



COMET CHATTER

Penn Manor Alumni Association Newsletter / Summer 2014

Alumnus in the News: New bionics that let us run, climb and dance!



The story of Hugh Herr (Class of 1983) is an inspiring one. Hugh Herr was a prodigy rock climber. By age eight, he had scaled the 11,627 foot face of Mount Temple in the Canadian Rockies, and by 17 he was recognized as one of the country's best climbers.

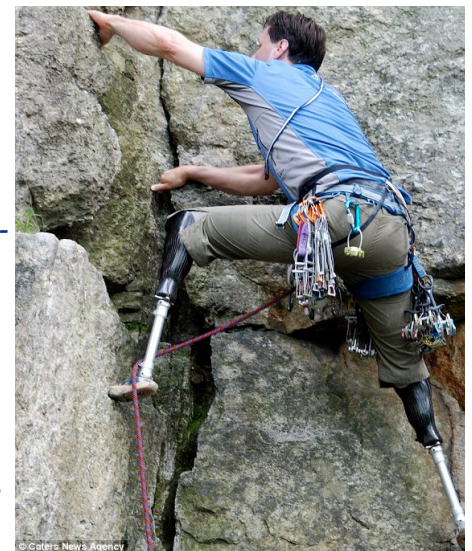
In January 1982, Herr and a fellow climber had climbed a difficult ice route on Mount Washington in New Hampshire when they were caught in a blizzard and became disoriented. They spent three nights in -20 degree temperatures. By the time they were rescued, both climbers had suffered severe frostbite. Both of Herr's legs had to be amputated below the knees. Following months of surgeries and rehabilitation, Herr was climbing again. Using specialized prostheses that he designed, Herr climbed at a more advanced level than he had

before the accident, making him the first person with a major amputation to perform in a sport on par with elite-level, able-bodied persons. (Wikipedia)

Herr attended the Vo-Tech program at Penn Manor. After high school he began to focus on academics, which had previously not interested him. He earned an undergraduate degree in physics from Millersville University, a Master's degree in mechanical engineering at MIT, and a PhD in biophysics from Harvard. His accomplishments have earned him Distinguished Alumni Honors at both Penn Manor and Millersville University along with numerous prestigious national awards.

This spring Herr spoke at the 2014 TED conference in Vancouver, British Columbia. Following are a few excerpts from Herr's remarks:

In 1982, both of my legs were amputated due to tissue damage incurred during a mountain climbing accident. At that time, I didn't view my body as broken. I reasoned that a human being can never be broken. Technology is broken. Technology is inadequate. This simple but powerful idea was a call to arms to advance technology for the elimination of my own disability and ultimately the disability of others. I began by developing specialized limbs that allowed me to return to the vertical world of rock and ice climbing. I quickly realized that the artificial part of my body is malleable, able to take on any form, any function, a blank slate. Narrow, wedged feet allowed me to climb steep rock fissures where the human foot cannot penetrate, and spiked feet enabled me to climb vertical ice walls without ever experiencing muscle leg fatigue. I returned to my sport stronger and better. Technology had eliminated my disability and allowed me a new climbing prowess. As a young man, I imagined a future world where technology so advanced could rid the world of disability. Every person should have the right to live life without disability . . . the right to walk or to dance, in the case of limb paralysis or amputation. A person can never be broken. We need not accept our limitations . . . through fundamental advances in bionics this century, . . . we will end disability.



Herr ends with the story of Adrienne Haslet-Davis, who lost her left leg in the Boston Marathon bombing.

Adrienne breathes and lives to dance. Naturally, when she lost her limb in the Boston terrorist attack, she wanted to return to the dance floor. After meeting her and driving home in my car, I thought, I'm an MIT professor. I have resources. Let's build her a bionic limb to enable her to go back to her life of dance. I brought in MIT scientists . . . and over a 200-day research period, we studied dance. It was 3.5 seconds between the bomb blasts in the Boston terrorist attack. In 3.5 seconds, the criminals and cowards took Adrienne off the dance floor. In 200 days, we put her back. We will not be intimidated, brought down, diminished, conquered or stopped by acts of violence.

