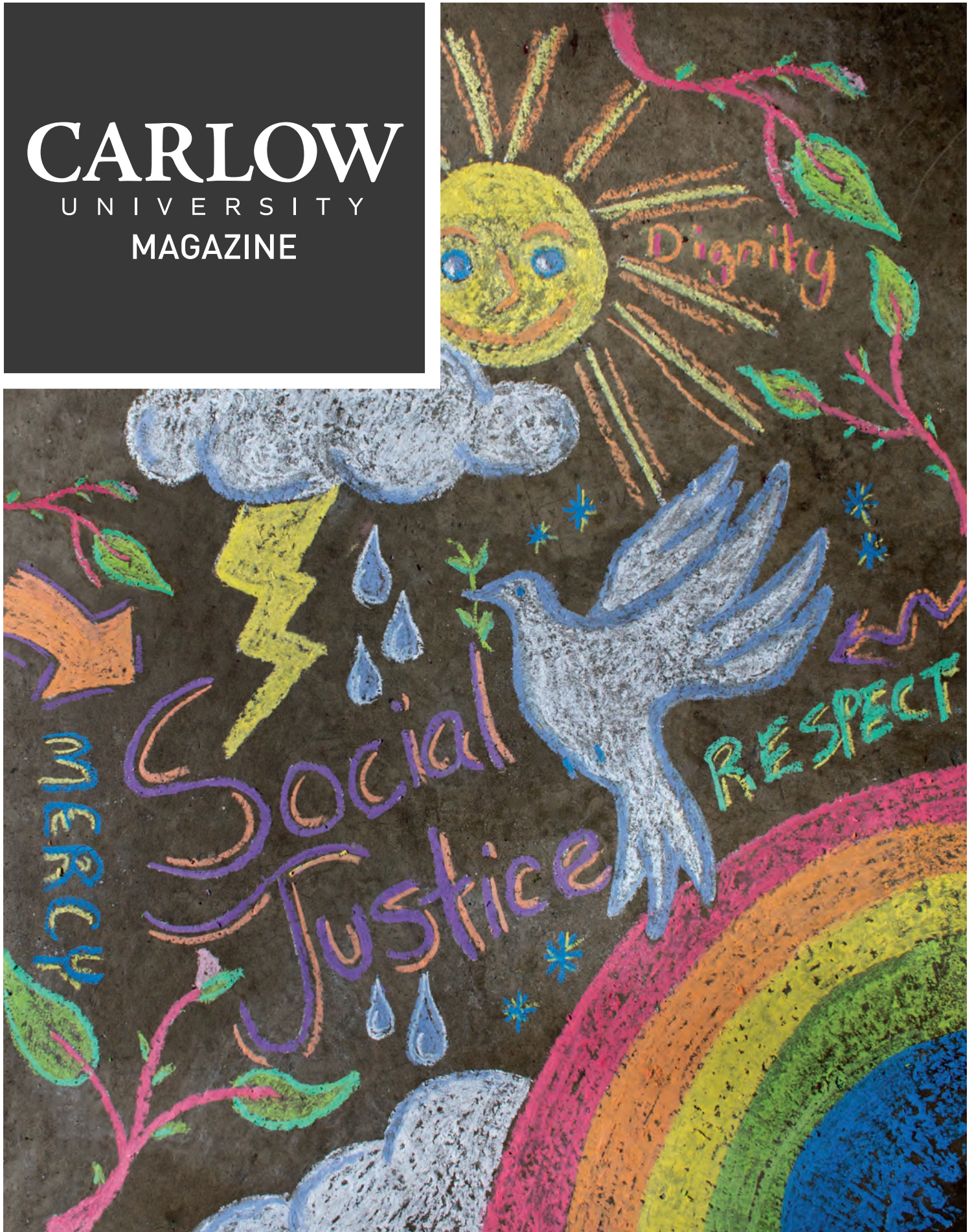


# CARLOW

UNIVERSITY  
MAGAZINE



SPRING 2017





## Letter *from the* President

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Dear Friends,

There is no doubt that we live in a time of significant and rapid change—in our country and in the world. As we are also more globally connected than at any point in history, the mission of our founders, the Sisters of Mercy, frames our values and our university as we continue to pursue justice and mercy in our world.

Social justice is in the DNA of the Carlow community. From our new Social Justice Institutes to the research of our faculty and the careers pursued by our students, our commitment to the values of the Sisters of Mercy remains strong. Respect for the dignity of each individual, and a firm belief in the importance of ethical leadership, continue to be the hallmarks of a Carlow education—and our students are indeed on their way to making a just and merciful world a reality.

We are also proud of the fact that our graduates “do good *and* do well.” This year one of our graduates was accepted into a doctoral program at Carnegie Mellon University. And the first two men have been named Carlow Laureates: attorney and CPA David Debenham, MS ’13, partner in Ontario, Canada, firm McMillan LLP; and Harold Slaughter, president and chief executive officer of Habitat for Humanity of Greater Pittsburgh, BA ’93.

Our most recent career outcomes report is a particular source of pride—and a tangible reflection of our legacy. Within six months of graduation, 95 percent of our students are either employed, enrolled in graduate school, or in service to our country—working in health care companies, schools, community-based organizations, and for-profit businesses. They are entrepreneurs, change agents, and innovators, and we expect that their accomplishments will indeed shape the future of our region.

Carlow is also embarking on new initiatives that will strengthen not only our mission but also offer our students more options for their careers. For example, our Just and Merciful World undergraduate curriculum, now in its second year, weaves social justice throughout its courses from day one. Our new graduate-level MicroMaster’s programs are our first foray into up-credentialing and up-skilling—and new academic endeavors, such as our Women’s Health Nurse Practitioner program, will meet regional demands while honoring Carlow’s long history in women’s health care and education.

We have many reasons to be #CarlowProud. Doing good is one of them. So is doing well. And we would like to hear from you—what you are doing in your career and community that continues our social justice legacy. Send us your stories. I know they will inspire generations to come.

Sincerely,

Suzanne K. Mellon, PhD



President

Suzanne K. Mellon, PhD

Vice President,

Marketing and Communications

Jeanne A. Hartig, PhD

Senior Editor

Alison Joram D'Addieco, MST

Creative Director

Katie Crawford '09

Contributors

Brandywyne Dugan '17

James Foreman

Molly Mitchell '18

Bridget Ponte

Kristin Seamon

Ann Lyon Ritchie

Andrew G. Wilson

Caitlin Wilson

Photographer

David Holzemer

Awards

Educational Advertising Gold Award  
2016

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Carlow University, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, the university prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, gender, age, marital status, familial status, sexual orientation, disability, or status as a disabled veteran or a veteran of the Vietnam era. Further, the university will continue to take affirmative steps to support and advance these values consistent with the university's mission. This policy applies to admissions, employment, and access to and treatment in university programs and activities. This is a commitment made by the university and is in accordance with federal, state, and/or local laws and regulations.

For information on university equal opportunity and affirmative action programs and complaint/grievance procedures, please contact Human Resources, Carlow University, 3333 Fifth Avenue, Pittsburgh, PA 15213, 412.578.8897.

Clarification

We wish to clarify a reference to contraceptive prescriptions that appeared in "Holistic Care for All" in the Winter issue of Carlow University Magazine. As a Catholic university, Carlow adheres to the Ethical and Religious Directives (ERDs) of the Catholic Church and we apologize for not including that important information as context in the article.



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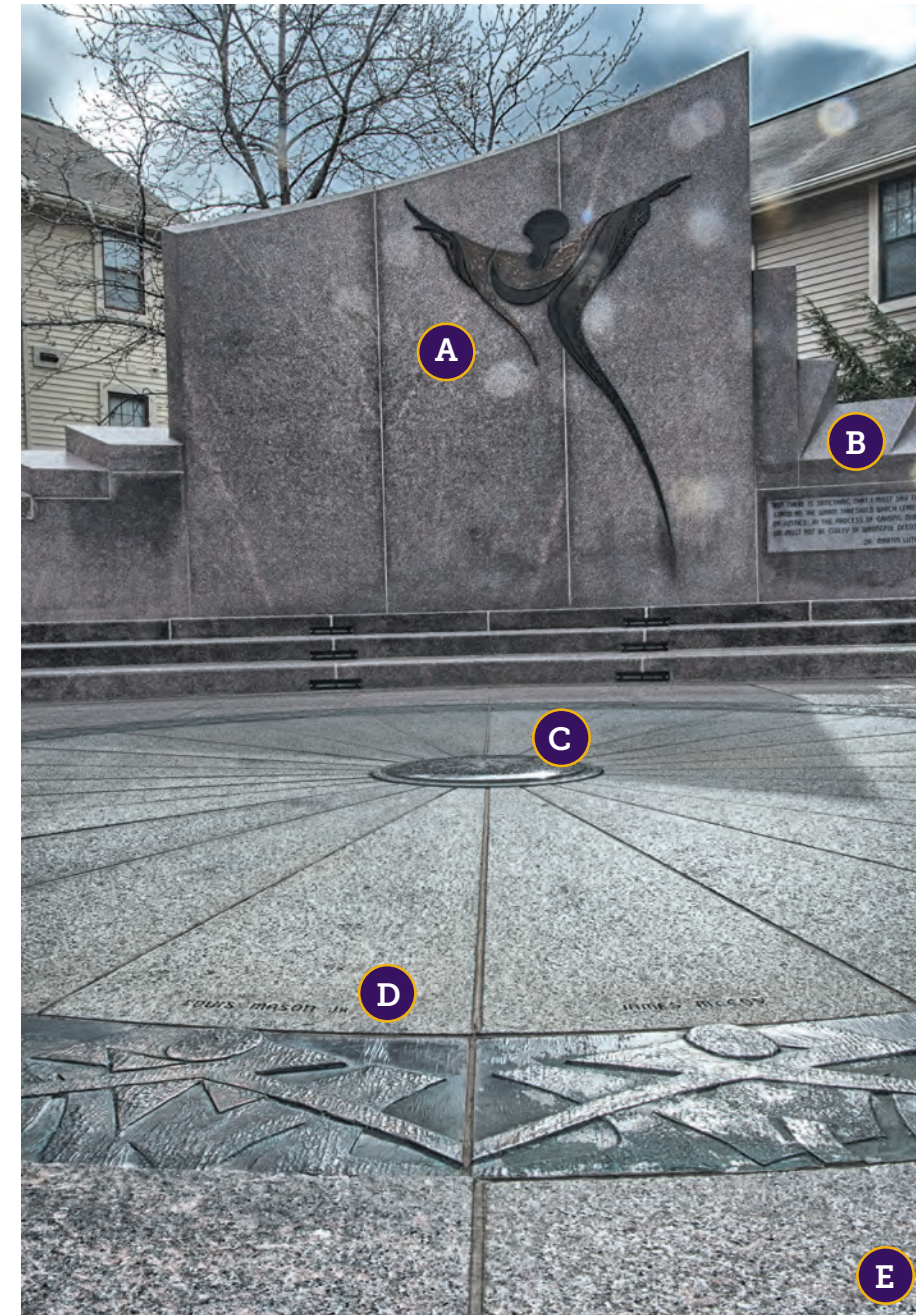
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On the cover: Original art by  
Katie Crawford '09, creative director.

