

CARLOW UNIVERSITY

MAGAZINE



SUMMER 2016



UNIVERSITY COMMONS

Carolina College of Design
UNIVERSITY

Letter from the President



As a university, change drives us. We adapt and shift to meet the needs of an ever-evolving society. We prepare a new generation of students who are digital natives and who are determined to make a meaningful difference in today's world. We prepare them also to live as ethical citizens in a rapidly changing global environment, equipping them today for the jobs of tomorrow—positions which may not yet exist.

Here at Carlow, much forward momentum has occurred over the course of the last several years—new academic offerings and a revamped academic structure, additional athletic teams, the development of a campus master plan. The list goes on—including perhaps the most tangible change, our University Commons, which has quickly become the new heart of our campus.

This issue of *Carlow University Magazine* also marks a shift forward. You'll notice that the look is a bit different. The content encourages us to consider another perspective. To take a step back and peer at the world through a different lens. The cover, for instance, is a close-up of prayer ribbons fastened to trellises in the Discovery Garden. Look a little closer, and you find meaningful words and vibrant colors.

In this issue, we learn that Social Work Professor James Kelly approaches his field through the lens of protest singer Bruce Springsteen. We find out why alumna Megan Rooney immerses young children in Spanish—beyond teaching them a new language, she seeks to broaden their world intellectually, culturally, and emotionally. And we find out a bit more about our students who serve in the military, who say their service not only changed their outlook, but inspired them to pursue careers they might not have considered before. Careers they're preparing for here at Carlow.

As we move into the summer months, we prepare for even more change. We've been taking a close look inward as we seek to do a better job telling the world just who we are, and what's so distinctive about a Carlow University education. We can't wait to tell you more about it.

I extend my deepest gratitude to our alumni, donors, and the entire Carlow University community. Thank you for your support, which helps us continue to positively impact our students and our world.

Sincerely,

A handwritten signature in black ink that reads "Suzanne K. Mellon". The script is elegant and cursive.

Suzanne K. Mellon, PhD

CARLOW UNIVERSITY

MAGAZINE

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Awards

Golden Triangle Award

2013 • 2011 • 2010 • 2008 • 2007 • 2006

Marcom Award

2010 • 2009 • 2008 • 2006



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SUMMER 2016

DEPARTMENTS

01 Letter from the President

03 Places and Spaces

04 Noted and Quoted

05 Coffeehouse

12 Getting Social

13 Student Spotlight:
Fatma Alkannan

26 Athletics

32 Alumni Activities

37 Expressions

NEWS

06 3333 Fifth

FEATURES

14 In Plain Sight

16 Social Work Rocks

18 ¿Habla Español?

19 The Gift of Going
to Washington

20 Proud to Serve

24 Just Flip It

On the cover: In Ireland, ribbons are tied near holy wells to symbolize prayers. Here at Carlow, these ribbons are tied to trellises in the Discovery Garden—created as part of first-year orientation.

PLACES *and* SPACES

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



ANTONIAN HALL

When the Mt. Mercy motherhouse was built in 1909, the small chapel was planned to be temporary. Architectural renderings show an intended permanent chapel—a large, gothic-style extension from the center of the building. The sisters saved for years to construct it. But the founding of the college in 1929 took precedence, and their savings were instead used to build Antonian Hall. This watercolor by Sister Hilda Giegerich, RSM, hangs in the motherhouse's permanent gallery.

A In the late 1940s, Antonian Hall was built for Mt. Mercy College's then-thriving home economics program. The sixth floor (now University Marketing and Communications) was set up as a practice home. As a senior project, students lived there and ran the household—and often took care of professors' children as part of the learning experience.

B Sue Rumbaugh, associate professor in Carlow's English department, was a child "volunteer" while her father, Cornelius W. Kreke, PhD, taught chemistry downstairs. In 1959, when her youngest brother, Joe, was born, Rumbaugh's mother contracted multiple sclerosis. Elder siblings were cared for by help at home, but Joe became a full-time home economics volunteer—cared for by students and, when needed, by the Sisters of Mercy.

C Antonian's construction was no easy feat—it's built on solid rock. Later, when the Principal Path was created leading to Fifth Avenue, crews encountered the same problem.

D Here's Sister Hilda herself. A highly respected artist and one of the founders of the Associated Artists of Pittsburgh, she taught art for decades at Our Lady of Mercy Academy—now The Campus School.

NOTED — and — QUOTED

“Why ‘respiratory care practitioner’ and ‘jack of all trades’ are increasingly becoming synonymous.”

+ article in *Advance Healthcare Network for Respiratory Care and Sleep Medicine*; by Michael Mehall, MEd, Respiratory Care program chair, and Kimberly Haley, MEd, Respiratory Care clinical director.

“This week’s USCAA Women’s Division I Basketball Player of the Week honor goes to Lynzi Mueller of Carlow University.”

+ theuscaa.com

“Guns and violence will not define us.”

+ *Pittsburgh Post-Gazette*: students from Carlow University’s YMAP program empower Woodland Hills students to stand up against violence.

“It’s hard when you don’t know where you will sleep or what you will eat...”

+ Carlow sophomore Kenya Brown, keynote speaker at Hope Through Creativity, sponsored by the Homeless Children’s Education Fund (*Pittsburgh Post-Gazette*, April 2016).

“We want to be able to collaborate with key partners in the region so that we can have a greater impact.”

+ *Pittsburgh Tribune-Review*: Carlow alum Howard B. Slaughter, PhD, named CEO of Habitat for Humanity of Greater Pittsburgh.

“We are in an international climate... we need to understand and know each other better.”

+ Siobhan DeWitt, director of campus ministry, on WESA-FM re: “The Muslim Next Door” panel involving speakers from the Turkish and Islamic centers of Pittsburgh and Carlow University students.

A MATTER OF ETHICS

COFFEEHOUSE

*Engaging in lively conversation
over a cup of java*

Are ethics situational? Ever negotiable? Open to interpretation? When you talk about ethics in the context of business versus healthcare, for example, are CEOs likely to be speaking the same language as healthcare professionals?

On a basic level, ethics can be defined as doing the right thing for the right reason—and thinking about the consequences of actions before actually acting. But ethics are also sometimes discipline specific and colored by our experiences, biases, and changing frames of reference.

We asked **LYNN GEORGE, PHD, RN, CNE**, dean of the College of Health and Wellness, and **DIANE MATTHEWS, PHD, CPA/CFF, CFE**, director of the Master of Science in Fraud and Forensics program within the College of Leadership and Social Change, to share their perspectives.



Diane Matthews: Parts of ethics are absolutely universal, such as the use of integrity, due professional care, and confidentiality, but there are other parts that are specific to my discipline. For example, objectivity and expressing an opinion on the reliability of financial statements.

