May Marks Inaugural Commencement Ceremony

As students participating in commencement this spring receive their diplomas, they will also have the distinction of participating in Millersville University’s inaugural “zero waste” commencement ceremony. Planning for this project, which is being implemented by the University’s commencement and sustainability committees, began in March.

The goal for this project is to eliminate waste produced by commencement-related activities. “There are three types of waste: Recyclables, trash and organics. We will recycle what we can, compost the organics and reduce or eliminate the trash that would normally go to a landfill,” said Elizabeth Karevicius, assistant to the vice president for finance and administration and member of the University’s sustainability committee.

Karevicius will aid the sustainability committee by coordinating personnel from Waste Management, Inc., with commencement committee members to ensure quality communication with those involved in the project. Millersville University is the only University partnering with Waste Management, Inc.; however, Boston University and Emory University held similar events last year.

On graduation day, there will be receptacles for recyclables, trash and organics strategically and inconspicuously placed near the concessions and stadium entrances. There will also be a few students serving as “green guides” to answer questions guests may have, and to help point them in the right direction, such as suggesting they reuse cups instead of taking another.

“It will be a very low-key event happening in the background. Nothing we are doing here is meant to overshadow the graduates. Commencement is a day to celebrate the accomplishments of our students, but with the increased volume of visitors on campus, it’s a good opportunity for the University to execute such an environmentally friendly initiative,” explained Karevicius.

In order to ensure that this project will run smoothly, quality control and pre-planning are vital to success. “We want to oversee what is bought, sold and eliminated. For example, using only biodegradable serviceware, such as cups and plates, will reduce the effects on the environment,” said Karevicius. Individuals within the commencement committee are utilizing their expertise in finding the best locations for the receptacles, the best ways to advertise this initiative and the best ways to run concession stands.

The undergraduate commencement ceremony will be held at 10 a.m. on Saturday, May 12, featuring James E. Nevels, the Swarthmore Group, as keynote speaker.

For more information, contact Karevicius at Elizabeth.Karevicius@millersville.edu or 871-5611.
MU Receives Award for Community Service

The only Lancaster County and Pennsylvania State System of Higher Education (PASSHE) institution on the 2012 President’s Higher Education Community Service Honor Roll with distinction for the second year is Millersville University. The designation was recently announced by the Corporation for National and Community Service (CNCS).

CNCS honored Millersville as a leader among institutions of higher education for its support of volunteering, service-learning and civic engagement, as well as its strong institutional commitment to service and compelling campus-community partnerships that produce measurable results for the community.

Community service projects included participating in National Hunger and Homelessness Awareness Week and participating in the United Way’s Day of Caring. The total number of all community service hours engaged by Millersville students for the year was 499,625 hours.

“We established a goal to make civic and community engagement a part of Millersville University’s culture. Evidence that we have achieved this is that we have obtained this award every year since 2006 when it was established. In addition, we have received distinguished honors in the past two years for the number of students involved in community service,” said Diane Fleishman, director of Experiential Learning and Career Management (ELCM).

The CNCS, which has administered the Honor Roll since 2006, admitted a total of 642 schools to colleges and universities for their impact on issues from literacy and neighborhood revitalization to supporting at-risk youth. Of that total, 110 received the recognition of Honor Roll with distinction. Millersville was honored with the President’s Honor Roll Award in 2006, 2007, 2008 and 2009, and also received the Honor Roll with Distinction Award in 2010.

“Millersville continues to place an emphasis on the importance of contributing significantly to the community through service-learning and co-curricular service in conjunction with the work of Civic and Community Engagement and Research Projects and the office of ELCM,” said Fleishman.

For a full list of recipients and descriptions of their service, visit www.nationalservice.gov/about/initiatives/honorroll.asp.