Herr then introduces Adrienne and her dance partner for her first performance on the limb that Herr's team designed for her. You can google TED conference/Hugh Herr to see the entire inspiring presentation, which has over 2 million views.



Alumni in the News



Peter DeLuca, Class of 2010: Pete recently completed an outstanding lacrosse career at Jacksonville University where he won many honors for his stellar performance in goal for the Dolphins. His head coach, Guy Van Arsdale, summed up this young man's attributes best when he told the press, "In my opinion, not only is Peter one of the top goalies in the country but also one of the finest young men I have had the pleasure of coaching in the past thirty years. A true gentleman, he is wonderful in settings where he is spreading the game to kids. I am confident that Peter will be successful in any endeavor he chooses to pursue."

Richard Stoner, Class of 2001: Dr. Stoner holds a Ph.D. and is currently doing research on autism at the University of California, San Diego. Rich was lead author of a recent article published in the New England Journal of Medicine that presented direct evidence showing that autism happens before birth, not from vaccinations. Rich was a 2013 inductee of Penn Manor's Distinguished Alumni Wall of Honor.

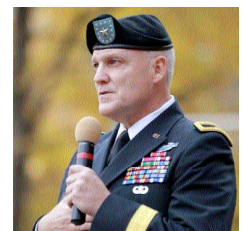


Jen Sorensen, Class of 1992: In March Jen became the first woman to win the prestigious Herblock Prize for excellence in editorial cartooning. The presentation took place at the Library of Congress in April. The Herblock Prize is named after Herb Block, the Pulitzer Prize winning political cartoonist. For more information about Jen and her recognition please visit herblockfoundation.org

Diane Cluck, Class of 1993: Diane continues to distinguish herself as an "intuitive folk" singer and was recently back in Lancaster to perform at The Seed. Although she started her singing career in New York City, she now makes Virginia her home. This spring Diane was featured on NPR's "First Listen" show which was broadcast nationally.



Glenn Bramhall, Class of 1975: Glenn has recently been promoted to the rank of Major General, U.S. Army. Major General Bramhall graduated from The Citadel in 1979 and earned his master degree from U.S. War College in Carlisle. He was awarded a Bronze Star for his service during Operation Enduring Freedom. Glenn lives with his wife of 33 years, Faith, in Spartanburg, SC.



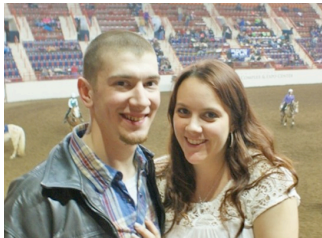


Ken Hackman, Class of 1955: The National Press Photographers Association's most prestigious honor, the Joseph A. Sprague Memorial Award was presented to Ken this year. His six-decade career started in the Air Force as a 17 year-old enlisted man and continued through the Vietnam War. One of Ken's most treasured assignments was the Olympic Games in Montréal, Los Angeles, Seoul, Barcelona, Atlanta, Lake Placid, Calgary, and Lillehammer. He met with many U. S. Presidents as he served as official photographer for Air Force One from 1975 to 2000.

Jeremy Funk, Class of 2010: Jeremy was finishing up his senior year this spring at King University in Bristol, TN when he became the right man in the right place. While having breakfast at a restaurant with his volleyball teammates he noticed a man in distress and quickly came to his aid dislodging particles of food and assisting with precautions to prevent injury from an ongoing seizure until an ambulance arrived. The man survived and Jeremy is now headed to West Chester University where he will earn a master's degree.



Alex Kuhl, Class of 2013: Alex has been living his dream of competing at rodeos in bareback and bull riding for several years. This past January at the Pennsylvania Farm Show in Harrisburg he had perhaps his finest performance when he surprised his longtime girlfriend, Cassidy Jo Portman, a fellow Penn Manor alumnus, by proposing in front of the crowd in the show's main competition ring. Although he admitted to being more nervous than facing a raging bull, he got the sought after response of "Yes!"

