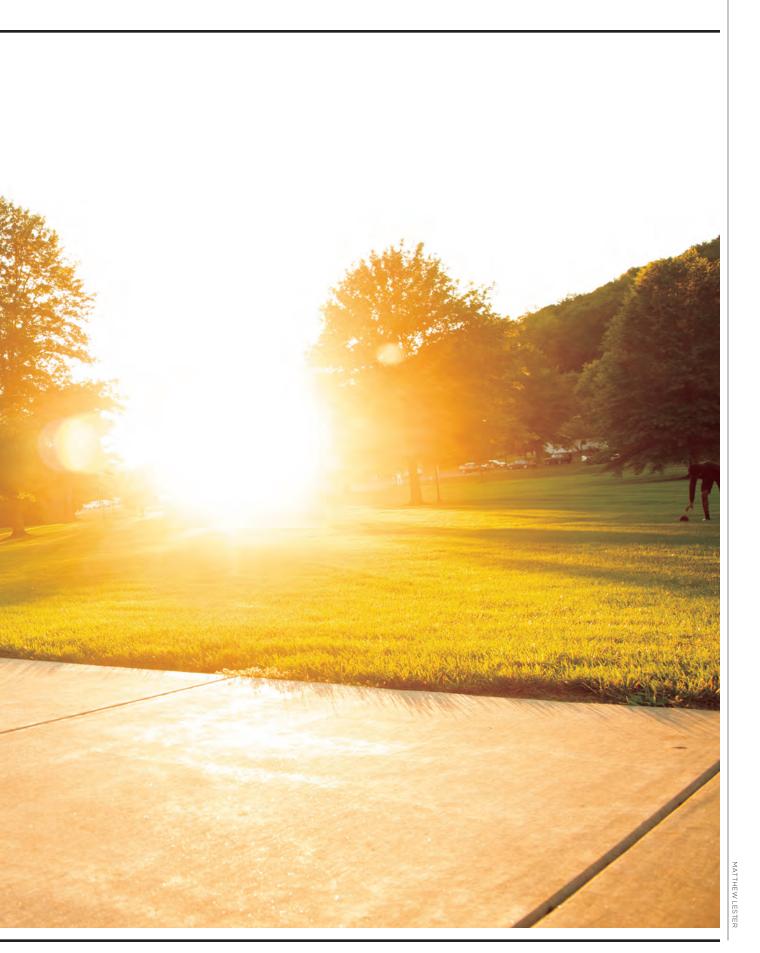
Kenny Reilly '19 and Malik Utendahl '11-'15 served on campaigns for Democratic presidential candidates as they campaigned in lowa in the fall and winter.

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Jeanine Vento McGuire '10 has long used running to keep her rheumatoid arthritis in check. She shares some tips for starting your own running routine.

# first shot







# Going green

### Alexander House first campus building to achieve LEED standard

Pitt-Bradford's newest residence hall, the 170-bed Livingston Alexander House, has earned silver-level LEED certification from the U.S. Green Building Council, the first building on the campus to achieve LEED certification.

LEED (Leadership in Energy and Environmental Design) is green building certification that takes into account sustainability considerations that include green construction practices, water and energy efficiency and more.

"It's about caring for the environment," said Rick Esch, vice president of business affairs, about the campus's latest construction meeting LEED standards. "Climate change is real. When you build sustainable buildings, it benefits the environment, the health of residents and the health of those constructing and making the materials that go into a LEED-certified building."

Alexander House, which was completed and dedicated in 2018, was constructed from concrete and lumber from forests certified in sustainable forestry practices.

High-efficiency heating, ventilating and air conditioning as well as thermal glass and insulation reduce the building's energy consumption by 30% over standard construction. Additionally, the power supplied to Alexander House comes from renewable resources.

The construction process created as little waste as possible. The demanding standards of LEED required that even the waste headed to the landfill be measured. Anything that could be recycled was sorted for recycling.

Occupied since the fall of 2018, the

building has bike storage for students and parking places for electric vehicles. Plumbing fixtures in the building consume less water.

Paint and carpets used inside the building emit a low amount of organic compounds as do the furnishings made from recycled materials.

"Between 10% and 100% of the materials used in all of the furniture is from recycled materials or can be recycled," said Rhett Kennedy, director of auxiliary services.

Even the cleaning supplies used in the residence hall must meet strict standards.

Esch said the university's goal is to achieve LEED status for all new construction on the campus, including a planned academic building.

### Setting sights on new students

Pitt-Bradford's Office of Communications and Marketing finished a new website just in time for it to serve as a central posting site for information about the COVID-19 pandemic.

Following a yearlong process, the office launched the bolder, more visual and easier-to- navigate site in December.

The new site uses the same address, www.upb.pitt.edu, but incorporates more and larger photos, easier navigation, a more contemporary, wider design and a better experience for those using the site on a mobile device such as a smartphone or tablet.

"The website is of primary importance in recruiting prospective students," said Pat Frantz Cercone, executive director of communications and marketing. "It's become our primary communications tool."

Web manager Jim Pascarella led the effort – from selecting mStoner Inc. as the project designer to reducing, restructuring and rethinking the content of the website to create a more streamlined experience. Enhanced search functions also make it easier for users to find what they are looking for on the site.

The new site includes more and larger photos as well as videos and a brand-new 360-degree virtual tour, which allows users to "walk" through campus in virtual reality and see 360-degree views inside key buildings. The virtual tour was created by YouVisit, a company specializing in higher education virtual tours, in conjunction with the University of Pittsburgh.

The university's previous website had been redesigned in 2011.

# (overheard)

"It's the new refinery of tomorrow, and it reduces so much risk.

There's no steam. No stacks. This will produce almost zero emissions."

- Chris Getty, owner of AE Resources, a green energy firm building a biodiesel refinery based on technology developed by Dr. Matt Kropf, associate professor of energy science and technology

### **Campus leader**

### Miles Davis-Matthews leads at home and on campus

Miles Davis-Matthews capped off his junior year by being one of 14 student leaders from across all Pitt campuses profiled in Pitt magazine. A double major in history-political science and international affairs from Washington, D.C., he serves as a resident advisor and building manager and ambassador at the Marilyn Horne Museum and Exhibit Center, part of Pitt-Bradford's location in downtown Bradford.

Davis-Matthews has been honing his leadership skills through student activities, including as president of the Pitt-Bradford Pride Alliance, one of the strongest clubs on campus. The club participates in Safe Zone training to help fellow students, staff, faculty and community members become better allies to the LGBTQ community.

The Pride Alliance also holds events for Coming Out for Equality and Transgender Day of Remembrance and welcomes LGBTQ members of the community and their allies to campus each fall. Davis-Matthews is an effective leader outside of the Pride Alliance, however, frequently talking with members of the Pitt-Bradford and Bradford communities about matters of privilege, race and queerness.

In 2018, he spent the summer as an intern with the National Action Network in Washington, where he tracked policy and legislative developments and assisted with research projects.



AIMEE OBIDZINSKI

5



### **BOOKSHELF**

**Dr. Breea Willingham '95** is the editor of a new anthology titled "Punishment and Society" based on her course of the same name that she teaches as an associate professor of criminal justice at the State University of New York at Plattsburgh.

The new text for criminal justice students focuses on all those affected by incarceration – from incarcerated individuals to their families, communities and local economies. The collection of 13 readings provides diverse perspectives and examines the role of race and gender in incarceration, financial and emotional impact on families and children, and the consequences for communities.

Willingham has taught criminal justice at SUNY Plattsburgh since 2014, when she finished her doctorate in American studies from SUNY at Buffalo. She has written about incarcerated women, the impact of incarceration on families and higher education in prison.

### Wang helps procure vital PPE for campus, community

Dr. Ken Wang, associate professor of computer information systems and technology, used his contacts in China this spring to procure valuable personal protective equipment for Pitt-Bradford and the community.

First, he had a friend who began making face shields – those clear plastic sheets that cover a worker's entire face – at his business in China. Knowing that much of the United States was experiencing personal protective equipment shortages, Wang's friend offered to send him 100 of the shields, and Wang paid for the shipping.

The two were fortunate to get the shields on an overnight flight from China to the United States while such flights were still allowed. Wang donated some shields to Pitt-Bradford, to the campus police, and the remainder to Upper Allegheny Health System.

Later, one of Pitt-Bradford's sister colleges, Sias University in Zhengzhou, China, was aware of the need for PPE at Pitt-Bradford and offered to send 3,000 facemasks to its sister campus in Bradford.



Faculty member Ken Wang, right, hands over face shields to campus police.

PAT FRANTZ CERCONE

# Portraits returns after survey break



Portraits is back! We missed you this winter, but we took an issue off in order to survey our readers so that we can best serve vou (more on that in a minute). Rest assured, this is not going to be a regular occurrence because some of the things we read in our survey are that you read Portraits, spend time with it, keep it around and prefer to hold it in

your hand. Expect to continue seeing us in your mailbox each summer and winter.

We're going to try to give you more of what you're most interested in - campus facilities and growth, alumni in their professions and student achievements.

We were pleased to see in survey results that as a result of reading Portraits, 41 percent of you have attended an event and 40 percent of young alumni have contacted a classmate or friend. Because that's what we hope to do – keep you connected to us and each other.

Right now, it can be harder and more important to stay connected, so we've added a new group to our mailing list for this issue – our current students, whom we haven't seen since March! We hope they enjoy connecting with us in this way and reading about the great things our alumni are doing.

### **CALLING ALL READERS!**

If there's something you'd like to see in a future issue, write us at **Portraits@pitt.edu.** 





### **Celebration Time**

### Three longtime employees retire

Three long-serving professionals retired from Pitt-Bradford this spring – Peter Buchheit, director of facilities management; Mark Burns, assistant director of campus police and safety; and Dr. Helene Lawson, professor of sociology.

When Buchheit came to Pitt-Bradford in 1979 after having worked for the City of Bradford for four years, the campus looked a lot different.

"There isn't a building on campus that I haven't participated in its construction or its renovation," he said. The first building he supervised the construction of was the Frame-Westerberg Commons. It was followed by Hanley Library, Blaisdell Hall (his personal favorite), seven new residence halls and renovations and additions to Swarts, Fisher, the Commons and Richard E. and Ruth McDowell Sport and Fitness Center.

He's also overseen "an amazing staff," including more than 300 student workers who have worked in facilities management during his tenure.