32nd Annual Conference on Holocaust and Genocide

Millersville University’s 32nd Annual Conference on the Holocaust and Genocide will be held April 17-20. The conference will discuss the representation of the Holocaust and Genocide in art and film and their influence on the perception of these tragic events.
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“The conference will analyze the relevance and accuracy of Holocaust and Genocide representations, possibilities and limitations for artistic expression and the problem of the commercialization of these themes,” said Dr. Victoria Khiterer, assistant professor of history and conference director.

The conference, which is free and open to the public, will open Tuesday, April 17 at 7:30 p.m. with “Warsaw,” a drama in two acts by William W. Adams, a conference patron, followed by a documentary film screening and concert on April 18. Events on these days will be held at The Ware Center, Millersville University Lancaster. Adams, the former chairman of Armstrong Industries, wrote “Warsaw” in the summer of 2011.

On April 19-20, events will take place at Millersville’s main campus in Bolger Conference Center, located in Gordinier Hall.

Registration of conference participants begins at 9:30 a.m. on Tuesday, April 19, Holocaust Remembrance Day. Sessions will run from 10 a.m. – 6 p.m., followed by the Aristides de Sousa Mendes Lecture at 7:30 p.m. featuring David Shneer (pictured right), director of Jewish studies at the University of Colorado, Boulder. Shneer will present on the topic, “Is Seeing Believing?: Soviet Photography, Extermination Campus and the Tension between Sight and Science.”

The Holocaust and Genocide Conference will continue on Friday, April 20, from 9 a.m. – 2 p.m.

All conference events are free and open to the public. For more information on the 32nd Annual Conference on the Holocaust and Genocide, contact Maggie Eichler, conference administrative assistant, at 717- 872-3555 or Maggie.Eichler@millersville.edu. To view the conference schedule, visit www.millersville.edu/holocon.

MU’s Cyber Defense Team Places in Second at Regional Competition

Working together to defend a network of servers that are set up to simulate a business environment is Millersville University’s Cyber Defense Team, who recently put their computer security skills to the test at the CyberWatch Mid-Atlantic Collegiate Cyber Defense Competition (CCDC) held March 14-17 at John’s Hopkins University. During the competition, Millersville’s team, the only one from Pennsylvania, competed against seven other universities and placed second in the overall competition and first place in the category of service availability.

The members of Millersville’s Cyber Defense Team, all of which are computer science majors, include juniors Travis Romero, team captain; Joshua Van Hine, Bob Hennessey, team co-captain; Andrew Elliot and David Anaya; sophomore, Dylan Leakway; senior, David Lu and freshman, Mark Schmele. Todd Echterling, system administrator for Millersville’s computer science department, and Dr. Nazil Hardy, associate professor of computer science, serve as faculty liaisons that work with the team.
The CCDC was comprised of two rounds that included a virtual online exercise involving active hacking and physical intrusions. The theme of this year’s competition was healthcare, as a result of President Obama’s healthcare bill and the need for more security experts in this area. The teams were required to abide by official Health Insurance Portability and Accountability Act regulations while competing.

“During the competition, our greatest strength was our ability to work together as a team and solve problems,” said Van Hine. Additionally, Romero notes, “The team also excelled in setting up the firewall and keeping all of the systems up and running.”

Throughout the competition, the team was responsible for completing business injects, which are tasks that management want completed. Additionally, direct communication with the company’s CEO was required during these injects. Team members note that this was the most difficult aspect of the competition, as they needed to perform day-to-day tasks on top of defending their systems.

Next year, the team hopes to become more focused by splitting up time between completing the injects and maintaining their services. “Now that we have a better understanding of how the competition works, we should be able to study more appropriately. For instance, we will be sure to become masters in each individual application we are put in charge of,” said Hennessey.

For more information, contact Echterling at Todd.Echterling@millersville.edu or 717-871-5676.

**Millersville’s Council of Trustees Set Room and Board**

Millersville’s Council of Trustees (COT) approved room, board and fees for the 2012-2013 school year at their regular meeting on March 28. The COT approved a $251 increase in room and board per semester. The total for room and board for 2012-13 will be $4,617 per semester. In addition, the COT agreed to increase general fees for undergraduates by $23.50 per semester, a 2.7 percent increase. The total general fees per semester would then be $910.