Lynn George: I agree. Healthcare professionals, for example, need to think in terms of removing their own bias, especially when they have to facilitate difficult discussions between family members or between the patient and other healthcare providers.

Carlow University Magazine: Are there situations when professionals might not realize their behavior is unethical?

DM: You read every day about people committing what most of us would definitely consider unethical acts. We all know about Enron, but you also hear about other examples such as individuals committing fraud in financial statements, identity theft, credit card theft. And you have to ask, how do they not know?

LG: Healthcare decisions are the product of different factors, including professionalism, morals, and spiritual and religious beliefs. It can be a challenge.

CM: So, how do we best prepare our students to become ethical leaders in business and in healthcare?

DM: We as professionals can prepare students by teaching them what their codes of ethics are. As a certified fraud examiner, I can examine fraud, but I cannot express an opinion as to the innocence or guilt of the party. That's for the judge or jury or the company of the person we are investigating to determine, based upon reliable relevant evidence.

LG: Your point applies to healthcare, as well, Diane. And Carlow's vision to develop ethical leaders committed to a just and merciful world enhances the entire educational experience. It's who we are.

CM: Are there other ethical responsibilities inherent to being a professional—in any discipline?

LG: Healthcare professionals are uniquely qualified to look at the environments that our patients are living with and to look at things like healthcare disparities. Why does one population of patients have an outcome that isn't as positive as another population? Is it related to access to healthcare? To a lack of information?

The utilization of best practice is an obligation for all who are providing care. That is all part of our ethical responsibility. ■

3333 FIFTH

news + notes



► 2015 DECEMBER COMMENCEMENT

More than 300 bachelor's, master's, and doctoral degrees were awarded in December 2015 at the university's final winter commencement ceremony. All future commencements will be consolidated into one May event.



Students interact with dogs from Therapy Dogs International.

► CANINE COMFORT

Dogs—humans' best friends—are known stress-relievers. Studies show that interaction with therapy dogs has countless health benefits, like lower blood pressure and the release of important hormones and neurotransmitters.

Thanks to Chloe Heimbuch, Carlow's mental health counselor, therapy dogs and handlers from Therapy Dogs International make monthly visits to Carlow during the academic year. Heimbuch has seen contact with therapy dogs reduce feelings of isolation and anxiety.

Carlow sophomore Taylore Nacey, a psychology and history major, makes sure she's there when the dogs come to visit.

"They brighten my day," says Nacey. "These dogs are comforting, especially since I'm away from home and away from my own dogs."

SAFEST CAMPUS IN WESTERN PA

The folks at Niche.com recently named Carlow University's Oakland campus the fifth safest college campus in Pennsylvania—and the safest of all college campuses in western Pennsylvania.



► 2016 CARLOW LAUREATES

Carlow honored four distinguished alumni as 2016 Carlow Laureates at a May 13th ceremony at Rodef Shalom Congregation. Pictured L-R: Amie Downs, JD, '94, communications director for Allegheny County, Shawn McGill, MSW, '88, owner of Shawn McGill Consulting, LLC, Anne Macdonald Peniston, RN, MSN, FNP, '81, nutrition division chief of the United States Agency for International Development (USAID) in Washington, DC., and Anne DeNardo McGowan, JD, '99, partner at Stewart, Green, and McGowan in Carmel, Calif.



► HYDROPONICS CLUB

Hydroponics—the science of growing plants without soil—is of special interest to a group of Carlow biology students. They started a hydroponics club, using Carlow's greenhouse, to develop a series of experiments utilizing equipment they found or constructed themselves.

Pictured from left to right: Chandler Stockwell, Assistant Professor of Biology Matthew Fagerburg, Shyanne Lyon, Christopher Woodley, Jay-Ann Smith. Not pictured: Serena Green.



This fall, the YWCA will implement a new diversity training curriculum created by two Carlow students.

Zoë Burch and Leah Propst studied leadership barriers encountered by Pittsburgh area women and conducted a diversity study of local municipal boards—thanks to a Carlow think-tank style class offered in conjunction with the YWCA's Center for Race and Gender Equity. Their conclusion? "Even with information easily accessible online, women continue to be underrepresented," says Propst.

Their new curriculum aims to make diversity and inclusion on these boards a priority. "These boards, authorities, and commissions are making decisions that affect everyone," says Propst. "It is important that their memberships reflect the diversity of the communities they represent."



► RISE UP AND DANCE

Carlow students joined with One Billion Rising to organize a dance party on February 12th in solidarity for women whose rights and personal safety are compromised. One Billion Rising is a global initiative opposing violence against women and girls, which affects an estimated one billion worldwide.

2016

SPRING COMMENCEMENT



MORE THAN 400 GRADUATES received degrees at the commencement on May 14th. Among them were 207 bachelor's and 206 graduate degrees—23 of which were doctorates.

William Generett, Jr., JD, president and CEO of Urban Innovation21, was commencement speaker.

Carlow University President Suzanne K. Mellon, PhD, offered words of inspiration to the Class of 2016.

"Always take with you the strength of character and the values upon which Carlow University was founded," she said. "It's a good road map to follow."

*Top: Rhonda Broadway '16 with her son Sean Watkins
Right: Michaela Buzzard '18 and Rodman Holmes '16*





L-R: Lo-Ruchama Ostin '16 and Tamare Piersaint '16



L-R: Rayshawn Pritchard '16 and Kim Saunders '16



L-R: Angela Ravotti '16 and Kathleen Stewart '16

Women of Spirit®

PRESENTED BY
CARLOW UNIVERSITY



The 13th **Women of Spirit®** Awards Gala celebrated service-inspired leadership and attracted nearly 300 attendees to the Carnegie Music Hall on April 7th. The late Grace Ann Geibel, RSM, a former Carlow president, established the Women of Spirit® Award program in 1993. The program honors outstanding female leaders and also supports high-school programs and need-based scholarships at Carlow. This year, 19 corporations from the Pittsburgh community sponsored the event, exhibiting the greatest support in the history of the award.

This year's program was presented in memory of Geibel and of Elsie Hillman, 1994 Woman of Spirit®, philanthropist, and friend of the university.