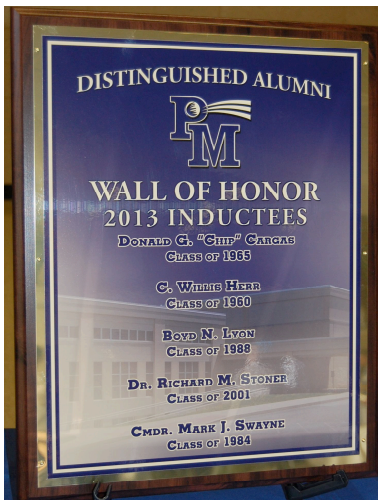


Victoria Herr, Class of 2014: Victoria was recently named FFA State Secretary for the term of 2014-2015 and will participate in FFA events across Pennsylvania during her time in office. This honor of serving in a State FFA position has not been held by a Penn Manor grad in nearly a decade.



Do you know alumni who should be featured in the *Alumni in The News*? We want to hear about it. Email the information to cindy.rhoades@pennmanor.net or call the alumni association at 717-872-9520 ext. 1934.

PMAA Announces Upcoming Banquet



On Saturday, April 18, 2015 PMAA will hold its Biennial Banquet in the high school cafeteria. This banquet will also serve as the induction ceremony for the new members of the Distinguished Alumni Wall of Honor. There is still time to nominate an alumnus whom you feel deserves consideration for this honor. Please download the nomination form from our web site pennmanor.net/alumni or call the high school principal's office at 717-872-9520 to request a mailed copy. Deadline for this year's nominations is November 1, 2014.

The theme of this banquet will be the recognition of PM alums who dedicated their careers to the field of healthcare. We hope to have a strong representation of these caring individuals so we can recognize the importance of their careers and the difference they have made over the years.

More details about this banquet will be made known in the future, but for now please save this date.

Meet the Class of 2014 Athletic Wall of Honor

James E. Amigh, Jr. (Teacher/Coach)

Jim Amigh taught physical education and coached at Penn Manor High School for 30+ years. He coached cross country for 25 years from 1965-1989 and boys track and field for 11 years from 1966-1976. Jim established and coached a girls cross country team beginning in 1980 until 1989. He also established and coached a junior high cross country team at Penn Manor. Coach Amigh coached three championship teams - Lancaster Country Track and Field Meet Champions (1967), Boys LL League Cross Country Champions (1980) - 21-0 Record and Girls LL League Cross Country Champions (1982) - 14-0 Record. He also coached numerous athletes who achieved top honors at the league and district level.

William Walton (1971)

Bill Walton was an outstanding four sport athlete, graduating from Penn Manor High School in 1971. He played on two County Championship teams - soccer and basketball. He was captain of the cross country team and was All-County in track and field (long jump and triple jump). Bill went on to attend James Madison University. He graduated in 1975 with a degree in mathematics; in 1977 he received his physical education degree. At JMU, he competed in: basketball and track holding the school record in long jump; was student member of the JMU Athletic Committee and was president of the Varsity Club. Bill's coaching record included: head track and field coach at Robert E. Lee H.S. (1978-80); assistant track and field/cross country coach at JMU (1980-84); head track and field/cross country coach at JMU (1984-2008). Bill was voted Mid-Atlantic Track and Field Coach of the Year in 1990; Colonial Athletic Association Cross Country Coach of the Year in 1987 & 1992. He coached 31 NCAA All-Americans; 41 IC4A Champions and was the 1998 recipient of the Walter Comrack Award, recognizing his contribution to track and field in the state of Virginia. Bill and his wife, Sara, have two sons, Brett and Matt.

Lauren Schaefer (2005)

Lauren Schaefer was an outstanding three sport athlete, graduating from Penn Manor High School in 2005. In field hockey, Lauren was a 4-year varsity starter and letter winner, a 4-year Lancaster-Lebanon League All-Star and a First Team All-State selection in 2003-04. Lauren was an outstanding passer, receiver and one of the best defensive players to have played for Penn Manor High School. Lauren lettered 2 years in basketball, starting at point guard her freshman and sophomore years and was co-captain. In track and field, Lauren was a 4-year varsity letter winner. She won the League Championship in the javelin her freshman year; 4th place her sophomore year; and 2nd place her junior and senior year. She earned 10 varsity letters in her high school career and represented Penn Manor as a true scholar-athlete.