Burns began working in campus police in 1980. With more than 40 years of high fives and late-night chats with students, and he is known for gently bringing the younger generation into line.

A post on the university's Facebook page about Burns on his 40th anniversary working at Pitt-Bradford elicited dozens of comments from alumni and students.

"This officer single-handedly restored my faith in armed uniform officers," wrote one.

"I loved his stories, and I miss them!" wrote a 2016 graduate.

Several comments mentioned Burns's pack of rescue basset hounds, including one that had its own police vest.

Lawson, director of the sociology program, came to Pitt-Bradford in 1991 after earning her doctorate at Loyola University of Chicago. A champion of undergraduate research, in 2000 she founded the Penn-York Undergraduate Research Conference, which has continued for 20 years and honored her in November as its founder.

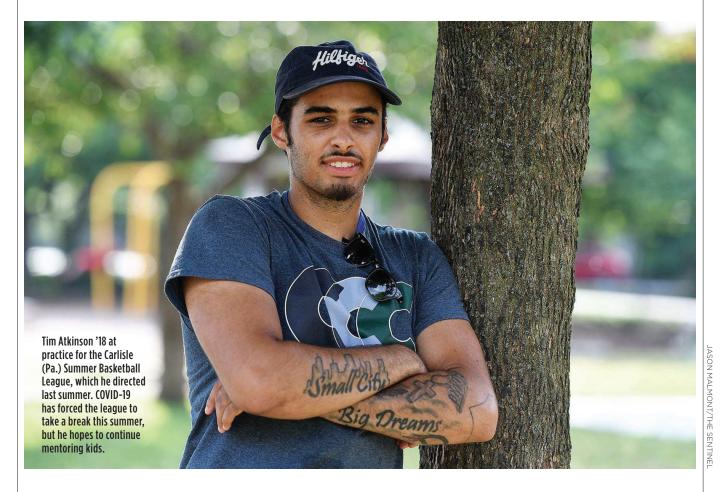
She helped establish the sociology major at Pitt-Bradford in the mid-1990s and founded the gender studies minor in 2001.

In 2007, she received the Chairs' Faculty
Teaching Award, and in 2009 the Pitt-Bradford
Alumni Association honored her with its Teaching
Excellence Award.



HANCOCK '07

### **SPORTS WIRE**



# Leader of young players

### Tim Atkinson '18 is helping young teens find identity through basketball

**HIS SPORT:** Basketball

HIS PASSION: Coaching and mentoring HIS PROJECT: Director of the Carlisle (Pa.) Summer Youth Basketball League HOW HE GOT INVOLVED: When five of Tim Atkinson's friends were resurrecting the summer basketball league that they played in together as children in the basketball-mad city of Carlisle, he seemed like the perfect candidate to run the league.

He was working toward a master's degree in organizational development and leadership and needed an experiential project. He had some solid experience coaching kids at former Pitt-Bradford basketball coach Brit Moore's summer camps and at a summer camp in Naples, Maine. He loved the sport,

liked kids and believed in his friends' it's-not-all-about-basketball mentality.

"I enjoy being around kids," Atkinson said. "I enjoy being a role model." The Carlisle league focuses on boys

# "I learned a lot of leadership through youth sports. I think it's really rewarding being able to change someone's life."

and girls ages 8 to 14 who play in co-ed teams. "It's a tough time for kids who are finding their identity," he said, "and it's a time when they can be persuaded

one way or another."

The league is free and located in the city to keep transportation costs down for familes. The only cost of admission is a player's report card. If a child could use a little help, he or she agree to attend Monday night tutoring sessions, and so does Atkinson.

Teams are kept to 10 players so that all kids can play in every game. The co-ed aspect, particularly at the 14-and-under team level, is unique. "It's really empowering to the young females," he said. That can be a hard time for a lot of kids to find themselves.

"I learned a lot of leadership through youth sports. I think it's really rewarding being able to change someone's life."



# **Kaye Andrews Huber '66-'68**

### The paper dress

Early in the university's history, Pitt-Bradford rented the historic Emery Hotel at the head of Main Street as the residence hall for its students.

Although no longer the first-class hotel that catered to Bradford's most prestigious guests, Emery Hall still had strict requirements, including dressing for Sunday dinner in the dining hall.

"For meals in the dining room, women are expected to wear skirts and blouses," read the Rules and Regulations for Women Students in 1967-68, which also prescribed how late students could stay out (11 p.m. on a week night), signing out procedures

(for every time a student left his or her floor at Emery Hall), and 7 p.m. to 7 a.m. quiet hours.

"If you were ten minutes late, you had to stay on campus the next weekend," said Kaye Andrews Huber '68. Consequences would be administered by the Dean of Women, Mary Frances Taylor.

On a warm Sunday night during summer classes in June 1967, Huber and her friends Rose Marie Ivanier and Mary Lou Valishinas pushed back against the rules. "It's summer time. It's heat waves, and we got tired of dressing up for dinner."

Kaye and Mary Lou made a new

dress for their friend Rosie. "She was our model," Huber said. "She was slender. We were the tailors."

The two women created an a-line skirt and bodice and took their friend's picture in it standing on the roof of the Emery. "She was covered, and she could sit down," Huber said of the dress.

The only problem? They made it from that day's Bradford Era, which coincidentally announced plans for a new campus just across the top of the bodice.

"Miss Taylor made her go back upstairs and change," Huber said. "We were misunderstood youth."



### the commons



Last fall's freshman class was the largest and one of the most diverse in the campus's 56-year history.

The class of 2023 totaled 442 – more than a 19% increase over fall 2018's incoming class – and surpassed the last enrollment record set in 2009.

The class included nearly 38% racial minorities – 20.4% black students, 8.6% Hispanic students, 4.5% multiracial students, 3.9% students of Asian descent and .5% Native Americans.

The university enrolled more students in many categories: doubling

the number of students referred by the Pittsburgh campus who enrolled and increasing the number of students who are eligible for federal Pell need-based grants by 20%.

While the pandemic affected all areas of the university's operations,



faculty and staff rapidly shifted from face-to-face recruiting for the incoming class of 2024.

Enrollment for fall 2020 remained steady as admissions pulled out all the stops this spring and summer to shift events online, call prospective students personally, hold Zoom information sessions and host Facebook live question-and-answer sessions with Admissions Counselor Jay Clinger '18.

Faculty developed unique videos to share with prospective students, and several faculty and staff called admitted students.

Despite the recruiting challenges caused by the COVID-19 pandemic, freshman-to-sophomore retention for the fall is good, and recruitment is strong.



# **Changing Times**

Hardin's tenure included 20 new majors, 15 new minors and academic support centers

Spring 2020 was a semester of huge change at Pitt-Bradford. Global pandemic aside, that semester saw a change in the university's academic leadership.

After 16 years as Pitt-Bradford's chief academic officer, Dr. Steve Hardin retired at the end of March. Just days later, Dr. Emily Williams officially assumed the position as vice president and dean of academic affairs.

The academic leadership handoff came at an unprecedented time. On March 23 – literally eight days before Hardin's official retirement date -- the university shifted to online teaching to help prevent the spread of COVID-19. As a result, faculty were no longer

in classrooms and labs with their students. Instead, they were teaching them remotely using one – or maybe a combination – of the various available tools.

It was a bittersweet goodbye for Hardin, who couldn't celebrate his retirement in person with his colleagues and friends on campus. Instead, he received congratulatory toasts and good wishes via Zoom, email and Facebook.

"I greatly appreciated everyone's kind words, even if they weren't said in person," Hardin said. "I miss everyone, from the wonderfully creative faculty to the students who brought me great joy."

During Hardin's time as dean, he oversaw an upsurge in new academic programs: 20 new academic majors, including accounting and eight new education majors, and 15 new minors such as marketing, graphic design and Africana studies. Additionally, other programs were reconfigured. Administration of justice became criminal justice, and computer science was adapted into computer information systems and technology, both two of Pitt-Bradford's most popular and successful majors.

Hardin also helped to develop new academic support programs to help students succeed, including the federally funded TRIO Student Support Services, the Academic Coaching and Tutoring Center, the

Dean Hardin oversaw an upsurge in new academic programs: 20 new academic majors, 8 new education majors and 15 new minors such as marketing, graphic design and Africana studies. Additionally, other programs were reconfigured. Administration of justice became criminal justice, and computer science was adapted into computer information systems and technology, two of Pitt-Bradford's most popular and successful majors.

Advising Center and the math and writing centers.

It was an interesting hello for Williams. Before nearly everyone left campus, she and Hardin spent some time working together to ease the transition from one dean to the next. However, their collaboration quickly shifted to ensuring that professors and their students had the support they needed to make the move to remote instruction as successful – and seamless – as possible.

Unique circumstances aside, Williams said she is happy to be part of a campus that is well positioned academically.

"I look forward to continuing to work with my colleagues, the division chairs and the faculty to add to the solid academic foundation Steve helped to build," Williams said. "Our goal is to help our students succeed."

Williams has spent 30 years in higher education, beginning her teaching career at Morehouse College in Atlanta, where she taught and conducted research for 13 years. Her research centered on Caribbean and British cultural studies and literature.

Before she entered academia, she worked for a decade in the arts as a grant director and arts program manager for the City of Atlanta Bureau of Cultural Affairs and the State of Georgia Council for the Arts. She has also worked as a performance poet and executive director of an Atlanta-based dance company.

Williams holds a Doctor of Arts in humanities with an emphasis on Caribbean and British cultural studies from Clark Atlanta University, a Master of Arts in linguistics from Virginia Commonwealth University, and a certificate in management and leadership in education from Harvard University. She was also a Fulbright Scholar.



### Class of 2020 shows its resolve

Dr. Catherine Koverola, Pitt-Bradford's new president, loves to talk about an attitude she learned from her Finnish parents called *sisu* – a mixture of persistence, determination and acting in the face of adversity.

It is, it turns out, the perfect term to describe the first graduating class during Koverola's tenure as president – the Class of 2020 – whose senior spring term was upended by the COVID-19 pandemic.

In the face of the global pandemic, Pitt-Bradford, along with nearly every other college campus, kept operating, but from a distance. In mid-March, all instruction moved online. Faculty and staff worked remotely, and nearly every student moved out of campus housing.

While several major springtime events were moved online, others, such as Best Week Ever, a spring semester tradition for seniors, had to be canceled.