# PLACES *And* SPACES

| an inside look at Carlow's  
personal and public spaces



**A** Pages of History wall. Symbolizes hope, faith, and the future of the movement of human rights.

**B** Quote: "But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful places we must not be guilty of wrongful deeds." –Dr. Martin Luther King, Jr.

**C** The Stone of Origin. Polished granite from Zimbabwe. Represents the origin and power of African American heritage.

**D** The Circle of Honor. Names of 25 civil rights heroes who lost their lives fighting for peace.

**E** Out of the image: The Freedom Marchers' Ring. Stones symbolizing nonviolent protest and unity engraved with names of 70 local civil rights activists, many of whom have ties to Carlow or Mount Mercy. Names like Cecile Springer, former Carlow trustee and Woman of Spirit®, and Thelma Lovette, friend of the university, Woman of Spirit®, and mother of Thelma Lovette Morris, who graduated from Carlow in 1970.

## FREEDOM CORNER

In the late 1950s, urban renewal ripped through Pittsburgh's vibrant (and predominantly African American) Hill District neighborhood. In 1960, at the intersection of Centre Avenue and Crawford Street, just over a mile from Carlow's campus, residents posted a simple sign:

**Attention City Hall and U.R.A: No Development beyond This Point! We Demand Low Income Housing for the Lower Hill!**

The intersection was deemed Freedom Corner and would become a launching point for demonstrations seeking social justice.

In 1968, after the death of Dr. Martin Luther King, Jr., Sisters of Mercy from Carlow (then Mt. Mercy College) met there: "Sister Ferdinand would put up a sign that read, 'The Sisters Will March at 4 p.m. Be at [Freedom Corner],'" recalls Sister Jean Murin. **Online extra!** Listen to an interview with Sister Jean in the Winter 2016 issue at [www.carlow.edu/magazine](http://www.carlow.edu/magazine).

Designed by local artist Carlos Peterson and architect Howard Graves, the Freedom Corner monument was dedicated on April 22, 2001. The site continues to serve as an important gathering spot for individuals who advocate for peace, justice, and equality.



# NOTED — and — QUOTED

**“When I Am Empty,” a poem by Associate Professor of English Anne Rashid, PhD, is featured as the online “PQ Poem.”**

✦ Read it at [pittsburghquarterly.com/between-the-issues/item/1311-when-i-amempty.html](http://pittsburghquarterly.com/between-the-issues/item/1311-when-i-amempty.html) [Pittsburgh Quarterly, January 2017]

**“I don’t know how he did it, but I want to learn.”**

✦ a student of Kevin Spencer, adjunct professor of education. Spencer uses magic to reach special needs students. [Chico Enterprise-Record, Chico, Calif., February 2017]

**“We’re missing part of the equation if we’re not asking them to share what they think.”**

✦ Associate Professor Jennifer Snyder-Duch, co-director, Youth Media Advocacy Project, on the Youth Participatory Budget Council, a project of the City of Pittsburgh, Carlow University, and SLB Radio Productions [Pittsburgh Post-Gazette, January 2017]

**Carlow University program addresses “cultural invisibility” of female writers.**

✦ Carlow Professor Jan Beatty, director of the Creative Writing program. [Pittsburgh Post-Gazette, January 2017]

**Gun violence target of Carlow’s Social Justice Institutes... The goal is to break the cycle of violence by helping victims better themselves through education.**

✦ Pittsburgh Magazine online, January 2017

**“With the systems that are really broken in our society...it’s going to take everyday people to step up, figure out their position within that issue, and take some action around it.”**

✦ Social Justice Institutes Director Jessica Ruffin speaking during the Salvation Army’s annual Man in a Box event promoting homeless awareness. [WBZZ-FM, February 2017]

# IN SEARCH OF SOCIAL JUSTICE

## COFFEEHOUSE

Engaging in lively conversation  
over a cup of java

It’s been expressed that if we treat everyone justly, fairly, and impartially, then “social justice” doesn’t mean any more than “justice” by itself. **JESSICA RUFFIN**, director of Carlow University’s newly formed Social Justice Institutes, and **SUSAN L. O’ROURKE, EdD**, special education graduate professor and program director of special education, shared a conversation about social justice.

**Carlow University Magazine:** Why do you think the word “social” is needed in front of “justice”?

**Jessica Ruffin:** Social means we’re interacting with people. Through that interaction, we start to understand ways in which people are oppressed or disenfranchised. We also empower those people to communicate how they need to be treated, or what they need in order for things to be fair.

**Susan O’Rourke:** Some people think social justice means some kind of redistribution of wealth. That’s not the case at all. What we are talking about is equity of opportunities. Each of us has the right to develop ourselves fully and contribute fully to society. Oftentimes people are unable to reach their potential because of barriers we ourselves place in front of them—in addition to barriers put up by society.

**Carlow University Magazine:** You both work with students in your positions at Carlow. How do you impart the need for social justice to your students?

**SO:** In my classes, I am very deliberate in discussion of global issues. Through my work internationally and my initiatives in developing countries, creating opportunities for kids with disabilities [is] often a life or death issue. I want my students to understand that they come from a space of privilege in the United States, and with that privilege comes a responsibility to do what we can to help make the road a little bit easier for others.

**JR:** For many of our students, this is the first time they are acknowledging or understanding

that they carry some privilege in their lives. It is really around meeting them where they are, keeping an open mind, and understanding what they are bringing to this university experience. Then it’s explaining things in a way that empowers them to feel like their efforts can make a difference—and that they have a responsibility to take action.

**Carlow University Magazine:** How do you get across the concept of privilege to someone who has their own struggles and doesn’t feel they have had any privilege?

**SO:** I tell students about Nicaraguan children I’ve met who live in a garbage dump, who tear open bags of garbage in search of anything of value that will help them survive that day. I talk about Ugandan children who were orphaned or who became child soldiers after the Lord’s Resistance Army came in and killed all of their family members. And I talk about what I’ve seen in Kuwait, where, though they have the means to provide services to individuals with disabilities, I came across a teenager with above average intelligence who was segregated from his peers and placed in a school for disabled children because he had a limp. Once students recognize that such things would never happen in our country because of laws and opportunities that give access to anybody who is a little bit different or who learns differently, they begin to realize that they do come from a place of privilege. And they realize it’s a privilege to live in a place that is relatively peaceful. ■

**Online extra!** Listen to the full interviews at [www.carlow.edu/magazine](http://www.carlow.edu/magazine).



# 3333 FIFTH

news + notes



Photo by Brandywyne Dugan '17

## ► LOVE YOUR MELON

Carlow University's Love Your Melon crew supports a national organization that sells beanies/caps to raise funds for children with cancer. Fifty percent of the proceeds go to organizations like the Pinky Swear Foundation and CureSearch for Children's Cancer, which help with the medical costs of cancer. Visit [loveyourmelon.com](http://loveyourmelon.com) to make a purchase!



[ItsOnUs.org](http://ItsOnUs.org)

## ► PREVENT SEXUAL VIOLENCE

The Pennsylvania Governor's Office and the Department of Education have awarded Carlow an "It's On Us" grant for \$27,940, enabling the university to launch the "Have MERCY!" awareness program to educate the community and combat sexual violence on campus. Carlow will also expand its emergency notification system by adding features that allow students to send tips in an emergency or when an assault is threatened or taking place.

Additional tools will include an emergency hotline and a sexual violence guidebook available as a smartphone app. Further action will be taken to ensure that individuals know when violent acts occur or are about to happen—including expanded first-responder training.



## ► A COLLEGE OF DISTINCTION

Carlow University is proud to be a College of Distinction, a Catholic College of Distinction, and a Pennsylvania College of Distinction for 2016-2017. Carlow has also been selected by Abound as a provider of Top Degrees for Adult Undergraduates for 2017.

To be designated a "college of distinction" a school's curriculum must emphasize core competencies such as critical thinking, writing, oral skills, research, and global perspectives. They must also offer dynamic out-of-classroom learning and study abroad programs.

## ► NEW FOR FALL 2017

Carlow University is proud to announce exciting new degree options!

- Master of Science in Nursing for Women's Health Practitioners
- Second Degree Bachelor of Science in Nursing Program
- Online Graduate Certificate in Instructional Design and Technology
- Master of Arts in Student Affairs
- Bachelor of Science in Behavioral Neuroscience
- Online options for the bachelor's degrees in Health Management and Business Management



## ► HISTORIC 1,000 POINTS

Carlow junior Charlie Scharbo scored 32 points and pulled in 29 rebounds at the Celtic's February 7th Pink the Pavilion game against Point Park University, making him the first male 1,000 point scorer in Carlow history!



