



FACULTY

- Dr. John Oppliger, Chair
- Ms. Sarah Ball
- Dr. Allison Barry
- Dr. Mike Carper
- Dr. Laura Covert–Miller
- Dr. Scott Gorman
- Ms. Shelly Grimes
- Dr. Rick Hardy
- Dr. Rob Hefley
- Dr. Janice Jewett
- Dr. Cole Shewmake
- Dr. Julia Spresser

ADMINISTRATIVE ASSISTANT

- Susan Downing

GRADUATE ASSISTANTS

- Joshua Hudiburg
- Mohan Perumal
- Abbey Sommerauer
- Jose' Speer
- Brooke Wells–Lee

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Pittsburg State University

Health, Human Performance, and Recreation

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KIMBERLY RUHL,
TARA LAND, ABBY SCHOECH,
AND LAKIN HARDMAN

Administrator of the Year

Dr. John Oppliger

Dr. John Oppliger was awarded “Administrator of the Year” at the state KAHPERD Convention, held at PSU on October 23-25th by KAHPERD President, Karla Stenzel.

Colleagues shared the following: From PSU HHPR Professor, Dr. Rob Hefley, *“Dr. Oppliger is a role model, who has been selflessly serving others in our discipline for 30+ years. As our administrator and progressive leader, he has made sure that we have expanded our program offerings to meet the growing needs and interests of our students. For example, he facilitated the developed our Exercise Science Program, Applied Physiology Lab, Dance Minor and on-line Master’s Program; all very successful programs. We have maintained our Recreation and Physical Education accreditation largely due to his excellent leadership.”*

From PSU HHPR Professor, Dr. Julia Spresser, *“I am proud to say he is one of my best friends as well as a colleague. John is a loyal, fun, talented man that has left his mark in Kansas in many ways. Having the good fortune to know many great HPERD administrators, I can assure you John shares many attributes and is very worthy of this prestigious award!”*



Photo by Rachel Dobbs

Congratulations Dr. Oppliger!

Chair's Message

Dr. John Oppliger

Happy Holidays and welcome to the Fall 2019 edition of the Health, Human Performance and Recreation (HHPR) Newsletter. Students' and faculty activities are winding down and everybody is anxious for a nice break. We hope you enjoy the articles and photos as you too, prepare for the holidays.

October 23-25, the annual convention of the Kansas Association for Health, Physical Education, Recreation, and Dance (KAHPERD), was held at Pittsburg State University and hosted by the HHPR department. Our students won the Certificate of Membership Award for having the most student KAHPERD members. The large number of student workers, together with the work of the faculty, made the convention a great success. A special thanks to Dr. Shewmake for taking on the convention manager duties. A note of appreciation goes out to both the Dean of the College of Education, Dr. James Truelove, and the Provost and Vice-President for Academic Affairs, Dr. Howard Smith, for making appearances and greeting the attendees. President Dr. Steve Scott was out of town or he, too, would have participated. Our department is fortunate to have administrators who support our programs and understand the value of KAHPERD to all

Kansans. Finally, it is always exciting to host the convention and bring participants to southeast Kansas. The city of Pittsburg and Crawford County have always provided the much-needed support.

Our Exercise Science degree program continues to excel. Dr. Allie Barry and Dr. Mike Carper took 10 students to Tulsa for the American College of Sports Medicine, Central States Chapter Conference. Included in this issue are some of the research abstracts presented by students and faculty.

Recreation Services, Sport and Hospitality Management students have been involved in numerous events and have more planned for the next semester. The Kansas Recreation and Park Association Conference and Trade Show in Topeka in February and the Midwest Symposium on Therapeutic Recreation in St. Louis in April will have numerous Gorillas in attendance.

Students in the Dance minor and certificate programs, coordinated by Dr. Janice Jewett, seem to be everywhere in the Pittsburg area! From schools to Via Christi Village to the upcoming city of Pittsburg Christmas Parade, these events are popular and make us feel appreciated by the community.

We want to mention again that the modifications made to the Recreation Services, Sport and Hospitality Management with emphases areas in Recreation and Sport Management; Therapeutic Recreation; Hospitality; and Corporate and Workplace Wellness have been successful. We have experienced growth and a continual interest from prospective students in the four-state area

Finally, the department expresses thanks to all who have contributed to the department's endowment and will always welcome visits from our alumni family. We would appreciate hearing from alums and, with their permission, be able to include them in some manner in future issues of this newsletter.