Award recipients (shown from left to right in the photo)

Laura E. Ellsworth, JD

Partner-in-Charge, Global Community Service Initiatives, Jones Day

Marianne Cornetti

Internationally recognized Verdi mezzo-soprano
(2016 International Women of Spirit® Award Recipient)

[**Suzanne K. Mellon, PhD**, President, Carlow University]

Leslie C. Davis

Senior Vice President, UPMC
Executive Vice President and COO,
Health and Sciences Division, UPMC

Mary Lou McLaughlin

Creator and Founder, Family House

Barbara Baker, DVM

President and CEO, Pittsburgh Zoo and PPG Aquarium
and the Zoological Society of Pittsburgh



1. Mistress of Ceremonies, Sally Wiggin 2. L-R: Helen Hanna Casey, Suzanne K. Mellon, PhD, Christine J. Toretta, Jean Gleason 3. Kim Tillotson Fleming, Stefani Pashman, Laura E. Ellsworth 4. Marianne Cornetti 5. Leslie C. Davis, Diane Holder

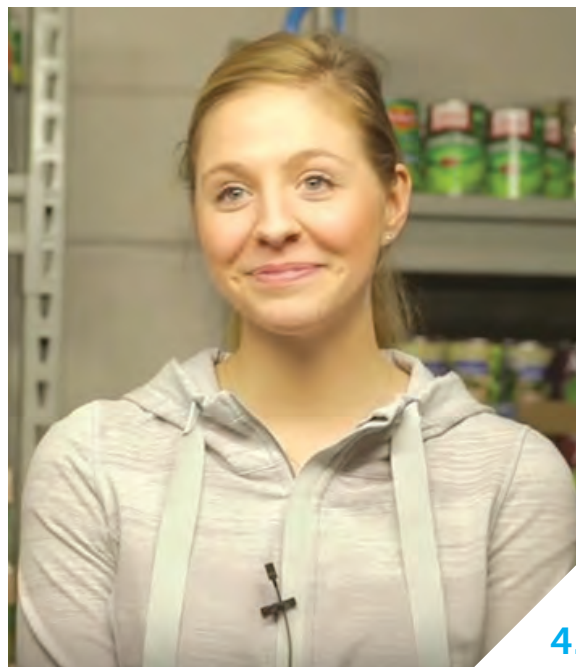
GETTING SOCIAL

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

1.



2.



4.

1.

Carlow MFA Program Director Kevin Haworth receives NEA Creative Writing fellowship.

2.

Throwback Thursday
Carlow's nursing whites may have changed over the past 50 years, but the quality of our student nurses has not.

3.

Selfies with Shammy to celebrate St. Patrick's Day.

4.

Committed to making a meaningful difference—nursing student Nicole Daley.



STUDENT SPOTLIGHT

FATMA ALKANNAN

by *James Foreman*

Your first year of college is a difficult adjustment, no matter who you are or where you come from. But it can be especially difficult for international students. For Fatma Alkannan, a first-year biology student from Saudi Arabia, the differences between her home culture and America were clear from the beginning.

"In America, it feels like everyone is on their own...In Saudi Arabia, they value having a support system and family over everything," says Alkannan. "When I'm there, I'm part of a big family."

Yet she has found a similar sense of support and intimacy at Carlow.

"I have trouble in big social situations," says Alkannan. "Which is one of the main reasons why I picked Carlow. I know people who go to huge universities, and even their advisors don't know their names."

Alkannan's Carlow advisor, Stephen Borecky, PhD, biology professor and director of the perfusion technology and autopsy specialist programs, definitely knows who she is. In fact, so do all of her professors, and they are always willing to give her any help she needs, one-on-one.

A caring community is important not just to Alkannan but to most any student from any country. This is why she would not hesitate to recommend Carlow to those who might be new to the American experience.

Alkannan has lived in Pittsburgh for the past 10 years. During this time, she has held on to her heritage while adapting to an American way of life.

A proud, practicing Muslim, Alkannan regularly makes use of the University Commons

prayer room. She is pleased that many Carlow students have learned about Islam and says she has learned a lot about Catholicism, too.

While still fluent in her native Arabic, Alkannan speaks English with no discernible accent, giving credit to classes in English as a second language. But socializing with a close circle of friends helped more than anything. She says that, as a result, when visiting back home, "My family makes fun of me for my American accent. I think they're just jealous."

Alkannan sums up life in two worlds: "I don't act fully one culture, but more of a mixture. Even when I'm living in America I show a lot of my Arabian culture. When I'm in Saudi Arabia, I show my American side."

At Carlow, Alkannan is focusing on perfusion technology. A perfusionist operates the machine that circulates blood through a patient's body during open-heart surgery, keeping the patient alive when there isn't a heart to do so.

Alkannan's fascination with perfusion began when she observed open-heart surgery during a high-school field trip.

"You don't see the person they're operating on, you just see the heart," says Alkannan. "It's really cool." ■

1.

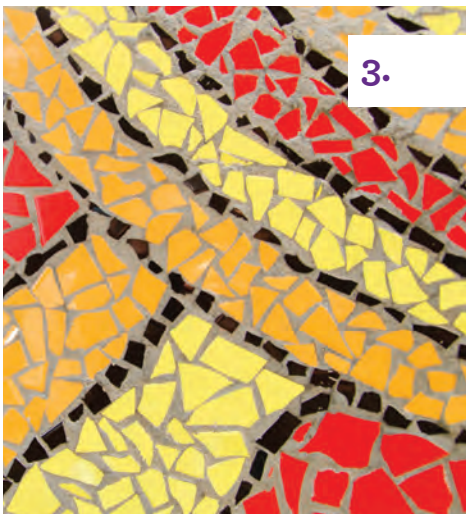
IN PLAIN SIGHT

*Can you guess where these were taken?
About a zillion hidden details help to make our campus infinitely beautiful.*

1. Stairs spiral to the bell tower of St. Agnes Center, a historical building designed by church architect John T. Comes. **2.** Aquinas Hall holds diamonds in stained glass. **3.** Detail in a mosaic by renowned ceramic artist Laura Jean McLaughlin (Discovery Garden). **4.** Rain soaks a park bench on The Green.



2.



3.




4.



SOCIAL WORK **ROCKS**

BY ANN LYON RITCHIE



More than a fan, **JAMES M. KELLY, PHD, LSW**, professor and director of field education in Carlow's Social Work Department, listens to Bruce Springsteen songs with students in class.

**...Then I got Mary pregnant
And man that was all she wrote
And for my nineteenth birthday I got a union
card and a wedding coat...
From "The River" by
Bruce Springsteen, 1980**

"Look in any [social work] textbook, and there will be a narrative case that is factual and laid out for students in a way that does not require much investigation. If you listen to a song, the lyrics sound a lot more like the way people talk in real life," Kelly says.

He has drawn from the album *The River*, using the song titles "Out in the Street," "The River," and "Stolen Car." When analyzed together, the songs' lyrics cover poignant issues of a young man going from late adolescence to early adulthood.

**...Now all them things that seemed
so important
Well mister they vanished right into the air
Now I just act like I don't remember
Mary acts like she don't care...**

The music entices students to listen and use investigative skills in order to figure out the issues behind the young man's story and then think about applying theories. Then Kelly encourages them to more broadly consider the roles of family and society in relation to the song's character. Further, he asks them to think about how they would advocate for people in similar situations.

Kelly's recent research focuses on Springsteen as a protest singer, as he presses students to think about social justice and some of the actions social workers could take to help people.