Photos by Molly Mitchell '18

L-R: Yazmin Bennett-Kelly, Brianne Griffith, Courtney Wallace, Anastasia White

## ► CARLOW'S VIRA I. HEINZ SCHOLARS

The Vira I. Heinz (VIH) Program for Women in Global Leadership prepares women for worldwide challenges by offering international experiences, leadership development, and community service. The young women receive a scholarship of at least \$5,000 to put toward the cost of an international experience of their choosing. Four Carlow undergraduate students are Vira I. Heinz scholars:

- Yazmin Bennett-Kelly, a sophomore English major with a certification in secondary education and minor in women's studies: Ghana, Africa.
- Brianne Griffith, a junior creative writing major with minors in professional writing and communication: Stellenbosch, South Africa.
- Courtney Wallace, a junior psychology major: Sligo, Ireland.
- Anastasia White, a junior communication and media major with minors in English and women's and gender studies: Bangalore, India.

## EUREKA!

Research highlights from the desk, lab, and field in 60 words or less.

► **Child abuse and neglect is too often underreported.** Patricia Jameson, PhD, assistant professor of psychology, is seeking solutions. As a trainer/consultant for the Nurturing Parenting Program for Western Pennsylvania, working with the Family Support Centers of Allegheny County, she's building parent-child relationships and promoting child development instruction. She's also incorporating mandated reporter training into Carlow's Child Abuse Prevention and Treatment course.

► **Money launderers beware.** Diane Matthews, PhD, director of the Master of Science in Fraud and Forensics program, spent the fall 2016 semester in the Fraud Investigations Unit of the Allegheny County District Attorney's Office tackling 18 white collar crime cases—from insurance fraud and home health care fraud to credit card fraud, counterfeit check fraud, and beyond.


► **Lynn George, PhD, Dean, College of Health and Wellness,** suggests combatting on-the-job bullying before it starts. Read more: Thompson, R. & George, L. E. (2016). Preparing new nurses to address bullying: The effect of an online educational module on learner self-efficacy. *MEDSURG Nursing*, December 2016.

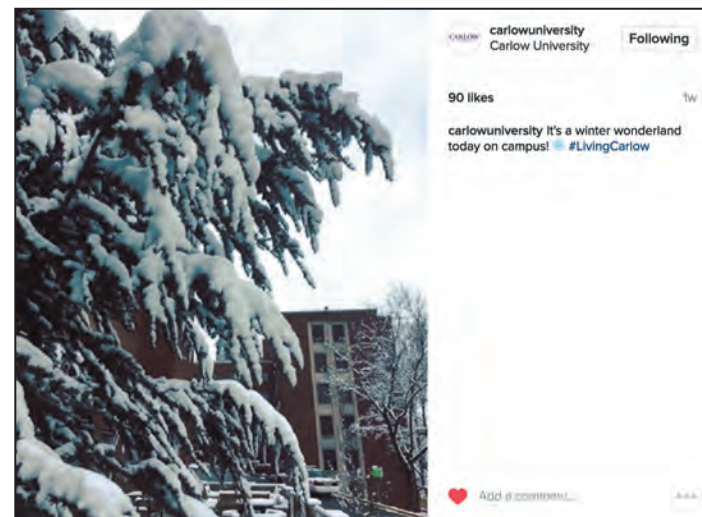
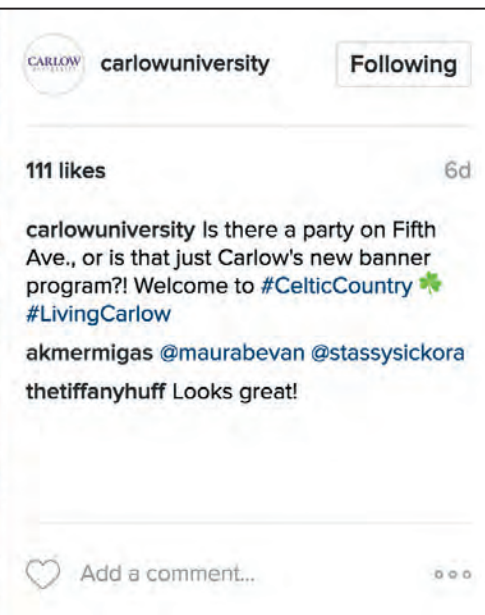
**Online extra!**  
For more faculty research, visit [www.carlow.edu/research](http://www.carlow.edu/research).



# GETTING SOCIAL

Keep a finger on the pulse of Carlow's digital social scene by checking out updates like these at **CARLOW.EDU/SOCIAL**.

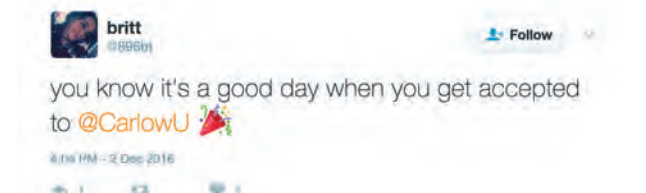
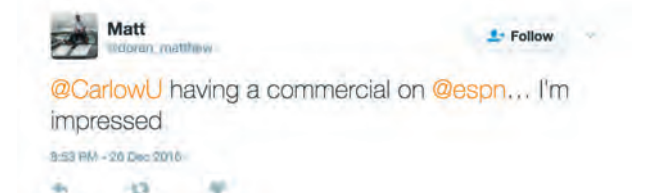
 Share your Instagram photos and videos with **#Carlowgram**



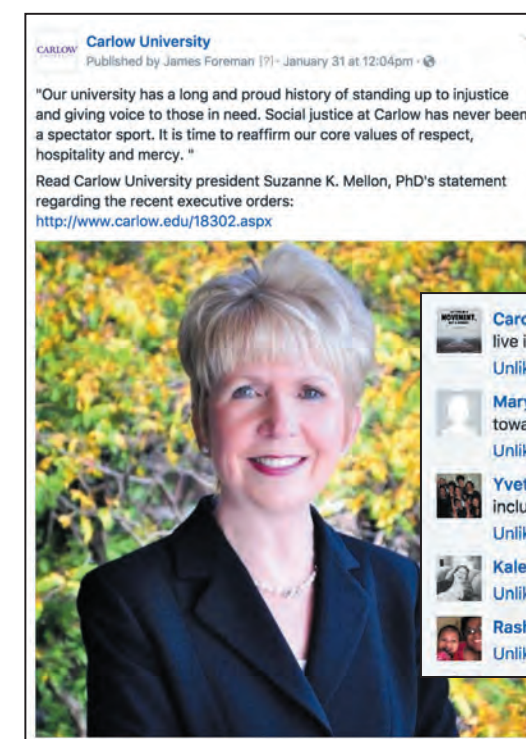
 **LOOKING SHARP!**



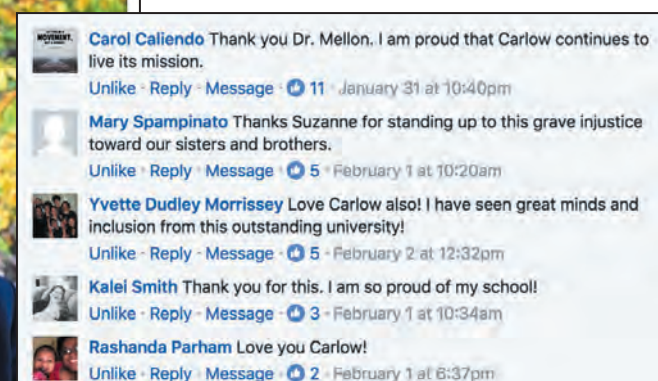
 **AS SEEN ON TWITTER**



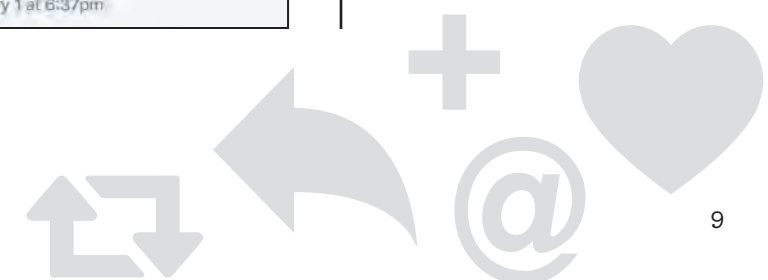
 **HAVE SOMETHING TO SAY? TWEET US! @CarlowU**



**#CARLOWPROUD**



**ADD SNAPCARLOWU ON SNAPCHAT!**







## STUDENT SPOTLIGHT ANASTASIA WHITE

BY JAMES FOREMAN



Photo by Molly Mitchell '18

**Two years ago**, junior communication and media major Anastasia White traveled from her native Florida to Pittsburgh to study at Carlow. This summer, thanks to a scholarship from the Vira I. Heinz Program for Women in Global Leadership, she'll take a two-month detour in Bangalore, India.

White is one of four Carlow University undergraduates to receive the prestigious award for 2017. (See related article, page 7.)

The Vira I. Heinz Program, supported by The Heinz Endowments, prepares women for tomorrow's global challenges by offering a unique opportunity for international experiences, leadership development, and community service. Young women from universities and colleges across Pennsylvania are admitted into the program and receive scholarships of at least \$5,000 to put toward the cost of international experiences of their choosing.

White plans to draw upon her minor in women's and gender studies (she also minors in English) while focusing on gender issues at Christ University in Bangalore.

"Gender roles in that part of India aren't like they are here," she says. "Christ University has strict rules about what we can wear—no revealing clothing, no piercings, no tattoos. I want to understand the role of women there and why they have these rules,

but I will also be respectful of the culture."

White will spend time in both the classroom and community. Christ University's motto, "Excellence and Service," is reflected in the work White will do in her classes.