“We realize that these are tough economic times, and we are doing everything we can to hold down costs. While the 5.7 percent increase for room and board is greater than last year’s 5.2 percent increase, the University and the trustees were able to bring the fees for undergraduates down from 3.2 percent to 2.7 percent. The increases reflect anticipated costs with utilities and personnel costs,” said Roger Bruszewski, vice president for finance and administration.
Tuition costs are set by the Board of Governors of the Pennsylvania State System of Higher Education generally in June of each year.

In other action, the COT approved a $5,000 contribution to the Millersville Fire Company and emeritus status for Dr. Francis Bremer, history (1977-2011); Dr. George Kerekgyarto, applied engineering, safety and technology (1989-2011); Dr. James LaPorte, applied engineering, safety and technology (2004-2011) and Dr. Lucinda Ridley, special education (1989-2011).

The COT also approved the following endowments: The William W. Adams Endowment in Support of the Aristides DeSousa Mendes Lecture, the Frerichs Family Women’s Basketball Scholarship, the Susan P. Luek University Honors College Graduate Study Award, the Susan P. Luek Graduate Study in Psychology Award and the Walter B. Waetjen ’42 Football Scholarship.

MU Announces New Trustees

Two new trustees have recently been appointed to the Millersville University Council of Trustees (COT), an 11-member council appointed by the Governor with approval of the State. The new trustees are Senator Gibson E. Armstrong, of Refton, Pa., and Kevin F. Harley, of East Petersburg, Pa.

“It is an honor to be nominated by Governor Tom Corbett and confirmed by the senate to serve the students, faculty, alumni and citizens of Pennsylvania in this important role,” said Harley.

Armstrong served Senate District 13 from 1985 to 2008. He previously served as member of the House (1977-1984) and has held many other roles in his career including a captain of the U.S. Marine Corps, naval nuclear weapons officer and intelligence officer and majority appropriations chairman (2007), to name a few. Armstrong has also served on numerous committees ranging from finance and labor and industry to urban affairs and housing. He received his bachelor’s degree in business administration in economics from Westminster College in 1965.

Harley is currently serving as director of communications and press secretary for Governor Tom Corbett. He graduated from Millersville University in 1986 with a degree in political science. During his time at the University, Harley received an Army ROTC scholarship and a commission upon graduation. He served 13 years as an officer in the Army Reserves. Harley is currently active in his community and has served on the East Petersburg Borough Council for the past 16 years and on the Hempfield Area Recreation Commission for the past 11 years.

Among their responsibilities, the COT are responsible for making recommendations to the chancellor for the appointment and dismissal of the president and for approving the University budget, new academic programs, contracts and fees other than tuition.
A Writer Comes Home

Novelist and Millersville University graduate Michael Lavigne ’74 will be the keynote speaker at the Friends of Ganser Library spring lecture on Tuesday, April 17. His speech, “A Writer Comes Home: Identity, Memory and History in Writing and Life,” will begin at 7 p.m. in Lehr Room of Bolger Conference Center in Gordinier Hall.

“We’re excited to have Michael Lavigne come to campus,” said Dr. Marilyn Parrish, library. “His first novel Not Me is a fascinating look at family, identity, meaning and the Holocaust. Lavigne is eager to return to campus to share his thoughts about research, writing and Millersville experiences with students, faculty, staff and members of the community.”

After Millersville University, Lavigne went to the University of Chicago, where he got a master’s degree in general studies. Not Me has been translated into three languages and received the Sami Rohr Choice Award for emerging Jewish writers, an American Library Association Sophie Brodie Honor Book, and was selected as a Book of the Month Club Alternate. Before becoming a full-time novelist, Lavigne was an advertising creative director, honored by the Cannes Film Festival, and who received a Clio and an ADDY award. He is currently working on his second novel, set in Moscow, where he once lived.