"It's really hard missing out on those lasts," said graduating senior Madi Feeser, an athletic training major from East Berlin, Pa. "Pitt-Bradford gave me a lot of good friends, and I've missed that month and a half with them. D-three week, The Best Week Ever – those are a lot of fun for us."

Many faculty and staff wanted to ease seniors' sense of loss, so they quickly mobilized to create online events to recognize their accomplishments, including a digital graduation celebration.

To prepare for the online celebration, caps and gowns were shipped to

seniors, who were encouraged to have photos taken of themselves in their regalia that could be used in the online event. Faculty and staff submitted pictures and congratulatory messages, and Koverola recorded a video commencement address.

At the regularly appointed time for Commencement – 2 p.m. Sunday, April 26, – graduates sat down with their families – each in his or her own homes – while faculty, staff, alumni and underclassmen tuned in as well to watch the online celebration. It was not walking across the stage in the KOA Arena or posing in front of the Panther statue with degree in hand, but it was experienced together, and it was joyful.

Families created backyard graduation parties – even paraded grads past friends and family in the bed of a pickup truck.

Other virtual gatherings included honors convocation; the annual athletic awards ceremony, an event to honor those receiving awards in the Student Affairs area; and Senior Class Happy Hour on commencement eve, which was hosted by Danielle Munksgard-Pearson, president of the Pitt-Bradford Alumni Association.

During the happy hour, Claire Saylor, a graduating chemistry major from Sligo, Pa., addressed several of the changes she and her classmates have seen during their time on campus and realized that adjusting to all of the changes helped to shape the Class of 2020.



"Our journey to get here has been quite a roller-coaster ride," she said.

"As a class in our four years, we have seen the retirement of our institution's president, Dr. Livingston Alexander, spent a year with Dr. Lawrence Feick as our interim president and welcomed our fourth president, Dr. Catherine Koverola.

"Within that time, we also said goodbye to Dean Evans and many other staff and faculty members who had devoted countless years to Pitt-Bradford, as well as welcomed many new faces to our family."

The class watched as three residence halls were razed and another one – Livingston Alexander House – was built. They saw the Tunungwant Creek spill over its banks more than once, dealt with a water crisis and bundled up for – and played in -- countless snowstorms.

"All of this led me to realize that we – the Class of 2020 – had been the consistent part of our four years," Saylor said, "so I am not at all surprised that a global pandemic decided to crash our senior year. What other way would we end this time in our lives than with another showing of our resiliency?"

Despite all this change – or maybe because of it – Saylor has warm feelings about her alma mater.

"I know that there forever will be a piece of my heart that belongs to Pitt-Bradford, as I hope is the same for many of you," Saylor told her fellow graduates. "So, take that into the world wherever you go. Remember to smile at people, hold doors open for them, and care for the people you find yourself sharing a community with. If we each commit to take some of that with us, we will slowly find ourselves making the world around us a better place."

### **New Course**

### When a high-touch campus moves online

Pitt-Bradford had a chance to live its values during the COVID-19 pandemic even though professors, students and staff were no longer physically together.

To keep everyone safe, all of Pitt's campuses moved to online instruction, and students were encouraged to move back home, decisions made during Spring Break.

On the day students were told – March 11 – they also were told room and board would be pro-rated for the rest of the term. Within a few days, the university announced that all student workers would continue to be paid as if they were working – a relief for many who depended on the money and didn't have a job waiting at home.

Online instruction started March 23, which gave faculty an extended spring break to prepare. Staff members in residence life prepared for the unexpected task of moving students out of campus housing while also maintaining social distancing.

For faculty and students, there were a few adjustments as they got the hang of online teaching and learning.

"I feel like I didn't ever notice how

the school environment contributes to learning," said Alexa Bachurski, a computer information systems and technology senior from Coraopolis. "It's kind of like summer break, but it's not."

Bachurski said she missed the normal campus rhythms, such as students going to study together after dinner. Ironically, she was working on a senior capstone project that would have come in handy during remote study. She developed an app where students could enter their class schedules, and it would put all of the students in each class into a group chat.

"I just realized how nice that would have been," she said.

Students, faculty and staff used a variety of low- and high-tech ways: calling, emailing, texting and using videoconferencing applications as well as specific software products to help organize and record classes, keep track of grades, and even simulate labs. Academic support services and student health and counseling services remained opened and provided guidance, resources and tips to students.



Dr. Mary Mulcahy, associate professor of biology, teaching online last semester.

Graduating senior Nicolette Simon said, "I just did the best that I could with it. It went better than I expected because my professors were so good about getting back to me and being flexible with things. There's nothing more that could have been done. I think that Pitt-Bradford handled it the best that it could have."

It was harder to move some activities online than others. Dr. Kevin Ewert, professor of theater, and his students turned their spring production into a podcast, and Anna Lemnitzer, associate professor of art, set up an Instagram page to show off the work of her students.

Dr. Nancy McCabe, professor of writing, said she missed the face-to-face interaction with her students, but also thought that having them post on discussion boards was a great way to develop their writing and communication skills.

McCabe also used the not-ubiquitous conferencing software Zoom with her students and colleagues.

"Our cats and dogs and a couple of moms came wandering into the frames, and I feel like we're getting totally different windows into each other's worlds and real lives and how and where we work when we're not sitting in classrooms," she said.

Staff used Zoom to stay in close touch with their student groups as well. Lindsay Hilton Retchless '98 met weekly with the students of the Blue and Gold Society, the student alumni group. Retchless said that when on campus, she meets bi-weekly with the group, but that they wanted to meet more often at a distance because they missed each other.

Head softball coach Tina Phillips regularly made social media posts featuring her team – each grinning from their Zoom box, planning to make videos or create other messages that were enjoyed by the entire campus



Anna Lemnitzer, associate professor of art, in her home office/studio, where she spent the second half of spring semester teaching.

community.

Staff in residential life and housing contacted resident assistants to check on how they were doing at home.

A week or two into the study-fromhome setup, the Student Affairs staff and volunteers from other offices called each student to check in and make sure everyone had what they needed. When they learned some students needed laptops or internet hotspots, he or she

### HELPING STUDENTS IN NEED

If you'd like to help Pitt-Bradford students experiencing additional financial hardships due to the COVID-19 pandemic, make a donation to the Student Emergency Assistance Fund.

Pitt-Bradford has used these funds - up to \$600 per student to help students with emergency medical expenses, food security, homelessness, utility bills, unexpected travel and academic supplies.

To contribute, visit upbalumni. org/helppanthers, call 814-362-5145 or send a check to the Office of Philanthropic and Alumni Engagement, Attn: Student Emergency Assistance Fund, 300 Campus Drive, Bradford, PA 16701.

coordinated with staff members on the Pittsburgh campus to send them to students at home.

For students whose financial situations became more strained, there was more help. The government's Coronavirus Aid, Relief and Economic Security Act, known as the CARES Act, provided \$21.3 million to the University of Pittsburgh, half of which went to direct student relief.

At Pitt-Bradford, 575 students who were eligible for a federal Pell grant each received \$1,000, and another 234 students with unmet need sreceived \$655 each.

In some cases, however, students still struggled. The Office of Philanthropy and Engagement created a Student Emergency Assistance Fund that distributed \$26,000 to 120 students for basic needs such as housing, food and utilities and securing internet access for online learning.

While it was a busy spring semester, faculty and staff are busier than ever this summer preparing for students' physical return to campus in the fall. While planning focuses on keeping everyone healthy and safe and maintaining academic excellence, another part of that planning will involve how to best keep the personal Pitt-Bradford touch.

# A NEW WORLD

# These alumni went face to face with the coronavirus and came away changed

There are as many different experiences of this coronavirus period as there are people. Some of experiences depend on place. In Bradford's home of McKean County, there had been only 11 total COVID-19 cases reported by late May. Where residents in the spring could self-distance by hiking, fishing and biking, it was a different world from where people were locked down in urban apartments.

Likewise, experiences depend on profession. For those in the trenches this spring – answering code blues in hospitals, placing last calls to relatives – the outside world might as well have been another planet.



by KIMBERLY WEINBERG, Portraits editor



### **MELISSA DIBBLE '15**

Travel nurse St. Joseph's Wayne Hospital WAYNE, N.J.

A thome in Marshburg – a hilltop community between Bradford and the Allegheny National Forest – there was snow on the ground.

Melissa Dibble '15, a travel nurse far from home in hard-hit northern New Jersey, had heard it from her husband on their morning phone call after she got off her night shift at St. Joseph's Wayne Hospital. These morning phone calls are her main connection to a world outside of the hospital and the nearby hotel where she stays while working as a travel nurse.

In travel nursing, nurses coordinate with a recruiter to take short-term contracts to work where they are most needed. Dibble had been assigned at UPMC Hamot Medical Center in Erie, Pa., when the hospital stopped performing non-emergency surgeries and seeing routine patients in order to prevent the spread of the COVID-19 pandemic. Without as many patients, fewer nurses were needed, and the hospital suspended her contract.

Dibble thought hard about what to do next and

# "My husband said this was my Iraq. He didn't really want me to go, but he understood why I wanted to."

felt called upon to help those suffering from the coronavirus in the greater New York City area. Her husband, an Iraq War veteran, understood her desire.

"He said this was my Iraq. He didn't really want me to go, but he understood why I wanted to," she said. She told her recruiter, who responded, "This hospital in New Jersey just sent out a huge SOS."

"I didn't even ask how much they were paying," Dibble said. She started two days later on April 8 and after a day of orientation and a crash course on the hospital's computer system, she found herself in the heart of a community in crisis.

COVID-19 hospitalizations in Northern New Jersey would peak a week later. While the hospital had enough personal protective equipment, rumors were quick to start. One staff member would overhear another having a conversation about protective equipment and think there was a shortage. Soon, everyone was reusing their masks or gowns until a supervisor asked why and the dangerous

game of telephone was discovered.

The hospital was also short of mechanical IV pumps. "In nursing school, they have you count your drip rates," Dibble said. It was a skill she was glad she had since nurses were now manually doing the work of the mechanical pumps.

The hospital, she said, is in an area with a higher-than-average poverty rate where the virus had spread quickly through immigrant families living in multi-generational homes. Luckily, the staff also included a large contingent of multilingual doctors, nurses and aides who could quickly translate for a patient.

Dibble found the capriciousness of COVID-19's path for any one patient hard to handle.

"If you're not going to get better, I don't want people to pass away alone," she said. "You never know when it is the end. That's the mystery."