"They offer three volunteer outings, and I'll be doing all of them," she says. "For the third one, we'll go to a local village and help with daily activities, like fetching water and cleaning," she says.

"I want to learn the language, really get to know the people. I'm actually staying a couple of weeks longer so I can visit northern India instead of spending all of my time in one area."

"These four students are now a part of a network of diverse female student leaders," says Gwendolyn Stevens, Carlow's assistant director of campus life. Stevens also serves as campus coordinator for the Heinz program and will guide and mentor the scholars while they're here—and abroad.

"There is a lot of great work to be done along with dreams to capture," says Stevens.

White looks forward to capturing some of those dreams.

"I feel honored to get this privilege," she says. "I cannot wait to observe and engulf myself in a culture that has so much beauty and a lot to offer." ■

# CARLOW *is* *in the* FAMILY

Alumni and their children share a common bond for life.  
BY ANN LYON RITCHIE

Alumna Mary Kish, CRNP '92 felt deeply moved to pass the flame of her lit candle to her daughter Rachel's candle during the Night of the Celtic ceremony at Carlow's 2014 orientation. How amazing to share a college education from the same special place!

Things on campus are different since Kish attended. As a nursing major, she didn't have the University Commons or amenities of the A.J. Palumbo Hall of Science and Technology, but she says her career preparation, with access to

nursing research, was second to none. Some things don't change.

Kish first suggested that Rachel look into Carlow because she was contemplating nursing. Rachel kept an open mind and looked at many colleges. She decided on a social work major, which Carlow offers as well.

"After hearing my mom talk about how much she enjoyed her time at Carlow, I knew I had to visit and see what it was all about," says Rachel.

Kish knew Carlow would complement their family's Catholic roots. She also pointed out to Rachel the small class sizes, comparing classrooms of 10 or so to universities that fill lecture halls with 200 or more students.

"As soon as I stepped foot on campus, I knew exactly why she loved her time here. It was everything that I wanted in a university," says Rachel.

Rachel, now a junior, has flourished. She is a resident assistant, writes for the *Carlow Chronicle*, serves as president of the LGBTQ Club, and is president of the Social Work Club.

Kish now enjoys a closer relationship with her alma mater—she's returned to campus often to share her professional experiences with nursing students. Today, she is a nurse practitioner at Jefferson Hospital's Women and Infants Center and also works on a casual basis in the neonatal intensive care units of several other local hospitals.

"Comparing what we've accomplished at Carlow is what makes it so wonderful. We have had such unique experiences, yet they happened at the place we have both, at one point, called our second home," says Rachel.

Although Rachel and her mother pursued different paths, their mother-daughter relationship gained new strength in their common Carlow bond. Their family legacy is a distinct shade of purple. ■



◀ MARY KISH, CRNP '92  
AND RACHEL KISH





# FINDING THEIR VOICE

**A Passion for Research. For Teaching. For Students. JENNIFER ROTH, PHD**

BY ALISON JURAM D'ADDIECO

**Jennifer Roth, PhD**, a cognitive neuroscientist with a background in brain-based research, thought she'd be happy immersed in research—until she discovered how much she enjoyed teaching.

"I love the performance aspect of teaching," she laughs. "But more than that, I love seeing my students grow."

After earning her undergraduate degree in psychology from the University of Pittsburgh, Roth studied cognition and brain imaging at Carnegie Mellon University and later at Johns Hopkins University and Yale University. She was also a professor at Concordia College in the suburbs of New York City.

Today Roth is assistant professor of psychology and co-director of Carlow's Honors Program. She's also a beloved mentor to her students.

"Students come in their first year and they're so quiet," she says. "Once

they find a passion for something, be it mental health or women's rights or whatever, it forms their voice."

Roth runs a student research lab at Carlow—steps away from her Antonian Hall office. Recently she and psychology undergraduate student Haley Pritchard examined the effects of lifestyle choices such as drinking, sleep, exercise, and challenging thinking tasks on a person's ability to think on a basic level. They presented some of this work at an international conference in Boston.

Roth is also passionate about issues of social justice. This past January, she and Assistant Psychology Professor Melanie Kautzman-East took a group of students to Washington, D.C., for the Women's March.

Roth recently joined the Islamic Center of Pittsburgh in support of members of the local Muslim community (She herself is a practicing Lutheran). She feels she's found a home at Carlow.

"I have strong colleagues and good administrators," says Roth. "I can trust that the school is going in the right direction and finding resources that are important."

And she's impressed by the drive she sees in her students. "Maybe it's the Pittsburgh work ethic," she laughs.

But she knows it's more than that. "They own their successes—and their failures," she says. "They tell me, 'this is where I am,' and I meet them there."

And together, they move forward. That's the joy of teaching. ■



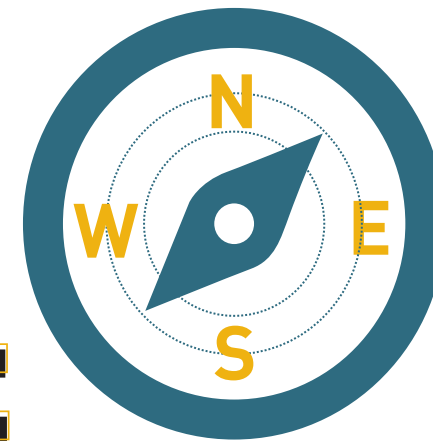
## AT THE WOMEN'S MARCH ON WASHINGTON

**WHO:** Two Carlow professors and eight undergraduate students. And they had a waiting list.

**OVERHEARD:** "Show me what democracy looks like. This is what democracy looks like!"

**SEEN:** A sea of pink on a serpentine route through the nation's capital.

"If you really want to feel empowered, inspire a group of students to get more active now." —Jennifer Roth



# A DEEPER DIVE

**Courses Integrate Justice, Mercy, and Critical Exploration—with an Eye Toward Career Readiness.** BY ALISON JURAM D'ADDIECO

**First-year nursing student Julianna Mamajek calls her Society on Trial course "eye-opening" and "goal-changing." Words that are music to her professor's ears.**

Society on Trial is a course within Carlow's Compass general education curriculum. Students examine allegations of governmental abuse against citizens and discuss broader implications for a just society.

William Schweers, assistant professor of political science and fraud and forensics, says the course aims to "do more than attempt to increase students' knowledge of and interest in social and political matters—or what might be defined as consciousness-raising.

"Its purpose is to be consciousness-galvanizing—a call to action," he says.

Asked to reflect upon how the course changed her view of contemporary American life, Mamajek responded that "we need to eliminate the discrimination in our hearts, come together, and work out our issues as Americans."

According to the American Association of Colleges and Universities, the ability to meet 21st-century career challenges depends on outcomes like those generated by Society on Trial—outcomes that "enable individuals to deal with complexity, diversity, and change."

This approach develops competencies that cut across all disciplines—like the ability to think critically, communicate clearly, and solve complex problems.

Compass courses require students to dive deeper as they prepare for the careers of today and tomorrow.

Rooted in Carlow's Mercy mission, Compass courses also seek to inspire students to make a meaningful difference through a unique Just and Merciful World Curriculum.

Jessica Friedrichs, assistant professor of social work, is coordinator of the Just and Merciful World Curriculum. "Students explore who they want to be in terms of how they can be of service to the world," says Friedrichs.

In Friedrichs' course Having it All, students consider how to balance all aspects of their lives—not just work and family, but also social, civic, romantic, spiritual, and academic realms. Students then deepen their thinking about service, social justice and social responsibility in an upper-level course that includes experiential learning.

"I ask them to think about one area of their life and decide how they can live more deliberately," she says. "Take small daily actions that impact others in a positive way."

In her upper level course, Introduction to Social Welfare Policy, Friedrichs' students select an issue affecting their lives and then learn the course content through the lens of that issue. They study bills related to their chosen issue and write to elected officials to advocate for support of those bills.

Katie Kos, a social work major, received over 18,500 signatures on her petition. Her bill would allow people with criminal records for drug offenses to be allowed to apply for federal financial aid.

"By putting their signature on it, by sending that letter, they're not just doing it for class. They're choosing an issue they really care about," says Friedrichs, and that makes an impact in the world. ■

## COOL COMPASS COURSES... they're hard to pass up!

- ♦ **Robot Ethics**
- ♦ **Texting: Language or Laziness?**
- ♦ **Stairway to Heaven: God & Rock**
- ♦ **The Beginning of the End of Racism**
- ♦ **Science & Medical Technology: Good or Evil**



# NOW WE'RE COOKING



*This semester, Carlow University chemistry majors have discovered that their degree has more applications than first suspected. The proof is in the pudding...and the pie crust...or maybe the lasagna.*

BY DREW WILSON

SOPHOMORE BIOLOGY  
PERFUSION MAJOR  
CHANDLER STOCKWELL.



## “A lot of students think a chemistry degree is only useful if you want to work in a lab or teach,”

says Monique Hockman, PhD, a Carlow chemistry professor. “They don’t think about all of the other places that they can apply their degree, like, for example, in the food industry.”

Hockman now offers Molecular Gastronomy to chemistry majors and minors who have completed their first two years of course work.

“I liked the idea of offering it as a special topics course,” she says. “Because it’s for majors, I have to make sure they are using chemistry in all of the lab work.”

This means that the course is not just about food and cooking. It’s also about how molecules are changed during the cooking process, which chemical reactions take place, and how substituting different ingredients in a recipe can lower fat, calories, and the amount of gluten without affecting how the dish tastes.

“One of the first labs we did was to modify recipes for brownies,” she says. “We took standard recipes and varied the amount of certain ingredients, like butter or olive oil. We investigated what we could replace eggs with—such as pureed beets, prunes, Greek yogurt, tofu, and even black beans—and sought ways to cut back on calories without affecting the taste.”

The class also explores related issues like how the taste buds on the tongue aren’t all the same (certain sections have receptors for sweet, sour, salty, and bitter). They also discover how a food’s color can affect perceptions, and how interrelated the sense of smell is to taste.