**...Is a dream a lie if it don't come true
Or is it something worse
That sends me down to the river
Though I know the river is dry...**

Kelly's students bring other songs into the classroom, too. They have discussed artists ranging from Neil Diamond, Bob Dylan, and U2 to Lady Gaga, Pink, and Eminem.

"My students look at the way America promises to be and the way America really is. They consider their own role in terms of challenging society in America to live up to its promises," Kelly says.

Kelly continues to develop his unique pedagogy and share it with others. He presented "Protest Singer as Case Study: The Case of Bruce Springsteen" at the 2015 Songs of Protest Social Conference at Limerick University in Ireland and spoke in March at the 2016 National Conference for Baccalaureate Social Work Program Directors in Dallas, Texas. A new book on protest singers will include a chapter by Kelly on his pedagogical use of Springsteen to inspire student activism.

Through the use of music, Kelly is able to connect to learners in a way that makes a difference. Students see there's room in Kelly's heart to rock, and still more room to help others. ■

James M. Kelly, PhD, LSW

Graphics styled after cover of Bruce Springsteen's fifth studio album, The River, released October 17, 1980. Title track, "The River" premiered at the September 1979 Musicians United for Safe Energy concerts, gaining a featured spot in the subsequent documentary film, No Nukes.



Megan Rooney begins circle time with a simple Spanish song.

¿Habla Español?

At La Escuelita Arcoiris, the Answer Is ¡Si!

Carlow Alumna [MEGAN ROONEY](#) Builds Upon Preschoolers' Aptitude for Language | BY DREW WILSON

Megan Rooney '09 stands before a class of preschoolers, who listen attentively to the story she's telling. English is the first and, many times, the only language spoken in the students' homes, but Rooney is telling her story in Spanish.

The children closely follow the Spanish words, occasionally asking questions in English, then respond accordingly to the Spanish answer.

Rooney founded La Escuelita Arcoiris, a Spanish language immersion school, in 1999. At first, the school met in her home, with a close-knit circle of five students in addition to her own children.

"Those first clients are still some of my best friends," she says. Gradually, word spread of the Spanish immersion school, and it quickly outgrew her

home, moving to two different churches before arriving at its current location in Congregation Beth Shalom on Beacon Avenue in Squirrel Hill.

Seeking possible funding opportunities, Rooney met with the Grable Foundation and learned about Keystone Stars, a state initiative to improve early learning opportunities. To join, she would need her master's degree.

Rooney turned to Carlow for her graduate degree in education.

She says everyone at Carlow made her feel welcome, in particular, faculty members like her thesis advisor, the late Marjorie Logsdon, PhD, and Judith Touré, EdD, chair of the Education Department, whose research methods class challenged Rooney to excel.

"Megan and I connected over our shared love of language learning and teaching, and the value of cross-cultural awareness," says Touré. Rooney's graduate work at Carlow affirmed her decision to immerse children in another language.

Second language exposure expands children intellectually, culturally, and emotionally, Rooney says.

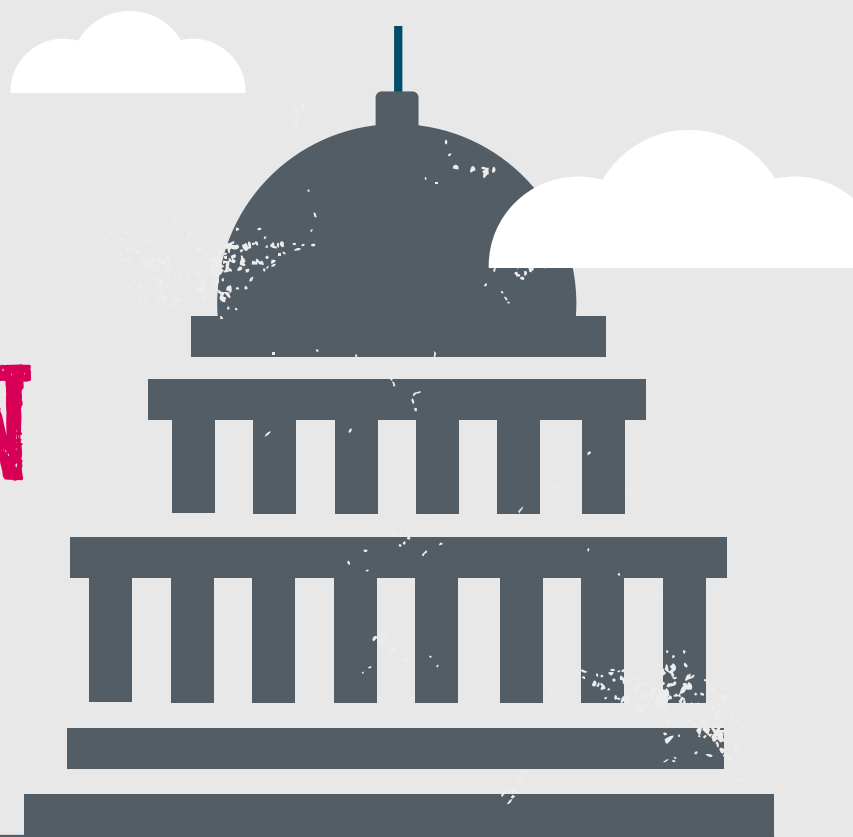
"A child [exposed to a second language] will be able to understand the intricate nuances of language more quickly than non-bilingual students," she says. "What they gain enhances all areas of learning." ■

THE GIFT OF GOING TO WASHINGTON

.....

A recent graduate sends a public policy student to the nation's capital.

BY ANN LYON RITCHIE



Joshua Allenberg '15 is busy as a first-year law student at Duquesne University, but his schedule doesn't dissuade him from giving back to his alma mater. He recently established the Joshua Allenberg Fund for Applied Political Science, supporting experiential learning and professional development for undergraduate political science majors.

"The political process and the use of political machinery is the best way to create the greatest good for the most people, and I want to help Carlow students be a part of it," Allenberg says.

He says Carlow's liberal arts curriculum raised his awareness of global issues and helped him to become well-rounded.

"One class in particular, Women's Studies, with Dr. Katie Hogan, awakened my interest in women's issues in the law. That's something I hope to pursue after law school," Allenberg says, adding that he's "been truly inspired by my women classmates in their work both locally and globally. Their work has been transformative in improving communities and other people's lives."

Thanks to Allenberg's fund, Carlow student Lauren Ewing traveled to Washington, D.C. this past January

for the Public Leadership Education Network (PLEN) Women in Public Policy Seminar. Ewing is a political science and psychology major, with minors in public policy, and leadership and social change.

PLEN prepares college women for leadership roles in the public policy field.

Ewing shared her experiences with students in the Introduction to Public Policy course, taught by Assistant Professor of Social Work Jessica Friedrichs, MSW, MPA.

"I want to become an advocate for better mental health care," Ewing says. "I had thought about going the traditional psychology route and treating people one-on-one. However, I realized I always enjoyed the politics game, and if I worked hard enough, I could make even bigger change on a national level."