The lecture is free and open to the public. Following the presentation, Lavigne will hold a book signing, with copies of his novel available for purchase. For more information, contact Parrish at Marilyn.Parrish@millersville.edu or 717-872-3633.

FREE Yourself 5K Run/Walk

The Peer Health Educators of Millersville University’s Wellness and Women’s Program will be hosting their annual “FREE Yourself 5K Run/Walk” on Saturday, April 14. On-site registration for the 5K fun run/walk will begin at 8 a.m., with the run starting at 9 a.m., at the Student Memorial Center (SMC) Promenade.

The top male and female runners will be awarded a $50 cash prize. Additional awards will be handed out to the top finishers in each category. The 5K run/walk will be held rain or shine. Pretzel City Sports will be professionally timing the race.

The money raised from this event will support fitness and nutrition programs at Millersville University and the surrounding community.

Pre-registration forms can be printed off from the Wellness & Women’s Center website, and are also available for pick up at the Montour House or Student Memorial Center Fitness Center. Pre-registration forms will still be accepted at the Montour
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house until the day before the race; however, a T-shirt will not be guaranteed since it is past the deadline.

A MUBA Thanks

The Millersville University Business Association (MUBA) extends a huge thank you to the Millersville University campus community for their support of the 2012 American Cancer Society’s Daffodil Days. This year MUBA raised $1,388. The organization has participated in the Daffodil Days fundraiser since 1994.

From Tree Stump to Sculpture

Having an interest in all things ancient, Millersville University sophomore Noah Morris calls himself an antiquarian. The dual anthropology and art and design major is exploring the use of hand tools and techniques used by early people to create three wooden sculptures as part of a six-month independent study.

Morris came up with the idea for the project, which he is completing under the direction of Line Bruntse, sculpture professor in the department of art and design, in November, when the library renovation began. “I knew renovations at the library meant they were going to tear down several big, beautiful old trees, so I asked for one tree to be set aside,” said Morris. “The tree trunk I am currently working on once stood between Ganser Library and Dutcher Hall.”

To complete his independent study, Morris spends 12 hours a week working on the project outside of Breidenstine Hall. He uses a bronze ax or adze head, a bronze chisel and several specialized iron tools—all of which he made himself.

Originally weighing in at two tons, the tree trunk has since been divided into three sections: A sculpture, whose subject has yet to be determined, a stand for the sculpture and a bench. Morris’s work is projected to be placed in the future library Sculpture and Reading Garden, an exterior element of the library renovation process, bringing the tree back to where it once belonged.

“Noah approached me with his idea, and since I am also involved in the work on the garden, I thought it was the perfect opportunity,” said Bruntse. “The project marries his dual major in anthropology and art, and dovetails nicely with the historic theme for the garden design, which incorporates native plants, as well as fossils that belong in Pennsylvania.”

The Sculpture and Reading Garden is a collaboration between Bruntse, Dr. Christopher Hardy, biology, and their students, working with various project managers and the Library Renovation Committee.
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“I am loving every minute of this project. It feels so fantastic to work with your hands and see an object take shape as you work,” said Morris. “I am really hoping that this project will inspire other students to seek out an adventure like this one.”

**Start This Spring Off With a Splash**

Flipping their way through various TV theme songs is Millersville University’s Dolphin Synchronized Swim Club, which invites everyone to come out to this year’s show “Flipping Through the Channels.” The opening night performance will be on Thursday, April 12 at 8 p.m. at the pool in Pucillo Gymnasium.

The club, started at Millersville in 1950, focuses on performing shows for the University and community. Each year they put on three performances choreographed by the members. Current club members include seniors Emily Eyre and Victoria Levine; junior Kimberly Greene; sophomore Jackie Fisher and freshman Victoria Sell. The performance of Flipping Through the Channels will consist of a variety of TV theme songs from The Fresh Prince of Bel-Air, Friends and Family Guy, to name a few.