“Most people can’t distinguish taste without smell,” says Hockman.

The class is comprised of both lectures and lab work that takes place in a special lab cleaned thoroughly to provide for the safe handling of food. There are 13 students enrolled—five of whom admit they had no cooking knowledge prior to taking the course.

Marissa Zapf, a biology major minoring in chemistry, is one of them. “I hate cooking,” she said. “One of the reasons I took this class was so I could learn how to cook.”

Other students had the opposite reaction. Lab partners Megan Gerst and Molly Pratt, junior biology majors minoring in chemistry, say they were more at ease in the kitchen.

“I love cooking and baking,” says Gerst. “Having a course that teaches the science behind it sounded really appealing.”

And of course, besides learning, one of the fringe benefits of the course was the opportunity to eat what they prepared.

“The apple pie we made was really good,” says Kayleigh Mille, a senior chemistry major, of the opportunity to make a pie crust that had less gluten in it. “I don’t cook much at home, but now I know how to do a lot more.”

But make no mistake—even though the finer points of pie crust creation may be discussed, this is a chemistry course. Formulas for amino acids are written out on the white board. Discussion centers around such topics as the difference between carbon dioxide and nitrogen in the beer-making process, and the science behind soda-making.

Chandler Stockwell, a sophomore biology perfusion major with a chemistry minor, says the course had changed his perspective on the food he eats. “I’ve begun looking at the

individual ingredients more,” he says. “There are a whole lot more carbohydrates and sodium in the average American’s diet than we need.”

Thu Dinh, a junior biology major, agrees.

“This course taught me how to substitute a lot of ingredients to make food healthier,” she says.

For their midterm, Hockman has directed students to pick one of four traditional high-calorie, high-fat recipes for lasagna, buffalo chicken dip, pizza, or macaroni and cheese and come up with a low-calorie alternative, while staying true to the recipe.

“They have to make a presentation to their peers as to why they chose the substitution and describe the chemical reaction involved,” says Hockman.

For the final project, students will cook a full meal (meat, side dish, vegetable, and dessert), and describe all of the chemical reactions that occurred during preparation.

In keeping with the spirit of TV cooking challenge shows, Hockman will spontaneously introduce “secret ingredients” during the dinner preparation that students will have to adapt to on the fly, which should make for both an extremely challenging—and delicious—final exam.

“If all goes well, the plan is to offer this course every other year for chemistry majors and minors, as well as a version that non-majors can take in fulfillment of Carlow’s Compass general education curriculum requirements,” says Hockman.

Sounds like a recipe for success. ■





# WHAT DRIVES YOU?

For two Carlow alumni, the **Mercy values** they practiced as students helped elevate them to leadership positions as professionals.

BY ANN LYON RITCHIE



# ONE OF THESE MEN

guides high school students citywide to open their minds and let creativity flow. The other helps people to achieve the American dream—to finally have a place they can call home.

These Pittsburgh community leaders share advice on what it means to lead influential organizations and pursue missions driven from within.

## MERCY URGES US TO OPEN OUR HEARTS.

Artist Justin Mazzei '06 paints with such an intense look on his face that his wife asks him if he's okay. He is fine, just focused.

Mazzei brings the same fervency to his position as director of Manchester Craftmen's Guild (MCG) Youth and Arts. The after-school program located on Pittsburgh's North Side offers sophisticated studio art facilities and instruction for high school students of any background.

Enrolled teenagers may learn to work with a full array of media, from working with clay to operating a 3D printer. In the process, they discover and develop personal strengths.

Mazzei says the practice of making art is a kind of problem-solving that requires coming up with multiple solutions.

Even when they stray off course, as teens may do, Mazzei says the program helps.

"The kids develop skills they will use in the future. They learn how to use new materials. Through discussions about artwork they learn to accept criticism," says Mazzei.

## DISCOVERY ENERGIZES OUR CURIOSITY AND DESIRE FOR LEARNING.

Energetic and welcoming, Mazzei seems like a born leader, but he struggled to find stability as a youth.

Mentors and role models inspired him— including Carlow University professors such as William DeBernardi, associate professor of art.

DeBernardi reminded Mazzei that life is "not a rough draft" and inspired him to learn as much as he could as he earned his degree.

Taking every opportunity, Mazzei started volunteering at MCG. Upon graduation he had the grit to show up at the studio and ask for a full-time job. MCG hired him, first as a ceramics technician, then instructor, and now director.

Mazzei pays forward the mentorship he received at Carlow and MCG. He advises students that "more experiences help you to get a big picture and figure out where you fit in this world."

## HOSPITALITY CREATES A SPACE IN OUR COMMUNITY FOR ALL INDIVIDUALS.

In the East End section of Pittsburgh, staff and volunteers of Habitat for Humanity of Greater Pittsburgh (HFHGP) are wielding hammers for a good cause. Eight first-time homeowners are set to move into their houses in the coming months. HFHGP was their best option for homeownership.

Howard B. Slaughter, Jr., '93, president and chief executive officer of HFHGP, has a rich baritone voice and an assuring handshake that lifts spirits.

"We've been working with these families well before the process of finalizing which homes they would ultimately own," he says.

Slaughter knows about hard work. He was employed full-time throughout his education—from earning his associate's degree to his Bachelor of Arts in Business Communication from Carlow, and later while he earned two master's degrees and his doctorate.

Today, Slaughter's staff of 10, along with his supportive board of directors, serves most of Allegheny County with one-to-one counseling and



Top: Howard B. Slaughter, Jr., '93, and filmmaker Nic Lockerman on site with Habitat for Humanity of Greater Pittsburgh.

Left: Justin Mazzei '06 in studio at Manchester Craftmen's Guild.

View Howard Slaughter and Justin Mazzei in Carlow University commercials on YouTube: [youtube.com/user/carlowuniversity](https://www.youtube.com/user/carlowuniversity)

financial literacy training. HFHGP offers a 30-year, no-interest loan to the families in their homeownership program. His organization has had only one foreclosure in 31 years.

Slaughter has extensive lending expertise to match his self-assurance. He has held numerous roles within the banking industry—including as the first regional director of Fannie Mae's business center and president and CEO of Landmarks Community Capital Corporation, where he worked directly with community-based organizations.

## SERVICE CALLS US TO PRIORITIZE THE NEEDS OF OTHERS.

In 2017-18, HFHGP will rehabilitate five homes in Penn Hills and construct three new ones in Duquesne. Slaughter says the construction of eight homes will

"More experiences help you to get a big picture and figure out where you fit in this world."

—Justin Mazzei '06

consist of comprehensive methods to ensure quality. The homes are in good neighborhoods, close to shopping centers and downtown.

Homeownership is still a goal for most Americans, according to Slaughter.

"It's euphoric to help someone who otherwise wouldn't have the opportunity to own a home. Helping a struggling family achieve their goal of homeownership is humbling," he says.

## SACREDNESS OF CREATION LEADS US TO A RESPECT FOR EACH PERSON AND OUR WORLD.

Slaughter leads an organization on a mission to give people a chance.

When it comes to leadership, he says it is vital to have a solid foundation made up of education and experiences. Also leaders need to stay focused. "As a leader you can make the difference, and it comes back the other way, too. People helped me along the way," he says.

## IT'S WHAT DRIVES THEM.

When planning new television commercials in 2017, Carlow University chose Manchester Craftmen's Guild and a HFHGP home construction site as two of the film sets. Mazzei and Slaughter were featured in the commercials, modeling the internal drive and intelligence exemplified in many Carlow alumni.

Something about Carlow motivates others toward a greater good. It takes a special kind of courage lead organizations where one's education—and values—are put to the test. ■



# STOP THE VIOLENCE

SOCIAL JUSTICE INSTITUTES FOCUS ON GUN VIOLENCE PREVENTION | **BY DREW WILSON**

On January 17, 2017, partners from Pittsburgh's government, non-profit, and foundation communities joined together to officially launch Carlow's new Social Justice Institutes (SJI).

The SJI comprises the Women of Spirit® Institute, the Grace Ann Geibel Institute, the Center for Youth Media Advocacy, and the Center for Community Engaged Learning.

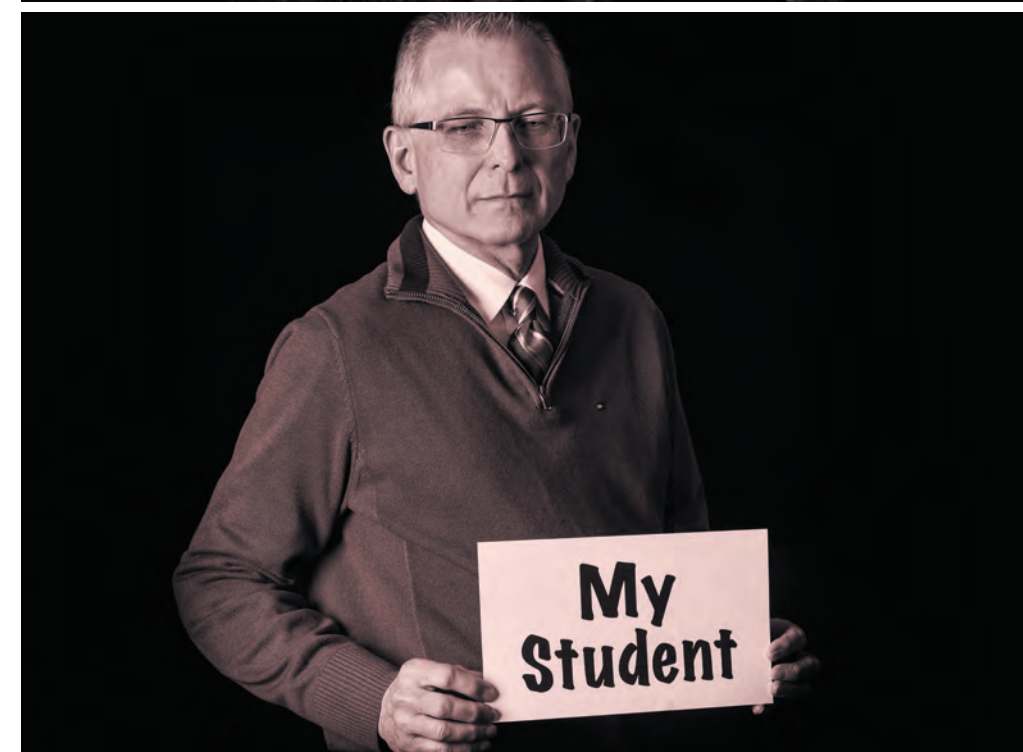
Attendees at the January launch event were also introduced to the Institutes' inaugural "Educating for Justice" issue: gun violence prevention.