She adds: "I have learned how to be more confident in myself. All these lessons are ones that I will carry with me for a lifetime, and I am more sure than ever that I can make my dream a reality." ■



*Justin Harshbarger, May
2016 biology graduate
and Emily Slopek, May
2016 education graduate.*



PROUD TO SERVE



BY DREW WILSON

In 1944, with the passing of the GI Bill, Pittsburgh colleges and universities were overwhelmed by an influx of new students. Carlow University—then Mount Mercy College—stepped up to the plate, offering veterans admission to what had traditionally been a women's college.

Today, Carlow continues to build upon that history.

And vets who are students—like recent graduate Rick Rickman '16—say military service directly impacts their career paths.

Rickman, a native Texan who now lives in Cranberry Township, Pa., served multiple tours of duty overseas, including in Iraq and Afghanistan, as a member of the Army Airborne Rangers.

Rickman recalls being stationed in a house in Fallujah in 2005, where the US troop members spoke the same language, learned the local customs, and ate the same food as their Iraqi hosts.

The Iraqis were a bit uncertain of the Americans at first—for good reason. The Rangers had been taught Syrian Arabic. Rickman says the difference was like English spoken with a Louisiana accent compared to English spoken in Maine. The Iraqis' attitude changed, however, once they realized how different the US forces' approach to combat was from their own.

"We [the United States] fight from the front," Rickman says. "We earned their respect."

When he completed his service overseas, Rickman was stationed as a Reserve Officers Training Corps (ROTC) instructor at a central Pennsylvania college. That's when he decided to take advantage of his GI Bill benefits and earn his bachelor of science in nursing (BSN)—a choice inspired by his experience caring for the wounded while in combat.

"The GI Bill is amazing in what it has done," he says. "There are a lot of males going into nursing because of it."

Eager to take an even more active role in patient care, Rickman enrolled in the Master of Science in Nursing Family Nurse Practitioner (MSN-FNP) program at Carlow. Living in Cranberry Township, he liked the fact that he could take classes close to home at Carlow's facility within the Regional Learning Alliance in Cranberry.

"Sometimes as an RN," he says, "even when you know what needs to be done, you have to wait for a physician to write the order. As a family nurse practitioner, I will be able to make more decisions."

THE POST-9/11 GI BILL CAN COVER TUITION, HOUSING, AND BOOKS—AND UNUSED BENEFITS CAN TRANSFER TO FAMILY MEMBERS.



One of Rickman's classmates, Amy Miller '16, an Eighty Four, Pa. resident, enlisted in the Army Reserve after high school and joined ROTC while earning her BSN at Duquesne University. After graduation, she was stationed in Hawaii as a nurse on a 24-bed medical-surgical unit.

As an officer and a team leader, Miller says she commanded a high level of respect—something she missed once she began working as a civilian nurse. She decided that a career as a family nurse practitioner might help her make best use of leadership skills she acquired while enlisted.

"Carlow made it a seamless transition for me," she says.

Miller completed her MSN-FNP degree at Carlow while working as a nurse in a local doctor's office and caring for two young children—with a third on the way. She says Carlow's online and hybrid classes give her the flexibility she needed to pursue an expanded role in healthcare.

On the flip side, Carlow undergraduate students who blend academics with military training also say service is inspiring—and positively impacts their lives.

Justin Harshbarger '16, a biology graduate from Somerset, Pa., joined ROTC his sophomore year, and Emily Slopek '16,



**"I ALWAYS HAD
THIS RESPECT FOR
THE MILITARY. IT
JUST GAVE ME
GOOSEBUMPS TO
BE PART OF IT."**

—AMY MILLER '16

Left: Rick Rickman, MS

Right: Amy Miller, MS

an education graduate from Monaca, Pa., is a member of the Army National Guard.

Slopek completed nine weeks of Basic Combat Training followed by Advanced Individual Training. "I'm the kind of person who second guesses herself all the time. Basic training teaches you that doubt will either get you in trouble or get you hurt." Training greatly boosted Slopek's confidence, motivating her to run for and secure a position as Student Government Association president and also to forge ahead toward her future career as a teacher.

Like Slopek, Harshbarger says enlisting taught him structure. Getting up for 6 a.m. training will do that to you.

"From my freshman year until graduation, I saw a 250 percent difference in me as a person," he says.

In addition to life as a student and an Army Reservist, Harshbarger was also a member of Carlow's cross-country team, a first-year mentor, a participant in Alternative Spring Break in Laredo, Texas, and a committee chair for the Student Government Association.

Harshbarger aims to be a detective for fraud investigations—a goal he's working toward as a student in Carlow's Master of Science in Fraud and Forensics

program, and as an intern with the Allegheny County District Attorney's office.

Despite adjustments to civilian life—or strict schedules imposed by military training programs—these students have another thing in common. They wouldn't do it any other way, and the civilian world will benefit because of that.

"I always had this respect for the military," says Miller. "It just gave me goosebumps to be part of it."

Harshbarger can relate.

"When I raised my hand and took the oath, it changed me," he says. "You look at the flag differently. You listen to the words in the national anthem differently."

And if the nation needs them to suddenly change their plans?

"You roll with it," Slopek says. Spoken like a true representative of Carlow University and the United States military. ■



JUST FLIP IT

*What Does
That Mean?*

BY
ALISON JURAM
D'ADDIECO

LaShawnda Ramsey is a senior triple major in biology, psychology, and art. Last fall, elementary statistics was on Ramsey's course list.

"I was dreading it," she recalls. "I was thinking, 'This is going to be rough. I'm not going to pass.'"

Actually, Ramsey enjoyed the class—and did well. She attributes her success, in large part, to flipped learning.

Flipped classrooms are learner- rather than teacher-centered. The traditional 'sage-on-the-stage' becomes a learning coach who interacts one on one with students in the classroom—making sure they understand concepts they've learned independently—anywhere, anytime, on any device.

It's the perfect solution for courses such as chemistry or statistics, where one misunderstood step or concept can severely impede progress.

At Carlow, Clara Cheng, PhD, associate professor of psychology, and Monique Hockman, PhD, professor of chemistry, are convinced that flipped learning makes a difference.

Cheng uses Office Mix, a Microsoft product, to create video lectures for elementary statistics, which students watch on their own. She saves problem solving for class, where she and a tutor from Carlow's Center for Academic Advising (CAA) are on hand to answer questions.

"It was so much better this way," recalls Ramsey. "I had more time to practice and learn in the classroom, and Dr. Cheng and the CAA tutors were right there to help me."

Cheng started flipping in 2014. She says the new approach is much more individualized.

"Struggling students can't do the problems at home," says Cheng. "There is no one to ask for help. When they're confused, they don't do the homework—which is the number one predictor of failing a class."