“Each year it’s exciting to put on a performance, and it’s an honor to be a part of such a historical club,” says Greene, dolphin club president.

Members have different skill levels and experience is not necessary to join. “With practice and aid from other members, you not only learn how to swim but how to do the intricate skill used in our show. I didn’t know one thing about synchronized swimming when I first joined, but with practice, the skills come easy and it’s a lot of fun,” says Greene.

Additional performances include Saturday, April 14 and Sunday, April 15 at 2 p.m. The event is open to the public. Tickets sold at the door cost $4 for adults and $2 for children under 12 and students with a current Millersville University ID. For more information, contact Greene, at kygreene@marauder.millersville.edu.

**Research Grant Recipients Named for Spring 2012**

The Millersville University Alumni Association has announced the following recipients of the spring 2012 Neimeyer-Hodgson Research Grants: Jassinya Alvarado-Padilla, educational foundations; JaQui Archey, chemistry; Sarah J. Geiger, chemistry; Audrey D. Gerold, biology; Jonathan Kettering, biology; Stephanie K. Koppenhaver, social work; Kelly Loder, psychology; John D. McAnany, chemistry; Joseph McKenzie, chemistry; Thi Nguyen, chemistry; Amy Puchalsky, biology; Joseph D. Puchalsky, chemistry; and Carol S. Reina, psychology/African American Studies. Recipients of these funds must be full-time undergraduate students at Millersville.

Total grant monies awarded for the spring is $5,810 to 13 students. This program was established to recognize individuals in pursuit of scholarly research. The Neimeyer-Hodgson Fund was
established with monies bequeathed to the Millersville University Alumni Association by Minnie Menges Niemeyer, Class of 1923, and Laura L. Hodgson, mother of Pearl Hodgson, Class of 1931. This undergraduate grant program was introduced in 1983.

Applications will be available for the fall semester grants program in September. Deadline for the fall is Friday, October 19, 2012. For additional details, contact the alumni services office at 717-872-3352.

**Need to Know: Upcoming Fire Drills**

The semi-annual academic and administration building fire drills will be conducted the week of April 9-13. Any questions, contact Jonathon Driscoll, environmental health and safety assistant, at 717-871-5111 or Jonathon.Driscoll@millersville.edu.

Remember how to safely evacuate a building:

**EMS**

**Evacuate** immediately, don’t hesitate and don’t try to reenter the building

**Move** a safe distance from the building (at least 100 feet)

**Stay** there until the all clear sign is provided

*Remember – even if the building fire alarm stops, it is not safe to reenter until a public safety official gives the all clear sign.*

**Disabilities**

As a reminder to those with disabilities, who may be on upper floors of our buildings, when the alarm is activated, do not attempt to use the elevators. Instead, move to the nearest stairway and wait there until the fire drill is over before returning to your room. There is no need to try to get down the stairs.

**Need to Know: MU Technology Camp**

The Millersville University Technology Camp, offered by the Department of Applied Engineering, Safety and Technology, is now open for registration for summer 2012! The camps, which are open to children and teens from grades K-12, offer participants the opportunity to receive exciting hands-on experience with fascinating technology, while stimulating creative minds-on learning.

The 2012 Millersville Technology Camp schedule includes 18 different sections spread out throughout the summer months of June and July, and features a variety of technology-related topics including medieval engineering, mobile app development (Android), forensics and introductory or advanced LEGO robotics.

For more information, contact Dr. Len Litowitz, applied engineering, safety and technology, at 717-872-3883. To register, or view the full camp schedule, visit millersville.edu/techcamp/.
4/5/2012 Activities

Here are the faculty and staff activities for April 5, 2012.

‘State of Higher Education’ Addressed by Leaders of Lancaster Colleges and Universities

A panel discussion on higher education in the county, held as part of First Thursday Latino, included a presentation by Millersville University President Francine G McNairy. The panel discussion, “The State of Higher Education in Lancaster County,” was held on March 1 at the Harrisburg Area Community College’s Lancaster Campus (HACC), and led by HACC’s Vice President Marshall Washington. This monthly networking gathering is held for central Pennsylvania’s most diverse professionals, leaders and entrepreneurs.