"Gun violence is a social justice issue as it disproportionately affects young people, lower-income people, women in negative domestic

situations, and communities of color," said Jessica Ruffin, director of the Social Justice Institutes at Carlow.

In 2016, the American Medical Association declared gun violence a public health crisis. According to the World Health Organization (WHO), "public health refers to all organized measures (whether public or private) to prevent disease, promote health, and prolong life among the population as a whole.

"Using the WHO's parameters for the definition of public health," said Ruffin, "we, along with many of our community partners, believe gun violence meets that criteria."



▲ CLOCKWISE FROM TOP LEFT: JESSICA RUFFIN, DIRECTOR OF THE SOCIAL JUSTICE INSTITUTES; SHEILA CARNEY, RSM; MICHAEL BALMERT, PHD; AND HEATHER MULKERN.





▲ TOP: LARRY KARNOFF, JD  
AND ALICIA CHATKIN

BOTTOM: MARCIA MARTIN AND  
SUZANNE K. MELLON, PHD

The Social Justice Institutes will take a multi-year, interdisciplinary approach to the issue, allowing for curricular and co-curricular programming as well as community outreach and education. Gun violence prevention will remain the Institutes' focus through 2020.

"Suicides and homicides, and their impact on families, employers, and communities, are two leading public health consequences of gun violence about which the Institutes can bring research and scholarship," said Ruffin. "Our goal is to reduce the number of deaths and injuries due to guns."

Going forward, each project that the SJI will engage in will provide opportunities for input and leadership from community members, providing resources that will empower individuals to advocate for systemic change.

At the launch, Carlow University President Suzanne K. Mellon, PhD, announced that the university will provide a scholarship for students who are victims of gun violence or the family members of those who have been victimized.

The Anne DeNardo McGowan, RN, JD '60 Educating for Justice Endowed Scholarship will support need-based students who are victims of societal issues or whose family members have been victimized.

Two other funds, the Class of 1966 Legacy Endowment and the Mary Elizabeth Canterna'67 Endowment (see related story page 28) will also support the Social Justice Institutes.

"Carlow University alumni are some of the most dedicated and caring people in the world," said Mellon. "These gifts clearly demonstrate that compassion."

Mellon went on to describe the Institutes as "an incubator for faculty research and community engagement, building upon the values of the Sisters of Mercy and our role as a Catholic university."

The January 17 event featured photography by David Holzemer, Carlow University senior photographer, which depicted members of the university community who have been impacted by gun violence. Two students, Stephanie Stefano and Cheyenne Holyfield, were the subject of a moving television commercial, previewed at the launch. Their message? "Stop the violence." ■

Watch Stephanie Stefano and Cheyenne Holyfield in Carlow's powerful video, *TOO MANY*, at [youtube.com/user/carlowuniversity](https://www.youtube.com/user/carlowuniversity)



# SHARING THEIR TRAGEDIES TO STOP GUN VIOLENCE

◀STEPHANIE STEFANO and CHEYENNE HOLYFIELD

**STEPHANIE STEFANO** and **CHEYENNE HOLYFIELD** have a lot in common. They met in kindergarten and went through school together.

"I remember in kindergarten, I was fascinated by her curly hair," said Stefano.

When it was time to pick a college, they chose to go to Carlow University so they could spend their college careers together.

"It just seemed like Carlow was more than a university; it was a home and community," said Holyfield.

Unfortunately, there's something else they have in common. They each lost a family member to gun violence.

"My Uncle John was shot five times in his home," said Stefano of the 2015 incident. "There was nothing stolen. It was not about drugs, not gang related."

"My brother, Jamal, was gunned down two blocks from a police station," said Holyfield. "I was the last person to see him alive." She was 13 when it happened in 2009.

As best friends, they have cried on each other's shoulder. They have faced the first Christmas, the first birthday, the first of everything without their loved ones.

"I didn't think something like this could happen," said Holyfield. "When you are young, you don't know that [gun violence] is out there. And when it does happen, it completely shifts how you think about life."

Because of this shared perspective, they did something else together, too. They agreed without hesitation to share a bit of their stories in television commercials announcing the launch of Carlow University's Social Justice Institutes and its commitment to gun violence prevention.

"I'm hoping that John's story will inspire people to stop with the violence, stop with the guns," said Stefano. "Children need their fathers and their mothers, and their uncles and their children."

Both women have a wisdom born from this pain and are intent on using their tragedies to help others. Graduating this May, Stefano has accepted a position within UPMC Mercy's Child Development Center and Holyfield was accepted to Duquesne University for graduate school and hopes one day to be a counselor.

"The most important thing to tell someone is they're not alone," said Holyfield.

And it's tough to deal with the anger.

"I'm not the only person burdened with this," she said. "I can't be. I think the person who pulled the trigger has to be burdened with it, as well." ■





***"Social justice  
is key to our  
spiritual life,  
our faith, and  
our future."***

—Liz Canterna Douglass



unwavering determination, Douglass found 27-year-old Vandana—now "Anna"—in France.

Pope Francis's Jubilee Year of Mercy in 2016 inspired the two women to reunite in Rome. They celebrated the Vatican's canonization of Mother Teresa and spent some private time with two sisters who had cared for Anna as a baby in Kathmandu.

Douglass returned from Rome having deepened a bond with the girl she mothered "in her soul" for so long. She felt compelled to give back and, in 2017, established the Mary Elizabeth Canterna '67 Endowment for the Social Justices Institutes at Carlow University.

Through the endowment, she leaves her legacy to support future generations of Carlow students and staff to be active at the forefront of social justice, to hold the vision of individual responsibility and respect for human rights, to support personal and professional growth, to foster community development and environmental justice, and to inspire and uphold the promise to represent those who don't have the words or cannot speak for themselves. ■

*Above: Douglass with Vandana in 1986.  
Left: Douglass visited Vandana at age five.  
In 2016, she reunited with "Anna" and two sisters in Rome.*



## *In Liz's Own Words:* **WHY NOW?**

This endowment is my way of giving back, for all that I have been given. My education allowed me to realize my dreams of doing meaningful work and service. It is my way of giving to other students and faculty to perpetuate the spirit of Mercy.

Once I learned of the Social Justice Institutes, their mission and purpose resonated deeply within me. Early on, my mother instilled the life-giving spirit of charity and community service in me. She did a lot of work for the church, and specifically for the Sisters of Mercy. My father was high school educated and a hard-working laborer for U.S. Steel along the Monongahela River. He depended on the unions to speak for him, and this is why he instilled in me the importance of education and hard work, so that I could learn to speak for myself, stand up for what I believed in, and help others do the same. When it came time for me to apply for college, through the generosity of a benefactor and the Sisters of Mercy, I was offered

a partial scholarship to study at Mount Mercy College.

This legacy of gifts that I was given, I would like to pass on to the lives of students and faculty members who will also be touched by and who will perpetuate the Spirit of Mercy. Many students would like to participate in various types of experiential learning but are unable to afford to do so. It is my hope that this endowment will support their dreams through their Mercy-centered education, and inspire their work for social justice, wherever they are called.

We can't ignore the pain of the world. We can't withdraw to a private isolated spirituality. Social justice is key to our spiritual life, our faith, and our future. ■

**Note:** *Carlow University welcomes individual contributions to the Mary Elizabeth Canterna '67 Endowment for the Social Justices Institutes. For more information, please visit [www.carlow.edu/give](http://www.carlow.edu/give).*

# AN INSPIRATIONAL YEAR

BY ANN LYON RITCHIE

Her parents instilled generosity and Mercy values in Mary Elizabeth (Liz) Canterna Douglass, PhD, '67 from an early age. And, while a Mount Mercy student, Douglass and more than 20 students and chaperones joined the historic 1965 March on Selma/Montgomery, Alabama—a defining experience in her life.

Today, Douglass helps others in her profession as a clinical psychologist in Tucson, Arizona and through her ministry of playing the harp for hospice patients. In 2016, she established an endowment in gratitude for her upbringing, but what spurred her to give at this time is a personal story of deep abiding love.

In 1986, Douglass was thoroughly prepared, legally and mentally, to become a mother through international

adoption. When she met a precious six-month old baby in Nepal, she knew immediately she wanted to adopt her. But government restrictions on the girl named Vandana prevented the adoption from taking place.

Douglass left Nepal childless and feeling a profound sense of loss. She stayed in touch with the Missionaries of Charity in Kathmandu, who were caring for Vandana—the same order founded by Mother Teresa. Douglass continued to feel a mother's love for the baby girl she left in the Sisters' care, and even returned to Nepal to visit for the child's fifth birthday.

When Vandana was eight years old, a French family adopted her, and Douglass lost touch with the girl. Years later, thanks to communication with the Sisters, social media, and





# TEACHING IT FORWARD

Carlow nursing students excel—thanks to peer tutors and innovative alumni support.  
BY ALISON JURAM D'ADDIECO AND BRIDGET PONTE

▲ FUTURE NURSE EDUCATOR  
ANDREA REUTHER (L) WORKS  
WITH SOPHOMORE NURSING  
STUDENT ANDREA BARTOLOTTA (R).