Lauren earned a full scholarship to play Division I Field Hockey at Louisville University. She received numerous honors in the Big East Conference and West Region. Lauren is the daughter of Dave and Kim Schaefer. She lives in Millersville and works as an Accountant for the accounting firm Trout, Ebersole and Groff.

Ralph Byers (1962)

Ralph Byers was a 1962 graduate and a three sport athlete at Penn Manor High School playing soccer, wrestling and baseball. Ralph was recognized as an All County Soccer Player in 1961 and voted to numerous All-Star Teams. Ralph played on two Penn Manor championship baseball teams in 1961 and 1962 playing first base and pitching.

During the summer of 1962, Ralph played baseball for the Millersville Jaycee team and won the league championship. He was named league MVP and had the highest batting average in the league along with the lowest ERA among pitchers. Ralph was offered a contract with the New York Yankees but declined to attend college. Ralph enrolled at Concord College; then transferred to West Chester to pursue his teaching degree. At West Chester he played soccer (2 years); wrestled (1 year) and played baseball (4 years).

Ralph was a physical education teacher and coach for the Carlisle School District. He officiated wrestling at the high school and collegiate level for 27 years (1969-1997) and was inducted into the District III Wrestling Hall of Fame in 1997. Ralph and his wife Karen live in Carlisle.

2005 Baseball Team

The 2005 Penn Manor Baseball Team had a storybook ending to their season by winning the PIAA Class AAAA State Baseball Championship defeating State College High School 2-0 in the final to secure our school's first baseball state championship. It was an interesting trip as the team tied for the Section Championship but lost to Hempfield in the tie-breaker championship game 7-10. The team then went into LL League playoffs but lost in the first round to Annville Cleona 2-3. In the District III playoff, the boys won three in a row (3-2 over Carlisle; 5-3 over Wilson and 8-7 over Manheim Township) to put them into the District Championship game. The Comets came up short again losing to Lower Dauphin 3-5. On to State playoffs and Penn Manor went on a tear defeating North Penn 4-0; Neshaminy 8-6 and West Chester East 5-0 to put them in the State Championship game against State College. Jared Yecker pitched a strong 7 innings giving up only 2 hits, striking out 3 and no runs scored. Evan Slagle, Andy Drexel, Jared Yecker, Curran Blevins and Keith Rutt all contributed hits. The Comet defense came up big with some outstanding plays by the infield and outfield to prevent State College from mounting any kind of run. Penn Manor ended the season with an outstanding 24-6 record and the title of Best Baseball Team in the State of Pennsylvania.

Coaches - Head Coach Jim Zander; Assistant Coaches - Don Spangler, Scott Keddie, Scott Transue; Team - Curran Blevins, Kyle Caruthers, Mike Dommel, Andy Drexel, Kevin Dunn, Ryan Eshleman, Eric Fisher, Jordan Graham, Tom Greene, Tom Livermore, Steve O'Neill, Keith Rutt, Evan Slagle, Josh Squatrito, Sheldon Witmer, Jared Yecker, Shawn Yohe, Bobby Adams, Zachary Martin; Scorekeeper - Dave Morrison; Trainer - Dave Ohl.

The Class of 2014 Athletic Wall of Honor will be inducted in a ceremony that will be held in the high school library on Friday, January 9, 2015. If you are interested in buying a ticket to attend the dinner and induction ceremony, please contact Jeff Roth, Athletic Director, at 717-872-9520, ext 1367 or email him at jeff.roth@penmanor.net.

Commencement for the Class of 2014

On Tuesday, June 10, Penn Manor's Alumni Association gained another 434 potential members during the annual graduation ceremony on the campus of Franklin and Marshall College. Following a new Penn Manor tradition, the PM Class of 1964 attended graduation as V.I.P. guests as they celebrated 50 years since their own graduation. PMAA was pleased to present the Dr. D.L. Biemesderfer Award to class valedictorian, Lauren Longenecker. PMAA also recognized co-salutatorians Justin Gaukler and Laura Bleacher as winners of the Mary Klemmer Award. The alumni association also presented the Luella Mellinger Scholarship to graduate Victoria Herr.