Often, she can only see each patient once or twice per shift, and she tries to make the most of her time with each, being upbeat and talking to them. Each time she enters a patient's room, it requires washing and donning a new set of PPE.

"You don't want to be going in and out of these rooms, and you want to conserve your equipment," she said

To illustrate the unpredictability of the disease, she told the story of one case.

"I went in to see my patient and said, 'Hi, grandma.' I always talk to everybody because you can't just pop in. It's all about humanity. She's looking at me, and everything's fine. Her pulse is good. Her lungs are clear.

"I'm happy and leave to go into the next room, where a man is actively passing. I am talking to him and giving him medications to ease his transition. I know the end is close, and I'm telling him that it's OK."

She left him and went to a third room. When she came out of the third room, the secretary at the nurses' station told her that the first patient had stopped breathing.

"I was just there. I gowned back up, and she was gone. Her vital signs had been perfectly fine," she said with dismay.

"This has definitely been humbling. You definitely learn not to take things for granted." She hopes others can realize how bad the situation was in the hardest-hit places. "In a small way, I was just like some people. I was naïve. I didn't see it in McKean County."

Dibble said she is not a political person, but she's had a hard time reconciling with those pro-

testing to open the country faster.

"I've been reading the news, and I've had a hard time with this. I've seen so many people pass away. Here I am standing in a hallway littered with paper gowns. It kind of crushes you sometimes."





ALI RINFRETTE '18
Travel nurse
North Shore University Hospital
MANHASSET, LONG ISLAND, N.Y.

A li Rinfrette '18 has been working at St. Vincent Hospital in Erie, Pa., for the last year. "Things weren't too bad in Erie," she said. "We had one floor designated for corona patients. I had heard how bad it was in New York, and – being young and healthy – I felt obligated to go. I felt like it was the right thing to do."

Rinfrette and her supervisors at St. Vincent also viewed a stint in a large metropolitan hospital as a learning opportunity. "Our nurse educator told me to write everything down," she said.

Rinfrette contacted a travel nursing recruiter,

"I had heard how bad it was in New York, and – being young and healthy – I felt obligated to go. I felt like it was the right thing to do."

who placed her at North Shore University Hospital in western Long Island. Although hard hit, it also turned out to be a progressive hospital affiliated with three medical schools.

As a result, there are many clinical trials going on with COVID-19 patients at North Shore, testing the effectiveness of treatments ranging from plasma antibodies to the over-the-counter heartburn drug Pepcid. Because of the trials, she has had to meticulously record patient responses to the different treatments.

She also has had the opportunity to watch choreographed "proning teams" in action. The teams turn over intubated COVID-19 patients and their array of wires and tubes. Flipping intubated patients onto their stomachs has been shown to help them breathe more easily.

In individual rooms, each patient has an Amazon Echo Show, a smart display screen that uses Amazon's voice-activated personal assistant Alexa so that patients can play music, talk to staff outside of their room and even video chat with family when they feel able. The device gives patients a small bit of autonomy, Rinfrette said. "I think it's a nice thing to have."

Her hotel is home mostly to other health care workers. On days off, she runs outside and reads. One night, she drove to Times Square just to see it empty. "It's surreal. It really is," she said.

She also listens to the 7 p.m. clap, when New Yorkers come out of their homes and cheer for health care workers.

"There's a tunnel at the hospital that all of the nurses walk in and out of," she said. "Every night there are gifts and people lined up. It's a good feeling."

"I wish people could see what happens behind the scenes. We've all been trying to be a little more extra gentle. We have to be a little more animated so people can sense you're smiling behind the mask."

Another good feeling, she said, is when someone is able to be removed from the ventilator and the hospital plays the Beatles' "Here Comes the Sun."

"When someone is discharged, everyone comes out and claps, and it's really cool to see. (The disease) is so scary, but it's also awesome to be here helping."

The hardest part, she said, is seeing patients struggling and not being able to help them or let them see their families.

"Sometimes, there's nothing we can do," she said. Sometimes, the only thing left for her to do is help a patient's family say goodbye via videophone.

"That's very hard. There's not really a way to prepare or train for something like that.

"In some areas where it's not bad, people don't realize how sick people are and that this is real and that we need to be safe. I wish people could see how bad this is and how bad it could really get. I knew it was real, but it's very eye-opening to be here."

Brand (left) and Reeves (right) at work in Pittsburgh and Charlotte, N.C.





### RICHIE BRAND ASN '15, BSN '16 Registered nurse UPMC Mercy Hospital

PITTSBURGH



### **JASMINE REEVES '08**

Post-op nurse Atrium Health system CHARLOTTE. N.C.

utside of the New York metropolitan area, many hospitals prepared for a COVID-19 rush that never came.

Before the pandemic, Richie Brand '16 worked with neurotrauma patients – those who had back and spine surgery – at UPMC Mercy near downtown Pittsburgh. After Pennsylvania ordered that "elective" surgeries be postponed, his floor converted to a ward for COVID-19 patients.

However, he never saw his floor more than half full. Patients suspected of being positive for the coronavirus were also sent to his floor for testing.

"It was very emotional to see people waiting all night for the results of their test. If their test was negative, we were allowed to tell them, and it was like the first breath they'd taken in days," he said.

Those who were positive were sent home to selfquarantine, if they were well enough. If not, they occupied hospital rooms where they could receive oxygen and be closely monitored. Those who arrived very ill were tested in the emergency room and sent to intensive care.

Before Mercy started receiving COVID-19 patients, Brand had doubts about what he would have to face. "I wasn't sure I'd be able to handle it," he admitted. "But this has made me think I could handle more."

He feels a bit guilty for not having helped more or sicker patients. "I feel like I'm not really doing my part," he said.

In Charlotte, N.C., Jasmine Reeves '08 and her twin sister, Jada '08, work with surgical patients. Jasmine was worried as the coronavirus crisis mounted in New York.

"In our daily huddle, we talked about rising numbers and dwindling numbers of personal protective equipment. We were watching the news and looking at the experience of other nurses."

At first, the hospital told Jasmine Reeves to change her mask between every patient to prevent

the spread of COVID-19. Then, she was told to only use one mask a day in order to conserve them. Each nurse had two N95 masks. They would wear one with a regular blue disposable mask over it to protect the N95 while the other was out being cleaned with hydrogen peroxide and ultraviolet light.

"We didn't see the huge surge that we expected to see," she said. The precautions, however, prevented her from letting families stay with surgical patients.

"People could become very volatile when they couldn't visit their loved ones in the hospital," she said. "I would hope that everyone understands this is a first for all of us. We're doing our best to be with patients when their family members can't be there.

"I wish people could see what happens behind the scenes. We've all been trying to be a little more extra gentle. We have to be a little more animated so people can sense you're smiling behind the mask."



PHILIP JACOBUS '74
Chief Executive Officer
DOTmed.com medical marketplace
MANHATTAN, NEW YORK CITY

hile not working in a hospital, Philip Jacobus '74 found himself personally and professionally at the center of the COVID-19 pandemic.

He is the chief executive officer of DOTmed.com, a website used by medical professionals to find equipment, parts and service companies. On an average day, he said, more than 24,000 people visit the site, where there are more than 750,000 postings.

With a large number of business contacts in China, Jacobus was able to anticipate what might happen, and on March 1 – two weeks before New York City executed a stay-at-home order -- had his workers move from his company's office in the financial district of Manhattan to their homes. He and his wife left their loft in Tribeca and moved to their country home in upstate Woodstock, N.Y.

"At the outset of the coronavirus, we realized that our site would be a valuable resource," he said. "We helped match hospitals with extra capacity with hospitals with higher demand. This was particularly true in New York City.

"We helped hospitals find ventilators, anesthesia machines that can also be used as ventilators in a pinch, hospital beds and monitors."



He said a particularly popular item was disposable finger oxygen sensors, so that the sensors would not be moved from patient to patient, potentially spreading the virus.

Business, for the most part, hasn't changed, he said. Traffic is up a bit on the website, which one would predict. He's paying rent on an office in the financial district that stands empty.

"I have had to drive into town a few times, and for the most part, the city has been deserted and the people who are walking around are polite and observing social distancing," he said. "Everyone wears masks, and, for the most part, everyone has been respectful." Jacobus is the CEO of DOTmed.com, a website used by medical professionals to find equipment, parts and service companies. On an average day, he said, more than 24,000 people visit the site, where there are more than 750,000 postings.



TAMI MINNIER '81
Chief Quality Officer
UPMC
PITTSBURGH

If she stopped to think about the task at hand – coordinating the COVID-19 safety response for UPMC'S 40 hospitals and 90,000 employees – it might freak her out a bit, which would be totally understandable.

Good thing Tamra Minnier '81 doesn't have time to consider it. It helps that Minnier has been planning for infectious diseases and their impact and building a network of health professionals she calls friends for years.



"Just because I say, 'We got this,' doesn't mean we're perfect."

Her willingness to pick up a phone and talk through an idea has helped her cut through red tape. So have daily videoconferencing calls of up to 400 leaders throughout the UPMC system, where many of the system's innovations got their start.

Finally, there's the system's affiliation with the University of Pittsburgh. UPMC, Minnier said, is the country's largest academic health system and has access to top epidemiologists, virologists and other researchers.

One of the first problems Minnier and her team had to solve was testing, which was inadequate throughout the state. Because of the hospital system's ties to a research-focused medical school, UPMC decided not to wait on the government for tests and developed its own that it could also process in-house.

Minnier said that although the lab is not approved by the U.S. Food and Drug Administration to process tests for other groups, it was able to handle testing for all of UPMC's hospitals, putting them weeks ahead in their testing capacity.

Another example of quick work by a deep network involved creating the flexible plastic swabs used to reach deep into a subject's sinuses to test for the virus, which were starting to run low at hospitals everywhere.

On her daily noon teleconference call, she held one up to the camera. "We need these," she said. "Oh," someone piped up. "Radiology has 3-D printers we use to model tumors for surgeons. We can make some." By mid-April, UPMC was testing all patients and front-line health care workers regularly. Another problem solved.

Minnier makes it sound so easy, but clearly, there's a combination of knowing what the people and units in her organization do and her willingness to make decisions.

"You just do," she said of her knack for cutting through red tape. "The key is knowing enough about your organizational culture to know which people need to be engaged to get it done."

At a time when few were sounding confident about their ability to handle the virus, Minnier didn't hesitate to say, "We've got this."

"Just because I say that, doesn't mean we're perfect," she said. When one solution doesn't work, she looks for another and is confident it will appear.