In addition to HACC President Dr. “Ski” Sygielski, panel participants included Dr. Carl J. Strikwerda, president of Elizabethtown College; Dr. Mary Grace Simcox, president of Lancaster General College of Nursing & Health Sciences; Mary Colleen Heil, president of Pennsylvania College of Art & Design; and Paul Culbreth, director of multicultural affairs and mentoring at Thaddeus Stevens College of Technology.

Faculty and Staff Activities

Roger Bruszewski, finance & administration, was officially reappointed to the National Association of College and University Business Officers (NACUBO) Board of Directors at the March 17 NACUBO board of directors meeting. He was reappointed for a three-year term.

Amy Dmitzak, Char Domin and Michele Spotts, UC&M, made presentations at the March 14-16 spring professional development conference in Hershey, Pa., sponsored by CUPRAP, the Association of Communicators in Education. Domin and Spotts presented, “Protecting Your Brand in a Digital Environment;” Dmitzak presented “What’s the Story? Bringing Together Development and Public Relations to Advance Organizations.”
Char Domin, UC&M, was elected to CUPRAP board of directors at their annual meeting on March 16.

Janet Kacskos, UC&M, gave a presentation, “Integrating Social Media to Avoid Media Pitfalls,” to the County Commissioners Association of Pennsylvania at their conference in Harrisburg on March 27.

James Pannafino, graphic & interactive design, presented at the “Designing for the Divide” conference at West Virginia University on March 23. The title of his presentation was “Designing for Interdisciplinary Interaction Design,” which discussed the idea of using a basic foundation of interdisciplinary communication principles within the interaction design field. The conference called for ideas that help bridge social divides from the fields of communication design, service design, user experience design, behavioral and social psychology and partners in civic engagement.

Drs. Philip Tacka and Micheál Houlanah, music, conducted a staff development day for all music teachers of the Austin Independent School System on February 17, 2012. They presented multiple workshops to elementary and secondary teachers on their Cognitive Model of Learning and Instruction. On February 18, they presented a day-long workshop for the Kodály Certification Program for all Austin, Round Rock, Hutto, Georgetown and Hayes Independent School District teachers.

Congratulations

To Dr. Adam Lawrence, government, and his wife Dr. Amie Lawrence, on the birth of their baby boy, Alexander Dale Lawrence, born January 30, 2012, 7lb 5 oz, 21 inches.

Who Makes Millersville Special

This issue of the Exchange features Todd Roberts, head wrestling coach at Millersville.

Q: How many seasons have you served as head coach for Millersville’s wrestling team? What was the transition from assistant coach to head coach like?
A: I served as assistant coach for four years here at Millersville, and I’m currently in my fourth season as head coach. The transition to head coach was very smooth since I was a member of the coaching staff for a couple years.

Q: Why did you decide to make coaching your career after earning your bachelor’s degree in engineering management?
A: During the day I work at an alternative education school called River Rock Academy as a teacher and in the evening coach wrestling. I really enjoy working with young people and have a passion to help the sport of wrestling grow and feel it is important for all former wrestlers to give back to the sport that has given us so much.

Q: Has your degree ever been able to come in handy on the wrestling mat?
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A: Coaching at the college level is similar to running a small business. The management and business courses I have taken have proved to be invaluable.

Q: Where did you work/coach before coming to MU?
A: My work history includes working in alternative education and coaching young wrestlers from elementary to high school ages.

Q: What are the main differences of coaching a woman’s wrestling team to coaching a men’s team?
A: The women wrestlers are very eager to learn. Many of the women are new to the sport and have not developed bad habits, making it easier to learn good technique. There is also some different music playing that you don’t typically hear in a wrestling room.