PENN MANOR HOMECOMING - 2014



Mark your calendars for Friday, October 10th, as alumni return to Penn Manor to cheer on our Comets! The evening will feature the crowning of this year's Homecoming queen at the half-time of the football game between our powerhouse Comet team and the Manheim Township Blue Streaks. Game time is 7:00 PM.

Be sure to stop by at the PMAA tent inside Biemesderfer Stadium prior to the start of the game. The first 150 alums to stop by the tent will receive a free PMAA fleece scarf and don't miss out on the PMAA cash and gift card raffles.

Meet your friends and reconnect with classmates at the Penn Manor Alumni tent!

Memorial Gifts

Donors

Ronald & Ann Smith
Frank & Joyce Geist

In Memory of:

Roger Yard
Derek Weiss

New Lifetime Members

PMAA's Lifetime Members are key alumni and friends of the association, who have made the commitment to keep our association strong for many years to come. We salute the following individuals who have made this commitment during the current school year:

Name	Penn Manor Class
Gary Miller	1975
Earl Herr	1950

Meet PMAA's New President!

New PMAA President, Melissa (Detz) Ostrowski, graduated from Penn Manor in 1988, where she served as senior class secretary and co-editor of the school newspaper. Melissa also participated in Marching Band, Pit Orchestra for the Spring Musicals, Student Council and NHS. She continued her education at Millersville University, graduating in 1992 with a degree in Social Studies. For the next ten years Melissa taught American History at J.P.McCaskey while working on her Masters in School Counseling at MU. She returned to her alma mater as a high school counselor in 2002.

Melissa is married to Dan Ostrowski who serves on the Millersville Borough Council and works at Clipper Magazine. Their daughter, Lydia, will be a junior at PMHS this year. Their family includes two cats and a dog.

Melissa's other community involvement includes: Millersville Area Meals on Wheels, Millersville Lioness Club, Delta Kappa Gamma Education Society and Lancaster County School Counselors Association.

Her involvement in PMAA is a combination of Frank Geist's encouragement and her dad's community service (John Detz, PMHS Class of '63). Melissa's goal is to recruit new members who may be willing to help out PMAA in some way. She looks forward to the opportunity to welcome back alumni at the October 10, Homecoming Game, where we will have a tent, and also the April 18, 2015, Alumni Banquet.

PMAA General Membership Meetings

As alumni of Penn Manor you have voting rights at every general membership meeting during the year. PMAA is always looking for possible new programs that will benefit our alumni and our alma mater going forward. Your help in serving on a committee, serving as a future officer, or simply attending as an interested party will all be greatly appreciated. Help keep PMAA strong!

These meetings will be held at 6:30 p.m. in the alumni room in the high school library (please enter at the Central Complex near the new gym).

2014-2015 Meeting Dates

Tuesday, September 9, 2014
Tuesday, November 11, 2014
Tuesday, April 7, 2015 (This meeting will serve as the annual meeting of PMAA)

Call with any questions: 717-872-9520 ext. 1934

PMAA Executive Committee

Melissa Detz Ostrowski - President, Class of 1988
Frank Geist - Vice President, Class of 1963
Judy Herr Duke - Treasurer, Class of 1979
Gillian Graham - Recording Secretary, Class of 2007
Dolores Hippey Warfel - Corresponding Secretary, Class of 1960
Cindy Duncan LaMaster - PMAA Archivist, Class of 1974
Fred Wilds - Immediate Past President, Class of 1961
Cindy Brown Rhoades - Newsletter Editor, Class of 1976

Reunions

Go to the *Upcoming Reunions* tab on the PMAA website at www.pennmanor.net/alumni.

If you are having a reunion and would like to have it included on the website, please contact Cindy Rhoades at 872-9500, ext 2223 or by E-mail at cindy.rhoades@pennmanor.net with the details.

Mission Statement

The mission of the Penn Manor Alumni Association is to support, inform, and maintain communications with our alumni, encouraging them to play an active role in PMAA, support our alma mater, and remain part of the Penn Manor family.