### LT. MATT DELANEY '00

Physician Assistant U.S. Army Reserve Urban Augmentation Medical Task Force EDISON, N.J.

ike Tami Minnier, Lt. Matt Delaney, belongs to an organization that takes pride in solving tough problems – the U.S. Army Reserve.



While the virus gathered steam in mid-March, a high-level Army reserve officer dreamed up a new kind of unit based on the mobile field hospitals the reserves deploy in battle zones.

On April 1, Delaney, a former U.S. Army medic who had rejoined the reserves last July because of its need for his expertise as a physician assistant, received orders to report the next day to Milwaukee, where the Army Reserve was putting together four new Urban Augmentation Medical Task Forces.

Made up of 85 members each, the units could deploy to set up field hospitals supplied by the Federal Emergency Management Agency.

Delaney and his inaugural unit landed at the New Jersey Convention and Exposition Center in Edison, N.J., where tractor trailers awaited with the makings of two 250-bed field hospitals.

Having only met for the first time days before, the team's members quickly tapped into military organizational structure to get the hospital set up inside the convention center within days.

Delaney had two jobs within the hospital – serving every third or fourth day as the overseeing medical officer for a shift and coordinating patients' transfers to the field hospital from the surrounding hard-hit civilian hospitals.

Most days, Delaney worked in the command center coordinating the transfer of patients to the field hospital. His daily contact with many hospitals gave him a unique perspective of how the virus was spreading, how it was being treated, what patients were responding to and what they weren't.

Because of that, he was included in a nightly videoconference meeting of Army physicians to share such information.

One of the most difficult things, he said, was the vast amount of unknowns about the virus and how it works in the body and the changing understanding of how it worked.

"Initially we thought it was a viral illness and to expect those kinds of problems," he said. "But then we saw a second inflammatory phase of the illness

"These units didn't exist in mid-March, and two weeks later we were standing there ready to take patients."

and how it could cause microscopic blood clots everywhere. We didn't know any of that initially."

In total, Delaney's unit treated more than 100 patients before he returned home to Tampa, Fla.

He is still in awe of what his new unit was able to accomplish. "These units didn't exist in mid-March," he said, "and two weeks later we were standing there ready to take patients."

The reserve will keep the units for deployment for other future natural and medical disasters. The units are now an option for "any time you need to waive a magic wand and make a hospital appear."

by PAT FRANTZ CERCONE

# FRESHMAN YEAR

Guided by commitment, ambition and idealism, new president Dr. Catherine Koverola leads Pitt-Bradford through the global pandemic



## Talk about a baptism by fire.

As Dr. Catherine Koverola reached her sevenmonth anniversary as Pitt-Bradford's fourth president and was adapting to the complexities and challenges of the position, people in China were showing symptoms of a never-before-seen illness.

Two and a half months later, when COVID-19 became as familiar a term to us as influenza, Koverola found herself president of a campus from which nearly every student, faculty and staff member had left. Professors taught their students online. Librarians provided reference materials virtually. Staff members worked remotely.

"This was definitely not how I thought I'd be spending my first year as president," Koverola said, "no, nothing like this."

To stop the spread of the coronavirus, large gatherings all over the world were canceled or postponed, including this summer's Olympic games in Tokyo, which were moved to 2021.

At Pitt-Bradford, as well as at other schools, that meant no commencement, no baseball, softball or tennis games, no Women's History Month events or honors convocation. It also meant no spring inauguration for the new president.

"I was disappointed," Koverola said, "but I started anticipating that it would be postponed probably before anyone else. I felt sad because so many people put a lot of effort into the planning."

She was even more disappointed for those graduating seniors who were looking forward to commencement and celebrating with their family and friends. Instead of an in-person ceremony in

While Koverola was disappointed by the way the spring semester ended, she realized the cancellations and postponements were necessary.

online version.

them and their families."

the spring, faculty and staff pulled together an

"Our first priority is the health and safety of our campus community, our neighbors in the region and beyond, and all of our loved ones and friends."

"I've promised the students that when it's safe

to do so, we'll have an extraordinary ceremony for

That became Koverola's mantra as she soldiered through her first year as president during the global pandemic, the likes of which hadn't been seen since the 1918 influenza pandemic.

As Koverola used her motherly countenance to encourage – often daily -- students, faculty and staff to stay safe and healthy, she herself faced an ever-growing, ever-evolving list of unprecedented challenges.

Before COVID-19, her to-do list was long but manageable: increase enrollment, retention and graduation rates; enhance and expand academic programs; create a campus on which everyone feels welcome; raise money for much-needed projects; and improve town-gown relations.

After the virus, her list grew in size and complexity: recruit students who couldn't physically visit campus; help the students who felt disconnected stay engaged; keep everyone calm and focused during an unsettling time; prepare in the event a student or employee contracted the virus.

"This was a really scary time for everyone," Koverola said. She was scared, too.

Amid the turmoil, Koverola worried about her loved ones, most spread throughout the world, including her mother in a nursing home near Vancouver and her daughter in England.

"I can't focus on my fears, whether I'll lose someone I love."

When her fears bubbled up, as fears do, she faced them and tucked them away so "I could be the voice of reason and guidance."

The global pandemic was not the first time Koverola has thought about disease and health care issues. Long before she assumed the presidency last June, she had been thinking about those problems as well as food insecurity, climate change and sustainability, and how to marshal young people to combat all those complex issues.

Koverola speaks with students last fall on campus in the Bromeley Quandrangle.





The need to protect the planet became heartbreakingly clear to her while she was in Mauritius, a small island in the Indian Ocean east of Madagascar, where she was serving as inaugural provost at the African Leadership University.

One morning she went to the beach for her daily swim, the day after a cyclone had hit the island, and was shocked by the plastic from all over the



connected way, who have integrity and ethics.

"I want every student who graduates from here to care about each other and aspire to excellence. I want them to think beyond themselves and think of our brothers and sisters."

She knows that's a pretty tall order. But, quoting author and motivational speaker Zig Ziglar, "If you aim at nothing, you'll hit it every time."

# I want us to graduate students who are equipped for their future, who are ready to be a positive force for good. The challenges are immense, and we need people who think in a globally connected way, who have integrity and ethics.

globe that had washed up on the white-sand beach: bottles, bags, containers, toys, syringes, a tangled mish-mash of detritus strewn along the shore.

Koverola realizes she's in a unique situation to help, to lead Pitt-Bradford's faculty and staff to prepare students to be good stewards of the earth and each other.

"The world needs agents for good," Koverola said. "I want us to graduate students who are equipped for their future, who are ready to be a positive force for good. The challenges are immense, and we need people who think in a globally



Koverola wants us to change the world, but she knows change starts locally, as in campus locally. She's deeply committed to making sure everyone on campus feels welcome, valued, respected and heard.

Anyone familiar with Pitt-Bradford's history knows the campus has changed dramatically in nearly 57 years, from a fledgling, hodgepodge of buildings to a robust and vibrant campus community with an increasingly diverse staff, faculty and student body.

"Now, more than ever before," Koverola said, "it's essential that we all work together to ensure

we are a welcoming campus where everyone feels respected, valued and included."

All along, Koverola had intended to work with faculty, staff and students to create that kind of campus environment. The onset of the global pandemic didn't alter or derail her intention. In fact, it made her even more resolute as she - and many others - saw how the pandemic illustrated even more clearly the inequities that still exist, both in

to ensure that all of us at Pitt-Bradford work together to serve our students and the community, to make sure we provide equal access and opportunity for everyone."

Creating that kind of campus environment means many things to many people. For Koverola, it's an overarching idea that means people truly care for one another. They show compassion. They respect each other despite any differences. They offer support.

the global community and at Pitt-Bradford. "I am more committed than ever before

"As a leader, I want to help us all come together and support and care for one another," she said. "As we do that, we all become better."

During the pandemic, Koverola saw many examples of that support and care. Alumni bought pizza gift certificates and snacks to cheer up those students who couldn't go home and remained

chased face shields for campus police officers and area health care workers to keep them safe. Faculty, staff and donors quickly mobilized to create an emergency fund for students who needed help buying food or paying rent.

on campus. One professor pur-

"The pandemic has shown all of us that we have the capacity to care for one another," Koverola said. "Now we need to keep that going

and build on it.

"I hope my constant effort to

### OK is not good enough for new president

atherine Koverola isn't afraid to be vulnerable. She's not afraid to show a softer

side, despite being a female leader in an area where there are so few and leading a campus with a cool head through a global pandemic. If that means shedding a few tears, so be it.

"I'm a real person," she said with a laugh, "with hopes and dreams."

"This might sound super corny, but as a child I was really profoundly loved, so when I see someone hurting, my impulse is to reach out and extend myself with love.'

That's why she became a clinical psychologist, to reach out to people and give them a place to heal, to weep and become whole, to provide an environment where they could thrive.

It's exactly what her parents, Finn-

ish immigrants who moved to Canada to make a better life, provided for her.

Her father, Alvi Koverola, was a World War II veteran, a skilled carpenter and a master craftsman. Her mother, Inkeri, worked in a sewing factory and then as a homemaker. The Koverolas had been married for 13 years before their muchanticipated eldest daughter, Catherine, was born.

"I was truly loved," Koverola said. The Koverolas created the kind of environment in which their daughter - and eight years later second daughter, Krista, - could thrive. Neither Alvi nor Inkeri Koverola had the opportunity to advance beyond eighth grade, but they valued education and made it a priority for both of their girls. They set high expectations but also provided an abundance of love and support.

"My dad was the embodiment of love." Koverola describes him as effusive and generous with his affection. A cheerful and optimistic man who laughed often and had a joke for every occasion. He died nearly two years ago at 93.

"It was really painful to lose him. I miss him," she said, pausing to wipe away a tear.

Her mother, who lives in a nursing home just outside Vancouver, has always been more reserved, a quiet, woman with what Koverola called a servant heart. She said her mother's sewing was at couture standards and her baking was legendary. Even into her 80s, she baked perfectly made Finnish treats and sent them to homeless shelters.

Despite their personality differences, Alvi and Inkeri Koverola were both perfectionists. Alvi Koverola worked hard to en-

affirm our community is pulling out the best in people, which ultimately will make us stronger."

Koverola also is committed to helping students succeed by Pitt-Bradford's tending to the whole student: mind, body and spirit. Yes, students will go to class, experiment in the lab, perhaps study abroad and work on an internship. But she also wants them to eat well, exercise, get enough sleep, participate in the arts to uplift their spirits, play on a team to help them build connections.