Cheng says flipped learning tackles another issue head-on: math-scarring.

"Very often, nontraditional evening students haven't taken a math class in years," she says. "Often they come in with so much anxiety. They're afraid of math."

Cheng was determined to help these students overcome their fear and succeed in her class. Flipping made all the difference.

Just ask Edina Johnson.

A licensed practical nurse for Gateway Health Plan and a mother of four, Johnson earned her associate's degree from CCAC. In order to advance in her field, she turned to Carlow for a bachelor's in psychology—and also enrolled in

a fast-track program toward a master's degree in professional counseling.

Johnson says Cheng's approach was just what she needed.

"Having a tutor in class was a real benefit," she says. "It provided clarification for me that I was doing things the right way."

Through informal surveying, Cheng finds that more than 90 percent of students prefer the flip—and their grades improve, as well.

Hockman has been teaching chemistry at Carlow since 1992. She began flipping general chemistry courses during a 2013 sabbatical. In spring 2014, she and a group of students were invited to the Flipped Learning National Conference to discuss their experiences.

Since then, Hockman has tried various permutations—including a full flip, like Cheng, and a partial flip—in which she flips the course and then flips it back, so students can compare and provide feedback.

For now, she's settled on what she calls a quasi-flip—some in-person lecturing partnered with at-home PowerPoints and video lectures. But the bulk of class time is spent on problem solving.

When Hockman compared identical quizzes and exams given in her flipped and non-flipped general chemistry courses, she found that students in flipped courses performed better on average.

According to an informal study of her fall 2014 general chemistry students, a greater number of flipped format students earned higher final course grades than traditional format students.

Hockman is in the process of conducting a more formal analysis,

"I HAD MORE TIME TO PRACTICE AND LEARN IN THE CLASSROOM."

-LaShawnda Ramsey

but what she's seen so far has her convinced this is the best way to teach chemistry.

Both Hockman and Cheng say Carlow is the perfect setting for flipping.

"We can individualize," says Cheng. "My stats class is capped at 18 students. Any additional student means that every other student has less individualized attention. You can't do this everywhere."

"Smaller is better," agrees Hockman.

Flipping can be exhausting—for the teachers. But Cheng and Hockman wouldn't have it any other way.

"Every student is at a different place," says Hockman. "It would be a lot easier to stand up and give a 50 minute lecture and go! But this approach really works."

"There's no going back," adds Cheng. "And the students wouldn't want us to." ■

*Opposite page:
Tianna Foore is a double major
in business and human resource
management and technology. She thinks
flipped learning sounds pretty intriguing.*



Natalie Abt, former captain of the Shaler Area Lady Titans golf team, signed for the Carlow Celtics inaugural women's team.

A LITTLE PURPLE ON THE GREEN

Carlow Signs First Women's Golfer | BY JAMES FOREMAN

NATALIE ABT knew she was a good golfer when her father stopped letting her win. She doesn't know exactly when that day was, but she has a pretty good idea.

"He started making me drive from the men's tee," says Abt. "And I still out-drove him."

In the spring of 2016, Abt became the first signed golfer at Carlow. There will be more after her, but Abt will always be the first, a mantle she's happy to wear. Although she describes herself as quiet and a little reserved, she's a proven leader and generous teacher—qualities in herself that she saw in Carlow.

"We needed people for the golf team," she says, describing a recent season at Shaler Area High School in Glenshaw, Pa. "We grabbed a bunch of girls who were interested, and none of them had ever golfed before. One girl was shooting in the 60s at first, but we trained her, and by the end of the year she was into the 40s."

Abt's own transformation from novice to collegiate golf star began at the age of 12, when her father, an amateur golfer who walked the links just for fun, bought her clubs of her own. They spent many weekends at Saxon Golf Course, one of the few local courses to allow young players. It's also free from bunkers (sand traps) and water hazards, making it a perfect training ground.

Carlow's close proximity to home was a major factor in Abt's college selection process. The small classes and solid reputation of Carlow's forensic accounting program were just what she was seeking. But there was an intangible quality that she found, too—personal attention, which started before she even signed on.

"I met people when I visited," says Abt. "And when I came back for Accepted Student Day, I got to see them again. They remembered who I was."

Abt knows the importance of that personal connection. She volunteers with the Pittsburgh chapter of The First Tee, an international youth golf organization that teaches golf through the lens of core values like honesty, responsibility, and courtesy—values well represented at Carlow, too. Abt has traveled as far away as Minnesota to participate in First Tee's Life Skills and Leadership Academy.

Now, as she finishes up her senior year of high school and gets ready for the fall season, Abt will play a few games with her dad.

"He doesn't get upset anymore when I win," she says. "He says he's proud to have a daughter who can beat him." ■



THE COACH-ATHLETE CONNECTION

*Women's Volleyball Coach
Devoted to Her Team*

BY DREW WILSON

The connection between a team and its coach can be a special bond.

Julie Gaul, who joined the Celtic coaching staff in 1993, will begin her 16th season as volleyball head coach this fall. She has sought to build an environment where her players can thrive.

"As a player, I felt that I could step onto the court and make something happen," she says. "As a coach, I try to create an environment where the players feel safe and supported in finding their own style of play, so they're confident when they step on the court."

This year's Celtics team exuded confidence: at the USCAA tournament, Carlow upset the teams seeded numbers two and three on the first day of the tourney.

"That was the best that we'd ever competed at that level," Gaul says. "It was really good volleyball and something that the team will remember forever! Everyone knew they had witnessed something special."

Gaul also lauds the excellent time management skills and academic strength of Carlow's volleyball team members—eight of whom were named USCAA Academic All-Americans this year.

Gaul knows firsthand the hectic lifestyle of a busy student athlete. While at the University of Pittsburgh, she helped lead the women's volleyball team to their first Big East Championship—and was also named Big East MVP.

"We did an unprecedented nine-day tour of California and Hawaii, playing 13 matches against the best teams on the west coast—including then national champs, the University of Hawaii," she recalls. "To step onto the court and play against some of the best players in the world is something I will never forget."

Today, in addition to serving as head volleyball coach, Gaul also is the director of Wellness and Fitness Services at Carlow and is working to further the university's new Healthy Carlow 2020 initiative.

She knows what a difference the coach-athlete connection can make—a relationship she was reminded of in 2004 when she was inducted into the Pennsylvania Sports Hall of Fame.

"At the induction ceremony, I was able to publicly thank my high school coach and gym teacher, Penny Cox. Without her, many of the opportunities that I had wouldn't have existed."

Her sentiments reflect those of the student-athletes she coaches today—students like Carly Bonk '16.