Q: When did you first decided you wanted to be a wrestler? Were you any good?
A: I started wrestling in seventh grade when a friend invited me to a practice. He thought I would enjoy the competition. I thought it was just a club team that practiced once a week until the coach, also my history teacher, made sure that I was at practice every day. I really didn’t know what I was getting into. There is a long tradition of wrestling at Dallastown High School and many of my teammates had been wrestling since they were in diapers. I was a quick learner. During high school I loved a bunch of sports but I had the most success wrestling. By the time I was a senior I became a state-ranked wrestler and earned a scholarship to a NCAA Division I school.

Q: How do you use your experience to coach your team today?
A: Coach Walizer and I make sure that we teach our student-athletes “lifetime habits.” We want every wrestler to be a leader in the community. Balancing school and wrestling takes tremendous discipline. We can empathize with their challenges because we have been there ourselves. Every year I become a better coach and learn that coaching is less about showing moves and more about guiding student-athletes to making better choices.

Q: Since entering Millersville’s wrestling program, you’ve not only helped it become one of the top academic wrestling programs but you’ve also broken many University records. Why do you think you’ve been able to be so successful?
A: Academics are stressed across the athletics department. Dr. Grant has helped put in place several programs and policies to help our student-athletes with the transition into college. He also provides our team with the necessary resources to get the help they need. As a coach, we just make sure that the wrestlers know that our academic policies are non-negotiable and are in place for their benefit.

Q: Your peers voted you NCAA East Region Coach of the Year. What does an honor like that mean to you?
A: Coach of the Year honors means to me that our program is heading in the right direction. It is a compliment to every member of our team and athletic department.
Q: In addition to your coaching responsibilities, one thing you’ve done is started a youth wrestling clinic. Why was establishing this clinic important for you?
A: Millersville wrestling wants to be a leader in the community and help to promote wrestling to young kids. Offering wrestling clinics allows us to introduce the sport to local kids in a fun and non-competitive way. Coach Albright and Coach Walizer put in a lot of time to help the young wrestlers gain an appreciation for the sport.

Q: Millersville’s wrestling program recently dropped from Division I to Division II, how do you feel about this change?
A: We feel that with the new changes we will be able to be competitive on a national level and bring recognition to Millersville University.

Q: What’s your favorite wrestling move?
A: My favorite move has always been the head outside single-leg takedown. It’s nothing special or glamorous but effective. I always like sticking to the basics.

Q: Do you enjoy watching professional wrestling?
A: Growing up as a kid I was a big fan. I stopped watching after my dad took me to see a live match at Hershey’s arena to see Hulk Hogan. I had one of the big foam fingers holding up the #1 sign. We sat near the ring and I was disappointed when I finally realized why they called it entertainment.

Q: How do you motivate your students? What’s your best coaching tactic?
A: Coach Walizer does a fantastic job in preparing the wrestlers to compete. I try to reinforce their confidence by reminding them that their training has prepared them to step on the mat and should always expect to win against every opponent. Our staff believes in staying positive.

Q: What has been the most rewarding moment in your career/ personal life?
A: The most rewarding part of coaching is talking to the alumni when they come back to visit and hear how they are doing. As an advisor for the Athletes Bible Fellowship (ABF) I always enjoy seeing wrestlers attending the ABF meetings. In my personal life, I have been blessed to be able to travel the world at a young age. My travels have allowed me to tour China, Australia, England, France, Italy and Greece.

Q: What do you do when you’re not coaching?
A: Some days I enjoy a round of golf but there are also some days when I wish I would have stayed home. During the summer months I enjoy boating and vacationing near Chincoteague, Va., with my fiancée Trina.

Q: If you could have one super-power what would it be?
A: I grew up watching Superman movies so I would have to say being able to fly. Or better yet, being able to instantly teleport myself anywhere in the world. That way I can avoid some of the long bus rides.

Q: If money was no object, what’s the one thing you’d want to buy?
A: Land. I would like to own 100 acres with a private lake.