"We are at our best as humans when we're physically well, emotionally well, and relationally and spiritually connected," she said.

That's not necessarily a surprising approach when you consider she was a clinical psychologist before becoming an academic and then developed a mindfulness studies graduate degree – the first in the United States – as dean of the Graduate School of Arts and Social Sciences at Lesley University in Cambridge, Mass.

She admits it's not a new phenomenon. There already are activities on campus that contribute to that whole-person approach.

Koverola just wants to make it more intentional, show people the value of that approach and make the benefits clear to everyone.

What will that look like on campus? Perhaps a

community garden. Maybe a climbing wall, which some students have already asked for. Definitely more healthy options in the dining hall such as organically grown produce.

The result, she hopes, will help students be healthier and happier, and enable them to develop good habits for life.

"We have a four-year chance to alter people's lifestyle choices for the better," she said, "so when they graduate, they'll continue to make healthy choices and live their best life."

So, for anyone keeping score, Koverola wants to develop students into people who will save the world; create a campus where everyone feels welcome; and tend to students' minds, bodies and spirits. Oh, and keep everyone safe during a global pandemic.

Makes for an interesting first year.
"You bet," she says with a wide smile, "but together we can do all that and more." ■



### Koverola as a baby with her parents.

sure his workmanship was exquisite, that what he made was built to last. Similarly, everything Inkeri Koverola prepared was made with care and great attention to detail, which she expected of her daughters.

Koverola inherited both her parents' perfectionist tendencies and, through the examples they set every day, appreciates the value of work well done and the importance of helping others.

"The people who help us, clean, keep us safe, their work is just as important as a president's," said Koverola, whose first job was going door to door with her dad to sell cabinets. "There is honor and dignity in all work."

But the work must be done well. Koverola sets high standards for herself and for others and admits that she gets irritated when people don't do their best, and she isn't afraid to point that out. "I have an intolerance for intolerance and sloppiness," Koverola said. "We have to perform with excellence. It's not good enough to be just OK."

In her chosen professions, first as a clinical psychologist and now as a university president, excellence matters.

"The people we serve deserve our best," she said, "all people, no matter their circumstances."

Koverola says she was given ample opportunities, which she seized. But not everyone has been as lucky, has had those kinds of opportunities.

"There but the grace of God go any of us."

Earlier in her career, she was helping abused children in Los Angeles,

Syrian refugees in Jordan and traumatized young people in rural Alaska. Now, her focus is on students and what she can do to help them succeed.

"I want to be part of that social lift, of supporting young people to do well. Everyone deserves a crack at life."

And it's not just her job.

"Let's roll up our sleeves and do this together. I won't ask someone to do something I won't do. We're in this together."

### **New Basketball Coach**

Owens '17 to lead women's team in 2020-21



aserra Owens '17, who had been serving as the interim head coach of Pitt-Bradford's women's basketball team during the 2019-2020 basketball season, has been named the team's new head coach. She was also an assistant coach under Sharay Hall in 2018-19 and also played four years for the Panthers.

"I love Pitt-Bradford," she said. "It has given me so many opportunities in life. I've been able to meet mentors and friends, travel internationally and have a chance to play and coach the game I love."

"I am very proud of Kaserra and think she is a great hire," said Sean Brown, one of Owens' former Pitt-Bradford coaches. "She is a very driven and hardworking young woman, and her ties to the university, the program and the local area will only help her and the program succeed.

Owens was also a standout player for Bradford Area High School, winning two District IX titles and finishing her career there with 1,020 points.

### 1960s

Bob St. Lawrence '63-'65 is a retired theater professor at Ohio University in Athens, Ohio. He is the Vietnam Veterans' Association representative to the Athens County Veterans' Services Commission. The commission helps connect veterans with transportation, health care and other necessities.

**Gail Lesh '64-'65** is an investment representative with CUNA Brokerage Services Inc. She lives in Herndon, Va.

**Terry Micheau '64-'67** is retired from the engineering firm O'Brien-Kreitzberg Inc. He lives in San Francisco.

**Gerald Schrass '67-'69** retired from the first judicial district of North Carolina. He lives in Charlotte.

### 1970s

**Richard Stover '64-'71** is a real estate agent with ReMax Alliance Group. He lives in Sarasota, Fla.

Judy Hopkins '71-'73 had a satiric piece titled "Where are the Men who Love Logophiles?" published on The Belladonna Comedy website, part of Medium.com. The piece was also featured on Medium's humor page.

**Joseph Pantuso '72-'74** retired from Pfizer Inc. He lives in Parrish, Fla.

**Helen Ricotta '72-74** is retail operations manager for University of North Carolina student stores. She lives in Cary, N.C.

**Dr. David Robinson '72-'74** retired from his dental practice. He lives in Lewisburg, Pa.

**Suzanne Henderson '73-'75** is retired from Rehab Works and lives in Kingsport, Tenn.

John Kearney '73-'75 is the direc-

tor of V-series gas turbines for Allied Power Group. He lives in Coventry, Conn.

**Helene Zanelli Doucet '76** is retired from SAAB Petroleum Corp. She lives in Sugar Land, Texas.

Hana Haatainen-Caye '75-'77 is operations manager at Dignity Home Care Professionals. She lives in Pittsburgh.

**Nancy Murrin '74-'76** is a dietician with Next Level Hospitality. She lives in Bensalem, Pa.

**Patricia Freund '76-'78** is principal of St. Lawrence Catholic School in Clearwater, Fla.

**Richard Traut '76-'78** retired from the U.S. Postal Service. He lives in Erie. Pa.

### 1980s

Tamra Minnier '81 was recognized by the University of Pittsburgh's School of Nursing with its 2020 Distinguished Alumni Award in practice. When she isn't planning UPMC's response to the COVID-19 epidemic, she is the system's chief quality officer, coordinating patient safety at 40 hospitals and international clinical sites.

Nancy McDonald-Abers '83 is a critical care nurse at Bradford Regional Medical Center. She lives in Bradford.

**Alec Pringle '83-'85** is president of Keystone Real Estate Group. He lives in State College, Pa.

Randy Miller '84-'85 is the executive director of facilities at Seneca Valley School and was the head baseball coach of the 2018 Western Pennsylvania Interscholastic Athletic League 5A Champion North Hills Indians. He has been serving as a college basketball and football official for more than 20 years.

**Lisa Johnston '87** was recognized in April for 30 years of service at the McKean County (Pa.) Department of Human Services, where she is a resource care program specialist.

**Linda Gault '89** retired from the McKean County Department of Human Services. She lives in Bradford

**Samuel Samel '89** is a licensed social worker with Jefferson Health. He lives in Voorhees, N.J.

### 1990s

William Elmquist '91 is assistant program manager with Georgia Public Broadcasting. He lives in Fernandina Beach, Fla.

**Bruce Thompson '91** is an executive vice president for E-Safe Technologies LLC in Eighty Four, Pa.

**Dr. John Eldridge '92** is the head of school at Chatham Charter School. He lives in Siler City, N.C.

**Ami Taburton '92** is the chief financial officer for the North Penn Water Authority. She lives in Green Lane, Pa.

**Dr. Gale Shay '93** earned her doctorate in social work from Capella University. She lives in Mount Jewett, Pa.

**Fred Pascoe '92-'95** is the fiscal director for Catholic Social Services. He lives in Sugar Notch, Pa.

Heidi Scrivo-Passmore '95 was named executive director of the Bradford Area Chamber of Commerce. She is also a member of the community advisory board of UPMC Cole in Coudersport, Pa., and a board member of the Bradford Area United Way. She lives in Bradford.

**Laura Brown-Yadlosky '95** and **Justin Yadlosky '97** both work for

Keystone Community Resources Inc., where Laura was named president in October and Justin is senior director of strategic development and information technology. They live in Factoryville, Pa.

Christopher Dunkerley '96 is director of Early Head Start for the University of Pittsburgh's Office of Child Development. He lives in Greensburg, Pa.

Marcie Schellhammer '96 captured a first-place award for column writing from 2020 Professional Keystone Media Awards. She is assistant managing editor at The Bradford Era.



Guy Signor '96 was named the chief executive officer of Journey Health System (previously known as

the Children's Home of Bradford and Beacon Light Behavioral Health Systems) in Bradford. Previously, he was the agency's chief operating officer. He lives in Bradford with his wife, Dara, and children Ellery, a sophomore at Pitt-Bradford, and Mitchell.

**Robert Patterson '98** is the chief executive officer of Banyan Educational Consultancy. He lives in Apex, N.C.

### **2000s**

**Dr. Magnolia Hernandez '00** has been appointed assistant dean of student and alumni affairs for the Robert Stempel College of Public Health and Social Work at Florida International University.

**Timothy Richardson '00** was promoted to chief of building and emergency services at the Olean (N.Y.) City Fire Department.

**Sara Eckman '01** is a corrections officer with the Warren County (Pa.) Sheriff's Office. She lives in Warren.

Stacy Sorokes Wallace '01 left Hamlin Bank and Trust Co.

to open her own law firm in Bradford, Stacy Wallace Law and LLC.

**Jill Smith '02** is business operations manager at St. Bonaventure University. She lives in Olean, N.Y.

Jessica Melincavage '03 is a team manager for the North America solution center of McCormick & Co. She lives in Stewartstown, Pa.

Jennifer Moore '04 is a familybased mental health therapist with Beacon Light Behavioral Health Center. She lives in Bradford.

**Dennis Trunzo '05** is a system analyst with Penn Highlands Healthcare. He lives in Kersey, Pa.

**Bryan Campbell '06** is a client services representative for Minor League Baseball with Tickets.com. He lives in Bridgeport, N.Y.

**John Thomas '06** owns his own law firm where he practices criminal law in Ridgway, Pa.

Holly Kays '07 is a single room occupancy manager for Southern Tier Environments for Living Inc. She lives in Warren, Pa.

Jackie Carlson '08 is a nurse in the maternity ward of Olean (N.Y.) General Hospital. She lives in Bradford.

James M. Colestro '08 was promoted to corporate senior vice president, retail lending, of Northwest Savings Bank. He lives in Columbus, Ohio.

**Anjanette Nicolazzo '08** is a real estate broker associate with ERA Team VP Real Estate. She lives in Ellicottville, N.Y.