"Coach Gaul was such an integral part of my journey here at Carlow," says Bonk, a communications graduate. "She provided me with unlimited resources and was available to help anytime I needed her. I cannot thank her enough for everything that she has done for me." ■

PINK *the* PAVILION

Carlow Celtics men's and women's basketball teams fought the good fight against breast cancer on February 11th. All proceeds benefited the Glock Foundation, founded by Carlow alumna and breast cancer survivor, Carol Glock '75. "Our mission is to raise funds to support breast cancer research, clinical trials, education, and patient care within the Pittsburgh community," says Glock.



1. Coach Tim Kiefer rallies the men's team. Both teams defeated conference rival Cincinnati Christian—men: 72-70, women: 66-57.

2. Michelle Adkins, first-year nursing major, Carlow Celtics guard.



3. Halftime Pink-out featuring the Carlow cheerleaders and the a cappella group, the Celtic Crescendos.



CELTICS MAKE SOFTBALL HISTORY

BY KRISTIN KURELIC

The Carlow Celtics softball team made university history Thursday, May 19th at Firestone Stadium, in Akron, Ohio.

Head Coach Bob Sirko and his number two-seeded Celtics made the first national championship appearance for any Carlow athletics team, taking on number one St. Mary-of-the-Woods College from Indiana in the 2016 United States Collegiate Athletic Association (USCAA) Softball National Championship.

Carlow proceeded through four championship games but ultimately

fell, 6-0, in their rematch against the 2015 defending national champion St. Mary-of-the-Woods Pomeroy.

The Celtics finished as the USCAA Runner-Up, capping their 30-14 season, which also included a third-place finish in the NAIA's Kentucky Intercollegiate Athletic Conference (KIAC) Tournament.

Sirko was named the 2016 USCAA Softball Coach of the Year, and four Celtics were named All-Americans: sophomore shortstop Kelsey Geyer (first team), junior third baseman Allison Hryadil (second team),

and senior pitcher Jenna Grogan and senior catcher Nicole George (honorable mention).

Junior second baseman Marla Small and junior center fielder Kenzie Young were named to the USCAA National Championships All-Tournament Team.

Sirko has been head coach at Carlow since 2006 and has compiled 205 wins during that time. He earned his 200th career victory at Carlow, an 8-4 win against Brescia University on April 29th, in the KIAC Tournament. ■

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Alumni ACTIVITIES

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NEWS

50s

Regina McDonough Theisen '53 celebrates 30 years working in real estate in south Florida. She earned her master's degree in educational leadership in 2013 and is passionate about teaching and helping others.

60s

Dorothy T. Palmieri '60 moved to Reston, Va. after living in the Pittsburgh area since her Carlow graduation.

70s

Patricia Fleet Brenner '70 published "At My Parents' Knees: A Personal Reflection on Life's Lessons and DKG Values" in volume 82-2 of *The Collegial Exchange*.

Vicki M. Kaufmann '70 initiated a website for family caregivers whose loved ones have been diagnosed with Alzheimer's: caregiverfamilies.com. Kaufmann was a caregiver for her mother who had Alzheimer's and vascular dementia. In November, 2015, she published a memoir about her caregiving experience, *Elegy for Mom, A Memoir of Family Caregiving, Alzheimer's, and Devotion*. The book is available on her website.

Anna Egan Smucker '70 announces that her book, *Brother Giovanni's Little Reward: How the Pretzel Was Born*, was published by Eerdmans Books for Young Readers with illustrations by award-winning illustrator Amanda Hall. For information, please visit annasmucker.com.

Linda L. Torres '71 was honored as Labor Woman of the Year by the Allegheny County Labor Council.

Mary Shivy Bell '72 was named director of resident services at Community Homes of Lebanon County, Inc. She spearheads a new program assisting the elderly with subsidized housing.

Sharon (Sherry) M. Knight '77 was one of the 12 finalists for National Teacher of the Year, Pennsylvania chapter. A visual arts teacher at Trinity High School in Washington, Pa., Knight is in her 39th year of teaching.

80s

Mary Ellinwood Wadsworth '80 received her master of science degree in nursing from SUNY Buffalo in 2000. She is in private practice in family medicine, currently in the area of women's health. She and her husband Glenn live in Rochester, N.Y.



2016 Homecoming Planning Meeting.
L-R: Jeanette Titus Lockovich '76 and Jackie Dixon '11.



Pre-show lunch—Bravo Franco.
L-R: Carol Awkard Neyland '73 and Barbara Johns.



Jersey Shore Gathering. L-R: Barbara Sleeper Feeley '66, Kathleen Pollock Panepinto '66, and Barbara Shustack Nolan '66.

M. Vaneeda Bennett '81 was elected to the board of directors of the Adelphoi USA /Foundation in Latrobe, Pa.

Francine Salley Anderson '82 was promoted to director of alcohol and drug services for the Delaware Division of Substance Abuse and Mental Health. She was previously statewide director of quality improvement for the Delaware Division of Developmental Disabilities.

Paula Fitzgerald Comella '82 has been promoted to director of global marketing for BNY Mellon's treasury services business. She resides in Franklin Park, Pa. with her husband Jeff. Her son Christian is a sophomore at the University of Pittsburgh.

Michelle Drager '88 began a new position as executive director of the Foundation for Pottstown Education in August 2015. She has extensive experience as a fundraiser, foundation director, and marketing coordinator.

90s

Rebecca Ann Ray '91 is a consultant at Workday's education and government division.

Nicole Capozzi '98 and **Joshua Hogan '97** married in 2001 and founded BoxHeart Expressions, an art gallery in Pittsburgh's Bloomfield neighborhood. BoxHeart's 15th annual exhibit, "Art Inter/National Exhibition," features the work of 22 international artists.

Shawn McGill '98 started Shawn McGill Consulting, Inc., in 2012, providing support to people with disabilities. The company is internationally recognized and in 2015 was voted one of Pittsburgh's best mental health and counseling groups.

00s

Krista Lea Johnston '04 lives in Beaver County with her partner Alastair. She has been teaching at the Hopewell Area School District since 2004. In 2012 she earned her master's degree in environmental education from Slippery Rock University.

Andrew Williams '06 was honored on March 10, 2016 as one of Pittsburgh's African American men under 40 who are helping to change our community for the better.

10s

Sharonda Cox '11 says that, while a student, she was inspired by Carlow Art Professor Dale Huffman to become an art therapist. In 2015, she earned a master's degree in art therapy from Seton Hill University. She would like to thank Huffman for encouraging her to believe in herself and pursue her dream.

Megan Colleen Gaughan '13 was recently hired at Vincentian Academy in Pittsburgh's North Hills as a freshman and junior biology teacher.

Mark William Malinowski '13 was promoted to detective sergeant with the Ocean County New Jersey Prosecutor's Office, where he has been employed for 14 years. He oversees investigations and personnel for the economic crimes unit.

Robert Steinbrink '13 is currently working on his master's degree as a nurse anesthetist at Barry University in Florida.

Alexis Leigh Welsh '15 accepted a position as a staff perfusionist at Inova Fairfax Hospital in Fairfax, Va.