**In the late 1960s Georgia Morello Decker, MS, BSN, ANP-BC, CN, FAAN '68 was new to nursing (she'd just changed her major from music). So, she consulted a tutor.**

Today, Decker is a nurse practitioner and certified nutritionist in Albany, N.Y., where she founded her own private nursing practice, Integrative Care. But she still remembers the impact tutoring had upon her academic success.

"Working with a tutor changed everything for me," recalls Decker. "Her patience and understanding of my needs were key to laying the foundation for developing my academic and professional confidence, insights, and goals."

The experience was so positive that, in 2010, she created the Georgia Morello Decker Future Nurse Educator (FNE) Scholarship program, operated out of Carlow's Center for Academic Achievement (CAA). Decker says that supporting the program is a privilege and honor.

Each year, a group of Future Nurse Educators (FNEs) is chosen via a selective application and interview process. As part of ongoing training in the CAA's Tutor Training Program, certified by the College Reading and Learning Association, FNEs are available as tutors for introductory and upper-level nursing courses.

In addition to helping students review course content and facilitating exam-review study groups, FNEs work with a CAA learning and study strategies specialist to help students learn skills like test preparation, note-taking, usage of study technology applications, reading comprehension, and test anxiety reduction.

FNEs also work directly with nursing faculty to plan, create, and facilitate review sessions and study groups that reinforce specific nursing course materials. It's a unique opportunity for them to experience working as nurse educators.

"One of the most crucial responsibilities of a registered nurse is to be a patient educator," says junior Devan Stanko. "My FNE position has allowed me to practice my teaching skills and has taught me how to tailor my teaching strategies to individual students."

"Some students just seem to have a gift of being able to explain something in a way that others can understand it," says Janice Nash, DNP, RN, director of Carlow's undergraduate nursing program.

"It may be the same content that was in the textbook or presented in class, but when the tutor explains it, students may understand it for the first time," adds Nash.

"I have seen so many students grow," says Alexis Eck, a junior nursing major from Kittanning, Pa. "This experience has truly inspired me to pursue a profession as a teaching nurse."

Sophomore nursing student Andrea Bartolotta says being able to work with her FNE, junior Andrea Reuther, is a "big stress reliever."

"It's nice to work with someone who knows where you are coming from," says Bartolotta. "These FNEs take a lot of the pressure off. They've had the same classes and written the same papers. They are a great resource."

"I am so grateful for Georgia Decker and this amazing program," says Reuther. "This program has led me to discover a love for teaching and allowed me to help people in ways I had never imagined." ■



# THE 2017 SOFTBALL SEASON IN REVIEW

BY CAITLIN WILSON

After a 2016 season that saw them finish with a 30-14 record, and as the runners-up in the United States Collegiate Athletic Association (USCAA) Softball National Championship tournament, the 2017 Carlow Celtics softball team looked to finish what they started.

That didn't seem to be a difficult task for a team that saw four Celtics named All-Americans, including returning players junior shortstop Kelsey Geyer (first team) and senior third baseman Allison Hryadil (second team) in the previous year. Two more players, senior second baseman Marla Small and senior center fielder Kenzie Young, were named to the USCAA National Championship All-Tournament team last year. Coach Bob Sirko was also named the 2016 USCAA Softball Coach of the Year.

This season, the Celtics had an overall record of 15-13-1, which included a 4-10 record in River States Conference (RSC) play and a record of 7-5 in the USCAA. They look forward to the RSC Tournament and a possible USCAA National Championship Tournament berth.

The Carlow faithful are very proud of the Celtics softball team. Fans have been cheering them on all season long at their home field, Fairhaven Park. The Celtics' teamwork and determination are one more reason to be #CarlowProud! ■



L-R: Nicole Hall, Allison Hryadil, Brittany Baxendell, Hayley Klein, and Marla Small.



# RUN *with a* PASSION

2017 Track Team Signee **Larissa Kijowski** | BY CAITLIN WILSON

**As a track and field athlete, Larissa Kijowski knows what it means to be first. That makes being one of the first signees of Carlow's brand-new track team even more exciting.**

Kijowski is currently finishing up her senior year at West Shamokin High School in Armstrong County, where, in addition to running the 800 meter and the mile, she also plays softball and runs cross country.

Different sports require different mindsets, she points out. Team sports, like softball, require everyone to work together to accomplish a goal. But "in track, it's all on you. You decide what your goals are. I want to set a lot of personal records," she says about her senior year. "It's my last chance to do this in high school. I want it to be really memorable."

Kijowski is also involved in her school's music program. She's participated in district choir in past years and is currently part of the ensemble cast in West Shamokin's production of *Mary Poppins*.

"It's a lot of work because I'm basically on stage in every scene. I've never tap danced before, but they gave me a pair of tap shoes, so now I'm learning," she says.

Beyond her obvious competitive side, Kijowski is deeply compassionate. She wants to make a difference in her world by helping people in need. She'll be a nursing major at Carlow and credits the Sisters of Mercy and their mission as two important factors in her decision to choose Carlow.

"The Sisters of Mercy align with my overall goals and values," she says. "They have a truly positive impact on people's lives, and that's what I want to do."

With so many hospitals within walking distance of campus, Oakland is the perfect setting for a future nursing student like Kijowski.

"I just fell in love with Oakland and Carlow," she says. "I like how the campus looks and feels like it's in a small town, but then it only takes a few steps to remember you're in the city."

Similar to her goals for her last season of high school track—and her foray into the world of tap dancing— Kijowski is determined to make Carlow's first season memorable.

"I want to give the track team a good reputation," she says. "I want other established schools to look at us like we belong and treat us with respect." ■



# Alumni ACTIVITIES

For information on upcoming events,  
visit [www.carlow.edu/alumni](http://www.carlow.edu/alumni)

## NEWS

### 50s

**Ellie Wymard, PhD, '58**, professor emerita in English and former director of Carlow's Master of Fine Arts program in creative writing, had the essay "Balm and the Captured Castle: Dodie Smith, Marilynne Robinson, and the Literature of Faith" published in the March 13, 2017 *Los Angeles Review of Books*.

### 70s

**Kathleen Bollen Gaberson '70**, owner and nursing education consultant for OWK Consulting in Pittsburgh, was honored with the 2016 Association of periOperative Registered Nurses (AORN) Award for Excellence. AORN's highest honor recognizes accomplishments in perioperative nursing practice, education, and

research that reflect the goals of excellence in perioperative patient care.

**Christine Aikens Wolfe '70, '99** was published twice in 2016 in *Time of Singing*. In the summer issue she won a third place award and an editor's choice. In the winter issue she won first place and an editor's choice. Wolfe will have two sonnets published in a collection, *Love and Ensuing Madness*.

**Carole Policastro, DEd '73** earned a DEd in Curriculum and Instruction from Indiana University of Pennsylvania. She also completed certifications in Elementary K-6, Early Childhood N-3, Reading Specialist K-12, Supervisor of Curriculum and Instruction, and Superintendent.

**Joan Broom Prentice, DMIn '73**, founder and executive director, The Ephesus Project, is one of several Carlow alumni honored as a *New Pittsburgh Courier* Woman of

Excellence, recognizing some of the region's most distinguished African American women who are making a positive and lasting impact.

**Marianne McConnell, RN '75** is one of 14 Carlow alumni to receive *Pittsburgh Magazine's* Excellence in Nursing award honoring outstanding health care professionals from Western Pennsylvania.

**Dorothy Davis, Esq. '78** recently became the first woman to assume the role of chief executive officer at Eckert Seamans.

### 80s

**Charma D. Dudley, PhD, FPPR '80** was elected to the National Alliance on Mental Illness (NAMI) national board of directors during the NAMI National Convention in Denver, Co., on July 8, 2016. She is associate director of behavioral health services for Value Behavioral Health of Pennsylvania and

has served as president of the NAMI Southwestern Pennsylvania board of directors for the past six years.

**Jacqueline Collavo, RN '83, Judith Kaufmann, DNP '84, and Margaret Quinn Rosenzweig, PhD '81**, are among 14 Carlow alumni to receive *Pittsburgh Magazine's* Excellence in Nursing award honoring outstanding health care professionals from Western Pennsylvania.

### 90s

**Loretta Filitske, DNP '90, Dawndra Jones-Hornsby, RN, MSN '94, and Mary Zellner Kish, CRNP '92** are among 14 Carlow alumni to receive *Pittsburgh Magazine's* Excellence in Nursing award honoring outstanding health care professionals from Western Pennsylvania.

**Rebecca Baker '95** has been selected as president-elect of the Society of Professional Journalists, the largest and most broad-based journalism advocacy group in the United States.

**Mary H. Kieler '95, '16** earned a Master of Science degree in Fraud and Forensics from Carlow University in July 2016.

**Sherry Konick Hoback '96** has accepted the position of chief operations officer for Tampa Family Health Centers (TFHC) where she was previously chief clinical services officer. Hoback has been responsible for establishing, leading, and executing TFHC's overall health care vision and strategy.

### 00s

**Angela Balistrieri, RN, DNP '01, Anthony Battaglia, Jr. '00, Amber Egyud, RN, DNP '07, and Shelley Neil Watters, DNP '01 '04** are among 14 Carlow to receive *Pittsburgh Magazine's* Excellence in Nursing award honoring outstanding health care professionals from Western Pennsylvania.

**Tara Marks, JD '07** recently earned a JD from Ohio Northern University. She is a labor relations consultant with the Ohio Education Association in Boardman, Ohio.

**Misti McKeehen '07** has been honored as one of *The Incline's* "Who's Next" community leaders and activists. As the director of PittServes at the University of Pittsburgh, McKeehen

oversees a department focused on student volunteerism. She also helps with strategic planning for the Pitt Pantry, the student-run campus thrift store, the Student Office of Sustainability, Pitt Make a Difference Day, and International Alternative Break. She is the staff advisor to the National Society for Leadership and Success; Strong Women, Strong Girls, University of Pittsburgh Chapter; Alpha Phi Omega; and Trash. She is a member of the Clean Pittsburgh Commission, on the board of advisors for Collegiate YMCA, and on the millennial steering committee of United Way of Allegheny County.