**Rinku Patel '08** is a nurse with Kaiser Permanente Orange County - Anaheim (Calif.) Medical If you have an update for Portraits magazine, visit www.upbalumni.org and click on "How to update your info" or email us at Portraits@pitt.edu.

Center. She lives in Cypress, Calif.

**Jada Reeves '09** is a nurse with Atrium Health's Carolinas Medical Center in Charlotte, N.C.

Rachel Windsor '08 is a critical care and emergency department nurse at Bradford Regional Medical Center. She lives in Eldred. Pa.

**Laura Krivonyak '09** is a psychiatric rehabilitation specialist with Dickinson Center. She lives in Bradford.

### **2010s**

**Leanna Cameron '10** is director of sales and marketing for WESB radio in Bradford

Caleb Landmesser '10 is a new admissions counselor for Pitt-Bradford, covering the greater Philadelphia area along with New Jersey, New York City, West Chester County and Long Island. He lives in Kane, Pa., with his wife, Jen.

**Charlotte Muckinhaupt '10** is a nurse in the critical care unit at Bradford Regional Medical Center.

**Aaron Stang '10** is the assistant athletic director for academic affairs at the State University of New York at Buffalo. Prior to that, he was the assistant director for football academics at the University of Wisconsin – Madison.

**Daniel Heisey '11** is an associate broker with New York Land Quest.

### **Snapshots from various Pitt-Bradford Alumni Association events**





- ADRIANNE DIAS '10, a campus recruiter for Ernst & Young, led a panel discussion by black alumni during the Pitt-Bradford Alumni Association's annual Backpack-to-Briefcase session to help students with career skills.
- 2. AL PRINGLE '83-'85 gave the keynote address, "Mayday, Mayday, Mayday ... How Crashing an Airplane made Me a Better Leader," at Backpackto-Briefcase in February.
- 3. PBAA celebration activities for THE CLASS OF 2020 included a grad cap decorating contest.
- 4. DANIELLE MUNKSGARD PEARSON '08, president of PBAA, welcomes graduates to a virtual happy hour to celebrate their degree with them.



He lives in Hornell, N.Y.

**Susan Horton '11** is a nursing supervisor at The Green Home. She lives in Wellsboro, Pa.

Sara Gligora '12 is director of partnership development for the Pennsylvania Department of Labor and Industry. She lives in Selinsgrove.

**Brian Roberts '12** is the athletic trainer for Atlanta's newest professional sports team, the Major League Rugby team, Rugby ATL.

**Megan Shapiro '12** is an MRI Technologist with American Health Imaging. She lives in Marietta, Ga.

**Kirby Craft '13** is an athletic trainer with the Washington Nationals Major League Baseball team. He lives in Mechanicsville, Va.

**Dr. Jay Leipheimer '13** is a postdoctoral scholar at Case Western Reserve University School for Medicine in Cleveland, where he is studying how aging affects genes.

Megan Loree '13 is a customer service representative with Northland Public Library. She lives in Pittsburgh.

**Sidney Rice '13** is the new assistant director of residence life and student conduct for the sophomore area at Mercyhurst University in Erie, Pa.

**Courtney Shroyer '13** and her husband, Vikas Kumar, welcomed a baby girl, Aspen Ann on March 18. The family lives in Clifton, N.J.



Dr. Elizabeth
Tillman '13
earned her doctorate in political science from
the State
University of
New York at

Buffalo. She is teaching political science at St. Bonaventure



University in Allegany, N.Y.

**Cory Delaney '14** is assistant athletic director at the University of Mount Union. He lives in Rochester, N.Y.

Rachelle Heffner '14 joined Pitt-Bradford this winter as a financial aid counselor. Previously, she worked at American Refining Group in Bradford.

Mollie Hellebeke '14 is an account executive at the CBS affiliate in Marquette, Mich.

**Laurie Marcello '14** is assistant director of nursing at Oak Manor. She lives in Palm Harbor, Fla.

**Dr. Kelcey Schaum '14** earned her doctorate in counseling psychology at Carlow University in Pittsburgh.

**Max Asinger '15** earned a Master of Business Administration from St. Bonaventure University.

Yara Elbeshbishi '15 was selected as the 2019 Fellow for the John G. Lovelace Policy and Research Association for Community Affiliated Plans. AACAP is a national trade association representing Medicaid-focused health plans nationwide. She also will begin serving on the board of the Western PA chapter of the Programming Committee of the American College of Healthcare Executives.

**Janelle Gilmore '15** is a teacher with the Kane (Pa.) Area School District. She lives in Kane.

**Dylan Nuzzo '15** is the assistant director of sports information at St. Bonaventure University.

Marissa Booth '16 is assistant district attorney for Wyoming County. She lives in Nicholson, Pa.

**Dr. Ashley Charlesworth '14-'16** earned her Doctor of Pharmacy

### The Iowa Experience

### Young alumni campaign for presidential candidates



pair of Pitt-Bradford graduates gained a world of experience in lowa as field organizers for two different candidates vying for the Democratic presidential nomination in the nation's first contest of 2020.

Kenny Reilly '19 was taking a gap year before enrolling at Pitt's Graduate School of Public and International Affairs to study urban affairs and planning. He was getting tired of hanging out and working at Starbucks at just about the time presidential contenders were ramping up their operations for the lowa Caucus.

After reading about each of the Democratic candidates, he applied and got a job with the campaign of South Bend, Ind., Mayor Pete Buttigieg.

"Until you can say you've canvassed over a thousand doors, it's really hard to understand," he said. "You get really good at communicating."

Reilly said he never knew exactly what he would be doing on any given day - some days it was rounding up 1,200 people to attend an event with the candidate. Other days, it was canvassing for a few hours, sometimes in the brutal Midwestern cold.

"The week before the caucus, it snowed 2.5 feet and was negative degrees, and I was outside knocking on doors, and my car kept getting stuck in snowbanks," he said. "People would feel bad and let me in, and we would talk

about the campaign."

Following Buttigieg's win in Iowa,
Reilly left the campaign to return home
to Brooklyn pizza and his family. However, he
soon found a new opportunity in a new city and
moved to Pittsburgh, where he will attend graduate school, to serve as a field director for a
Democratic candidate for the Pennsylvania State
House of Representatives, Emily Kincaid.

For Malik Utendahl '11-'15, who worked as a field organizer for presidential candidate Kamala Harris, Iowa was one of several campaign positions he's held since serving an internship as a scheduler for Philadelphia Mayor Jim Kenney.

That internship got him hooked on working in politics and government, and he was serving as a field organizer for the Pennsylvania Democratic Party when he met Harris.

"I told her that if she ran for president, I was moving to Iowa." Utendahl followed through on his promise and served as a field organizer. The role, he said, requires resourcefulness and a deep knowledge of policy.

"It felt like I was in college again because there was so much studying of policy," he said. "If you didn't know it, you can't lie, and you don't want to say you don't know it."

Utendahl ended up leaving Harris's campaign early for an opportunity to move up as a campaign coordinator for Nina Ahmad, a Democratic candidate for auditor general in Pennsylvania.

As campaign coordinator, it is Utendahl's first time managing people and "everything I learned before doesn't work since we're all working from home now."

Utendahl said he has thought about running for office but would like to have a stable government job for a while to learn more about policy.



from Lake Erie College of Osteopathic Medicine.

**Sara Cohen '16** is a mental health professional with KidsPeace. She lives in Freemansburg, Pa.

Rachel Dennis '16 is a surgical floor nurse with Bradford Regional Medical Center. She lives in Bradford

Shane Marucci '16 is a fitness/ wellness coordinator with Jamestown (N.Y.) Community College. He lives in Jamestown.

**Steven Owens '16** is a production assistant with the National Basketball Association, based in the New York City metropolitan area.

**Kelsey Rubin '16** is a human resources specialist with the City of Orlando, Fla. She lives in Sanford. Fla.

Randy Ruffner Jr. '16 is the director of intramurals, recreation and club sports at Pitt-Bradford.

Forrest Works '16 works for New York Life in Pittsburgh and is an assistant basketball coach in the Mount Lebanon School District.

Elizabeth Bernheisel '17 earned her Master of Arts in teaching with specialization in elementary education from Liberty University in Lynchburg, Va.

Kate Mead Campbell '17 is a critical care nurse at Bradford Regional Medical Center. She lives in Hazel Hurst, Pa.

**Andrew Dexter '17** is a police officer with the District of Columbia Metropolitan Police. He lives in Alexandria, Va.

**Anni Frick '17** earned her Master of Science in counseling psychology this spring at Chatham University in Pittsburgh.

Rilan Galicic '17 and Zachary

**Hadfield '17** are both emergency room nurses at UMPC Mercy in Pittsburgh.

**Christopher Howard '17** is a cardiac intensive care unit nurse at Tampa (Fla.) General Hospital. He lives in Tampa.

**Archangela Kervin '17** is an academic and student advisor at Trocaire College. She lives in Hamburg, N.Y.

**Billijo Kriner '17** is a nurse with the Visiting Nurse Association of Northwest Pennsylvania. She lives in Bradford.

**Drew Myers '17** is a program coordinator for the University of Pittsburgh's Katz School of Business. He lives in Pittsburgh.



**Rubie Nelson '17** was selected Outstanding Educator of the Year by the PTA at Elk Ridge Elementary School in Buckley, Wash., where she teaches early kindergarten.

**Dahmir Noel '17** is an assistant to the athletic director at the State University of New York at Brockport.

**Kyra Spadaro '17** is s surgical floor nurse at Bradford Regional Medical Center. She lives in Bradford.

Mikayla Brinker '18 is working toward her master's degree in industrial/organizational psychology at the University of New Haven (Conn.) During the COVID-19 pandemic, she has been conducting research through the University of New Haven and Yale University to measure the impact of the pandemic on schools and businesses and studying the changes it will bring to the way students and professionals work and live in coming years. After graduating in December 2021, she plans to pursue a doctorate in engineering psychology and work as a researcher in the growing field of automation.

Malaysia Moore '18 is a classroom scheduling coordinator for the University of Pittsburgh in Pittsburgh. She lives in McKeesport, Pa.

Laura Abreu '19 was awarded the Huayu Enrichment Scholarship through the Chinese Ministry of Education to learn Mandarin for six months at National Taiwan University in Taiwan.

Patrouious Achatz '19 spent the summer as house manager for The Apple Hill Playhouse in Delmont, Pa. He was also cast as King Zeek Furaday in the theater's children's production of "Let Your Hair Down Rapunzel." He is also an accessibility liaison for the Pennsylvania Youth Congress.