Visit Carlow's Alumni photostream on Flickr at carlow.edu/alumphotos.



Legacy Dinner. L-R: Celeste A. Callahan, Suzanne K. Mellon, PhD, and Deborah Mauro Breide '82.



Los Angeles Gathering. L-R, Row 1: Cheryl McCafferty St. George '65, Diana Steranko Anderson '69, Thu Huynh Do '79, Suzanne Vilsack Gero '62, Beatrice Malone Nicholas '52, Alice Leban Lipscomb '46, Alice Reynolds Berlinski '65. Row 2: Nina Babiarz '82, Whitney Coleman, Latonia M. Coleman '90.

BIRTHS

Cynthia Nicola '78, a grandson, Ari Benjamin Aladjem, born on August 7, 2015.

Valerie Phillips Mazza '00 and her husband Joseph, a son, Cullen Daniel, born on November 23, 2015.

Pamela Coudriet Arroyo '06, '10 and her husband Erik, a daughter, Summer, born on November 1, 2015.

Megan Holland DiTommaso '07 and her husband Steven, a daughter, Lucy June, born on June 9, 2015.

Marcy Lasky-Allsopp '08, '10 and her husband, **Matthew Allsopp '11**, a daughter, Alexandria, born on July 9, 2015.

Kristin DiSanto Smida '12 and **Justin Smida '09**, a daughter, Alanna Marguerite, born on September 12, 2015.

MARRIAGES

Kristin DiSanto Smida '12 married **Justin Smida '09** on July 6, 2013.

Kate Midgley Miller '15 married Karl Miller on January 9, 2016.

CONDOLENCES

40s

Marybeth Garver Kusturiss, daughter of **Betty Lee Weisburg Garver '47**, died December 13, 2015.

50s

Thomas Kuntz, husband of **Barbara Weinreich Kuntz '54** and brother of **Lois Kuntz Eckert '53**, died May 29, 2015.

60s

John Ross Thompson, husband of **Nancy Kane Thompson '60**, died July 3, 2015.

Margaret A. Ciafre, mother of **Sister Lucille Ciafre '64**, died August 17, 2015.

Helen Grazzini, mother of **Norma Jean Grazzini LeClair '66**, died May 28, 2015.

Dr. J. Matthew Simon, husband of **Janet DiPasquale Simon '67**, died May 20, 2015.

Phyllis T. Gentile, sister of **Marilyn Gentile '69**, died March 31, 2016.

Luke J. Gill, husband of **Donna Daly Gill '69**, died May 8, 2015.

70s

Lucille Kern, mother of **Joleine Kern Kenaan '70** and grandmother of **Janine Kenaan Greenberg '06**, died January 11, 2016.

Maureen Cooney Casey, sister of **Marjorie Cooney Marcott '71**, died November 5, 2015.

Wanda Rachuba, mother of **Kathleen Rachuba '73**, died January 7, 2016.

William Welsh II, brother of **Della Welsh Dobranski '73**, died January 5, 2016.

Dorothy J. Sotak Gorda, mother of **Janet Lee Gorda '76**, died March 10, 2016.

Mary Lucente, mother of **Annette Lucente Condeluci '79**, died September 3, 2015.

80s

Lawrence Franklin Sibert, husband of **Kimberly Paletta '80**, died March 27, 2015.



Barbara Kraft '83 Bench Dedication. L-R: Fred L. Kraft, Suzanne K. Mellon, PhD, John Alverson, PhD, and Michele Rehfeld Atkins '82.



Alumni Scholarship Benefit. L-R: Constance Ferra '07, Joanna Bigos '04, Emily Bechtel Noel '07.

Kristin Carter, daughter of **Linda Whitehead Carter '86**, died June 7, 2015.

Charles E. Frauenholz, father of **Deborah Frauenholz '88**, died November 19, 2015.

Elizabeth "Betty" Nicholls, mother of **Jeananne Nicholls '89**, died July 16, 2015.

00s

John H. Roberts, husband of **Lizzie Roberts '00**, died February 7, 2015.

Edward O'Connell, father of **Mary Frances Reidell '02**, died September 28, 2015.

IN MEMORIAM

30s

Dorothy Kaiser Lamb '38 died October 16, 2015.

40s

Ann Heger Blocksidge '42 died December 18, 2015.

Ovetta Foster Hunt '42 died September 15, 2015.

Margaret Cadigan Scott '42 died February 16, 2015.

Rose Mary Settino '42 died June 6, 2014.

Sister Anna Catherine Melichar, OSF '43 died September 18, 2015.

Sister Amelia Toner RSM '43 died December 24, 2015.

Dorothy Hartman Kaylor '45 died December 31, 2016.

Claire Yunker Pandl '46, sister of **Nancy Yunker Isler '55**, died March 18, 2016.

Anne C. Newell '47 died September 18, 2015.

50s

Catherine Campbell Evers '52 died September 22, 2015.

Diana G. Rossi Coury '55 died September 20, 2015.

Florence Vitevitch Lawson '55 died January 6, 2015.

Margaret Brendlinger Plymire '55 died August 7, 2015.

Katherine Ashton Strelecky '56 died March 10, 2016.

Iris A. Suess '56 died March 30, 2016.

Mary Ann Kalis Surprenant '56 died December 23, 2015.

Theresa Lazarchick Lenart '58 died January 4, 2016.

Dorothy Lawless Balotta '59 died September 10, 2015.

Sister Mary Louise Schendel, RSM '59 died September 15, 2015.

Sister Maureen Watson, RSM '59 died August 24, 2015.

60s

Martha Danko Marcell '61 died September 21, 2015.

Ellen Oliffe Shanley '61 died June 7, 2015.

Mary Faith Puskar '62 died November 5, 2015.

Floann Householder Derdeyn '63 died December 10, 2015.

Sister Aurelia Finley, RSM '63 died October 25, 2015.

Johanna Boyle Giasi '63 died September 10, 2015.

Kathleen Mooney Hayman '64 died February 29, 2016.

Patricia Peterka Hunter '65 died October 22, 2015.

Judith Sutton Blair '66 died October 14, 2015.

70s

Theresa Melnick '70 died May 6, 2015.

Sister Mary Betance, OSF '71 died August 25, 2015.

Barbara A. Conniff '71 died October 17, 2015.

Jeanette Costanzo Speicher '71 died October 28, 2015.

Dolores Porter Foster '79 died July 25, 2015.

90s

MaryBeth Davis '90 died July 6, 2015.

James Edward Rose '91 died January 2, 2015.

Charmaine K. Schultz '95 died February 12, 2015.

Stephanie Dawn Hunt-Theopolis '98 died November 16, 2015.

00s

Sandra L. Coda '00 died September 19, 2015.

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Vase by **Janna Arnold**, a first-year art student with a concentration in ceramics.

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