**Kristen Kirsch '09** graduated from West Virginia University with a Master of Health Sciences in December 2016. She passed the exam for American Society of Clinical Pathology Board Certification for Pathologists' Assistants and accepted a position at UPMC Presbyterian as senior pathologists' assistant.

### 10s

**Erin E. Potter '10**, risk manager/vice president at BNY Mellon, is one of several Carlow alumni honored as a *New Pittsburgh Courier* Woman of

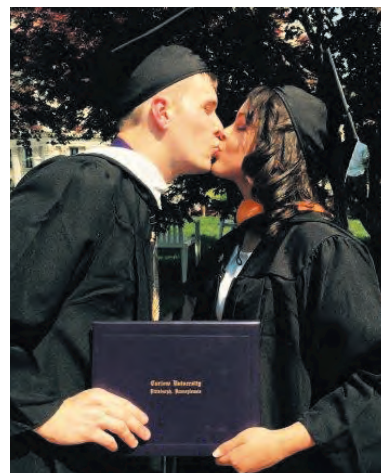
Visit Carlow's Alumni photostream on Flickr at [www.carlow.edu/alumphotos](http://www.carlow.edu/alumphotos).



Spotted celebrating recognition by *The Incline's* "Who's Next" community leaders and activists: Misti McKeehen '07 (far left), and Carlow Social Justice Institutes Director Jessica Ruffin (second from left) and Megan Walsh '08 (in burgundy).



Jocelyn Inlay '14 won the raffle at a February alumni networking event.



A Carlow union. Marina G. Rutherford, RN '15 and current MSPC student David Trotta '15 will be wed on April 29, 2017.



West Palm Beach, Florida, Alumni Tea. L-R: Kimberly Albert Jurich '03, Regina "Ginnie" McDonough Theisen '53, Suzanne K. Mellon, PhD, Elizabeth Foster Gresh '60, and Janice Sudak '80.



West Palm Beach, Florida Alumni Tea. L-R: Regina "Ginnie" McDonough Theisen '53, William Orr, Janice Sudak '80, and Audrey Indyk McKee-Orr '59.



Excellence, recognizing some of the region’s most distinguished African American women who are making a positive and lasting impact.

**Jessica Fiori Huber, MSN, RN, CCRN ’10, Janice G. Nash, DNP ’12, and Joy Peters, DNP ’12,** are among 14 Carlow alumni to receive *Pittsburgh Magazine’s* Excellence in Nursing award honoring outstanding health care professionals from Western Pennsylvania.

**Sabrina Saunders Mosby ’11** is leaving her position as executive director of Strong Women, Strong Girls to serve as president and CEO of Pittsburgh’s Coro Center for Civic Leadership.

**Ashley M. Kappler Peterson ’13** has been a labor and delivery nurse at UPMC Horizon since December of 2013.

**Carolyn Pierotti ’14** is director, founder, and owner of Purple Room Fine Art. Vice president of the Pittsburgh Society of Artists, she writes for *LOCALArts* magazine and mentors in Carlow’s art department. She received a juror’s award at the Pittsburgh Center for the Arts and was featured in Boxheart Gallery’s InterNational Exhibition 2016. In January 2017, she assumed leadership of Percolate Gallery in Wilkinsburg. Please visit her website at [www.purplepierotti.com](http://www.purplepierotti.com).

**Tamare P. Piersaint, PsyD, CRC, LPC ’16,** is an adjunct faculty member at Carlow and owner of Serenity for Youth & Families, where she provides behavioral health therapy to children, youth, and families. She is one of several Carlow alumni honored as a *New Pittsburgh Courier* Woman of Excellence, recognizing some of the region’s most distinguished African American women who are making a positive and lasting impact.

**Katlyn Removchik ’16** is a graduate

administrative assistant at Chatham University. Her photography will be displayed in a gallery on Chatham’s campus.

## BIRTHS

**Regan Schreiber Katz ’02** celebrated the birth of her first son, Nathan Carter Katz, on July 14, 2016.

**Denise Schreiber ’03** celebrated the birth of her first grandson, Nathan Carter Katz, on July 14, 2016.

**Jamie Hess ’06** welcomed fraternal twin boys, Caleb and Colin, into the world on February 17, 2016.

**Ashley M. Kappler Peterson ’13** and her husband Tim welcomed a baby boy, Jacob Alan, on June 3, 2016.

## MARRIAGES

**Linda L. Schaffer ’90** and Michael Lawson were married on October 15, 2016.

**Tiffany Beckwith ’02** and Devin Mathias were wed in a winter ceremony on December 20, 2016.

**Tara Marks, JD ’07,** married Richard Bales, Esq., a labor law professor at Ohio Northern University, on February 18, 2017.

**AnnaMarie H. Lander ’12** and Jake Alan Boring were married on September 3, 2016.

**Chelsea M. Schreiner ’12** and Paul Balik were married in July 2016.

**Ashley Madison Kappler ’13** and Tim Peterson were married on October 12, 2013.

**Marina G. Rutherford, RN ’15 and David Trotta ’15,** (currently in Carlow’s Master of Science in Professional Counseling program) were wed on April 29, 2017.

## IN MEMORIAM

### 30s

**Margaret McGinley Conley ’36,** December 6, 2016.

### 40s

**Bernadette McGinley Plantes ’44,** February 1, 2017.

**Gloria Redic Miller ’48,** February 14, 2017.

### 50s

**Catherine Blank Haynes ’50,** January 16, 2017.

**Barbara A. Keane ’52,** September 15, 2016.

**Joan Dougherty McKeegan ’53,** October 28, 2016.

**Sister Joseph Marie Perez, RSM ’55,** November 6, 2016.

**Sister Genevieve Mary Jurick, OSF ’58,** February 26, 2017.

**Sister Virginia Kovalcik, RSM ’59,** October 28, 2016.

**Katherine Marie Reid ’59,** December 15, 2016.

### 60s

**Mary Jo Fidler ’60,** January 13, 2017.

**Sister Henrietta Dedinsky, RSM ’62,** December 22, 2016.

**Barbara Wehrle Alexander ’63,** September 24, 2016.

**Sister Bernadette Bozak, OSF ’67,** November 26, 2017.

**Nancy Hanks Burnett ’68,** January 3, 2017.

**Consilia Tonti, SHS ’69,** January 4, 2017.

### 70s

**Donna Vivio, MSN, MPH ’76,** November 6, 2016.

### 80s

**Lorraine Motter Saline ’80,** December 11, 2016.

**Lucille Katic ’89,** April 14, 2016.

### 90s

**Lou Anne Kinney ’95,** October 10, 2016.

**Catherine McClellan Smith ’95,** December 13, 2016.

**Sister Maria Harden, CSJ ’96,** September 22, 2016.

### 00s

**Candace D. Bullman Maharg ’02,** December 17, 2016.

**Carolyn Levish McNally ’03,** April 18, 2016.

**Julie Ann Thomson Rhine ’03,** September 23, 2016.

**Ashley Stang Esposito ’06,** October 6, 2016.

## FRIENDS

**Henry Hillman,** April 14, 2017.

**James A. Wilkinson, JD,** trustee emeritus, April 15, 2017.

## SYMPATHY TO

### 60s

**Carladean DeNardo Kostelnik ’61,** for the loss of her husband, Michael Kostelnik, MD, December 11, 2016.

**Dorothy Nonic Gerhard ’63,** for the loss of her husband, George Calvin Gerhard, August 12, 2016.

**Patricia Campbell Bibro ’68,** for the loss of her brother, William Joseph Campbell, November 27, 2016

**Sister Bonnie Heh, RSM ’69,** for the loss of her mother, Ida Heh, September 22, 2016.

**Mary Shivy Bell ’72,** for the loss of her aunt, Irene Shivy Smithbower, May 2, 2016.

### 70s

**Kathleen Kajder Moyer ’77,** for the loss of her mother, Amelia Kajder, June 19, 2016, and the loss of her husband, James B. Moyer, September 30, 2016.

**Nancy Carr Jankowiak ’79,** for the loss of her mother, Loretta Carr, December 16, 2016.

### 80s

**Susan Carr Ricketts ’81** and her husband **Stanley Ricketts ’82,** for the loss of Susan’s mother, Loretta Carr, December 16, 2016.

**Suzanne Smithbower Hartner ’87,** for the loss of her mother, Irene Shivy Smithbower, May 2, 2016.

**Linda Fey Madden Brenholts ’88,** for the loss of her mother, Rita Marie Ambrose Fey, February 9, 2017.

**Mary Rooney Duffy ’88,** for the loss of her father, Dan Rooney, April 13, 2017.

### 90s

**Dawn Gayton ’93,** for the loss of her mother, Elva Gayton, April 4, 2014.

**Sara Bugay Krupa ’98,** for the loss of her husband, John Krupa, May 29, 2016.

## SAVE THE DATES!

**+ JULY 2017** (exact day TBD)  
Mamma Mia! Broadway Show and Dinner, Benedum Center, Pittsburgh

**+ OCTOBER 6-8, 2017**  
Alumni Weekend, Carlow University

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THROUGH  
PHILANTHROPY,  
WE TURN  
COMPASSION  
INTO ACTION.



**Kayla Bowyer**  
Communications 2011  
Amachi Ambassadors Coordinator  
Amachi Pittsburgh

## EXPRESSIONS



*Tied Down, Anonymous*, a 2017 Political Science graduate.

"The audience should feel uncomfortable looking at this drawing. It should make them think more deeply about looking at victims. One may not be able to see rope tying the victim down, but it is very real to them."



# CARLOW

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