**Julie Barton '19** is an athletic trainer with UPMC Cole. She lives in Allegany, N.Y.

**Sofone Elira '19** is an audit and assurance associate in Washington, D.C. She lives in Riverdale, Md.

**Scott Pattison '19** is a branch banking associate with PNC Bank. He lives in Bradford.

**Max Shanks '19** is a technical and customer support specialist with Libsyn. He lives in Pittsburgh.

**Lucas Smith '19** is a medical student at Lake Erie College of Osteopathic Medicine.

Jaime Teribery '19 is a fourth grade teacher in Smethport, Pa. She lives in Bradford.

**Laura Tingley '19** is a nurse at UPMC Shadyside Hospital. She lives in Pittsburgh.

**Britt Watson '19** is the membership coordinator for the Bradford Area Chamber of Commerce.

### 2020s

**Kacie Appleby '20** has accepted a position with the Transportation Security Administration.

**Lindsay Ashcroft '20** is a nurse at Beacon Light Behavioral Health Systems. She lives in Kane, Pa.

**Dylan Bowers '20** is a programmer analyst at Zippo Manufacturing Co. He lives in Port Allegany, Pa.

Aleah Busbey '20 is headed to graduate school at Boston University to pursue a Master of Management in Hospitality Administration beginning this fall.

**Jason Caskey '20** plans to further his education by working toward a degree in drafting at Triangle Tech.

**Cody Dacosta '20** accepted a position at Amazon as a full-time global information technology support engineer in Arlington, Va.

Meghan Goodman '20 will pursue a doctorate of physical therapy at Slippery Rock University beginning this fall.

**Tye Grimes '20** is a mental health specialist with Community Services Group. She lives in Williamsport, Pa.

Hannah Jaroszynski '20 is working toward a Master of Education in school counseling at St. Bonaventure University. She also works with Prevention Works in Jamestown, N.Y. She lives in

Falconer, N.Y.

Payton Llewellyn '20 is a maternity nurse at UPMC Chautauqua in Jamestown, N.Y., and Warren General Hospital in Warren, Pa. She lives in Clarendon, Pa.

**David McDermott '20** is a police officer with the Pennsylvania Capitol Police in Harrisburg, Pa.

Megan Murphy '20 will attend Slippery Rock University as an occupational therapy doctorate student.

**Isaac Payne '20** is an inbound marketing specialist for Protocol 80 Inc. He lives in Bradford.

**Antonell Robinson '20** will begin work toward a Master of Science

in mental health counseling at Philadelphia College of Osteopathic Medicine.

Claire Saylor '20 will attend the University of Missouri - Saint Louis School of Optometry beginning this fall.

**Melanie Shipe '20** is a registered nurse with Penn State Milton S.

Hershey Medical Center.

Nicolette Simon '20 began studying again in June as part of the physical therapy doctoral program at Temple University in Philadelphia.

**Audrey South '20** is attending Binghamton University to earn a master's degree in accounting.

### In Memoriam

**Keegan G. App '02** died in August. He was an assistant professor in the criminal justice program at Pierpont Community and Technical College in Fairmont, W.Va. Previously, he had served with the Washington, D.C., Metropolitan Police and was a detective with the City of Laurel Police Department in Maryland. He was passionate about rescuing animals and supporting rescue shelters.

Richard E. "Rick" Brocius, who attended classes from 1982 through 1991, died in April. He was employed by Zippo Manufacturing Co. for 38 years before retiring in 2016. After retiring from Zippo, he was appointed executive director for the Bradford Sanitary Authority, on which he had served as a board member for many years. He had also given 28 years of volunteer service to the Bradford Township Volunteer Fire Department and served as a member and board member of the Tuna Valley Trails Association. Survivors include his wife, Joy Slotta Brocius '96.

**David Maxwell Caskey '63-'66** died in February 2019 in Boston. Before coming to Pitt-Bradford, he served as an enlisted man in the Air Force Security Service at Royal Kirknewton, Scotland, and studied at Edinburgh University. After graduating from Pitt, he worked at a private day school in Boston, on the editorial staff of the Boston Herald and later in quality control for an advertising and financial typographer in New York.



**Dr. Carys Evans-Corrales,** professor emeritus of Spanish, died quietly at home March 2. She taught at Pitt-Bradford for 25 years, and was an accomplished translator, including translating many poems written in the little-known language of Galician (one of the nine languages she spoke) into English. She served as chair of the humanities and was the first full professor in the

Division of Communication and the Arts. She retired in 2018 and was known for her cheerful smile and grateful attitude.

**Sean Frasier '95-'96** died in July in Buffalo, N.Y. He had been employed at Adelphia, Time Warner and Charter Communications as a principal engineer. He lived in Bradford.

Jamie Hazzard-Stanford '01 died in August at her home in Limestone, N.Y. She was a substitute teacher in the Bradford Area School District for 10 years and a home health care aide in the Bradford-Limestone area for the past two years.

Ann Kessel, advisory board member and community leader, died in September in Florida. For many years, Kessel and her husband, Dick, have been steadfast and generous supporters of the campus, resulting in the naming of the Kessel Athletic Complex in their honor. The Kessels have established two scholarships and contributed to several other funds. For the past 13 years, the Kessels have hosted the Kessel Klassic golf outing to benefit the Jeffrey Brian Kessel Memorial Scholarship at Pitt-Bradford.

**Bill Krieg '64-'66**, dedicated PBAA volunteer and one of the first recipients of the association's Denny Lowery Distinguished Volunteer Award, died in April. Krieg grew up in Falconer, N.Y., and studied mathematics at Pitt-Bradford before graduating Phi Beta Kappa from the Pittsburgh campus in 1967. He worked for 32 years at Eastman Kodak in Rochester, N.Y., Xiamen, China, and London, retiring as a supply chain manager. In his retirement, he ran his own company, Sunshine Vending Ltd., and was a volunteer Boys and Girls State Post Counselor for the American Legion of New York.

**Lisa Lepovetsky**, a former instructor in the writing program, died in October. She had published fiction and poetry widely in small presses, professional publications and anthologies.

Victor 'Vic' Longo died in November. He worked in Pitt-Bradford facilities from 1981 until 2007. A dedicated fan of Panther Athletics, he was awarded the Golden Panther Award in 1997 by the Student Athletic Advisory Board and was inducted into the Athletic Hall of Fame in 2018. He made many feel a part of the Pitt-Bradford family.

**Fenton Lohnes '63-'64** died in January 2019. He worked on the building of the Kinzua Dam and in quality assurance for various nuclear power plants before retiring in 2002. He enjoyed woodworking, carpentry, home renovations and genealogy.

**Robert "Bob" Diehm Newcombe '78** died in May 2019 at his home in Butler, Pa. He worked in labor relations for A.K. Steel. He was the son of the late Robert A. Newcombe, a longtime member of the Pitt-Bradford staff.

### **Jeanine Vento McGuire '10**

### Runner and an ambassador for the Pittsburgh Marathon

At Pitt-Bradford Jeanine Vento McGuire was a two-sport athlete despite dealing with rheumatoid arthritis.

Recruited as a soccer player, she joined the cross-country team in her senior year because it fit better into her demanding academic schedule. She loved it right away, she said. "I was just there to hang out with my friends and get free Subway from the coach."

After graduating, she got a desk job. "When you're a college student, you're always running to your friends' rooms and around campus," she said. With her more sedentary life, she found her arthritis flaring up, and she just didn't feel well. She returned to

running, even though she said she was out of shape.

This spring of social distancing, baking and binge watching was leaving many people in a similar situation, and news stories started appearing about a boom in running, bicycling and other outdoors sports. We asked McGuire for her advice about getting started in her favorite hobby.

# It seems like there are more people out running now. Do you think that's true?

Yes. I've had to completely change my running routes because all of my regular places have been overrun by Before you can run, you need to walk.
People get very discouraged if they can't just go out and run.

new runners. People are really itching to get out of their houses and enjoy the weather. They may have a little more time to try it now, and it really helps with mental health.

### So, how can someone get started?

Every person is starting at a different fitness level. Before you can run, you need to walk. Alternate between running and walking. People get very discouraged if they can't just go out and run. Focus on what you can do. Walk, but throw in a little bit of running. Even the running should be slow. Focus on a certain amount of time instead of distance. Keep moving is the most important thing you can do and be consistent. If something doesn't feel right, stop or go home. It's always important to listen to your body.

### Is there anything you need to buy?

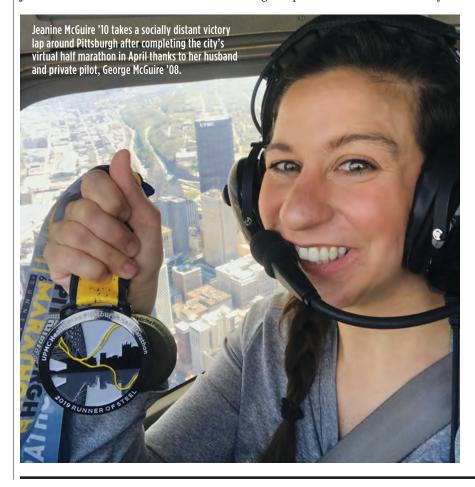
Buy good shoes. You wouldn't drive a car without the proper tires. Proper shoes will help to make it a more sustainable activity.

### What else helps you sustain running as a habit?

Changing my route. Variation keeps it interesting, and it keeps your mind motivated and engaged in a positive way. It will also provide some beauty you might not have seen.

You need to make it enjoyable in order to sustain it. Try listening to music, podcasts or an audiobook. Focus on anything that brings joy to you, and change your mindset.

I belong to an area running club and have a regular partner. During social distancing, we FaceTime during treadmill runs. Part of the reason I love running so much is the community and the people I've met.





### WE WILL STILL STAY CONNECTED **EVEN IF WE'RE APART.**

We had hoped we would be able to celebrate with you on campus this fall. However, due to the pandemic we are not able to all gather together on campus.

While we are canceling Alumni and Family Weekend this year, we will continue to work creatively to help you stay virtually connected to one another and the university.

We look forward to seeing you in person next fall.



Office of Institutional Advancement 300 Campus Drive Bradford, PA 16701

ADDRESS SERVICE REQUESTED

Writing instructor Karen Bell prepares for class on a classically beautiful autumn afternoon in Bradford.