Thanks to Ms. Sarah Ball for our social media. Please check us out on Facebook at:

***Pittsburg State, Health, Human Performance and Recreation* and follow us on Instagram [@pittstatehhpr](https://www.instagram.com/pittstatehhpr)**



ALUMNI SPOTLIGHT

Dr. Kaylah Williamson

Dr. Kaylah Williamson is a Physical Therapist in the Kansas City area. She works in a privately-owned clinic called Northland Physical Medicine, where she collaborates with two chiropractors and a nurse practitioner to treat the root cause of pain for patients. Kaylah joined the practice in January of 2019 as the only PT in the practice and has recently taken on the role of Director of Rehab where she treats patients and manages a physical therapist and four physical therapy assistants. She also works part-time at KU Medical Center in the Georgia Holland REACH Lab where she assists on two different research projects.

Kaylah was born and raised in Galena, Kansas, and received her B.S. in Exercise Science in 2013 and M.S. in Human Performance and Wellness in 2014 from Pitt State. While she attended Pitt State she worked at SERC and Mercy Hospital in Joplin as a PT Tech where she fell in love with all things rehab. She became a G.A. while working on her Master's in the HHPR Department at Pitt State where she worked with the professors and students of the program.

After receiving her master's, she was a full-time instructor from Fall 2014-Spring 2015 in the Exercise Science program at Pitt State where she taught Exercise Science courses to undergrad students. She then got accepted into the DPT program at KU Medical Center graduating in May 2018. While there she helped organize and develop JaySTART (Student Therapy and Rehabilitation Training), a free public PT and OT clinic. This clinic treats people of the community who are of lower income or who do not have insurance. This allows the students of the PT and OT programs to get one-on-one, hands on experience while also helping those in the community.

While working as a PT and Director of Rehab, Kaylah also is an adjunct instructor with Pitt State, teaching the online Biomechanics course for the Master's program through the HHPR Department. Kaylah loves helping mold the next generation of PT's, coaches, and teachers through this opportunity.

Kaylah enjoys hunting, kayaking, attending sporting events, and playing with her niece and her dog.

"I would not be where I am today without my Pitt State education. This education has provided me with so many opportunities that I otherwise would not have had. I am grateful for the continued support throughout my education and now into my career that Pitt State has provided me. They say that Once A Gorilla, Always A Gorilla. Truer words have never been spoken."



HHPR Graduate Assistants 2019-2020



BROOKE WELLS-LEE
PHYSICAL ED & DANCE



JOSE' SPEER
PHYSICAL EDUCATION



JOSH HUDIBURG
RECREATION

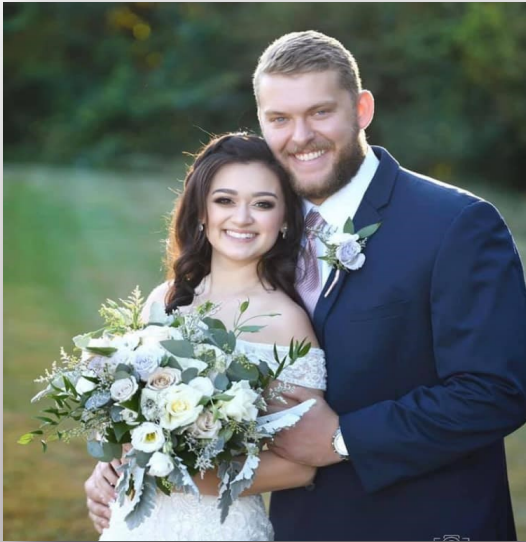


ABBEY SOMMERAUER
DANCE



MOHAN PERUMAL
EXERCISE SCIENCE

HHPR Happenings



Josh Hudiburg and Madi Grado were married on Oct 12, 2019, at “The Barn at Timber Cove.” Josh is a Graduate Assistant for the HHPR Department and Madi is a Cosmetologist at Smart Style in Pittsburg. Congrats Josh and Madi!

She said “YES”
Sarah Ball got engaged to Dr. Curtis Brown in October. Wedding plans are for May 2020. Congratulations Sarah & Curtis!



Dr. Scott Gorman received the distinction of University Professor at a reception, Nov 14th. This is the third time Dr. Gorman has received this award. Shown are PSU President, Dr. Steve Scott, and Provost, Dr. Howard Smith.

Congratulations Dr. Gorman!!!

Recreation News



Assessment & Document Class visited the senior housing group, Highland Meadows to complete mock TR assessments and implement therapeutic based activities for three weeks.

Interventions in Therapeutic Recreation Class designed and implemented therapeutic based activities for consumers of New Hope for eight weeks.

Research in Recreation class created surveys for Pittsburg Parks and Recreation Department collecting information on usage of the Four Oaks Golf Course and the support of a no-smoking and healthy eating policy in Pittsburg parks and facilities.



Drs. Hardy & Gorman taught several Korean students outside activities, i.e. fishing, kayaking, bocce ball, Kan Jam, etc. this summer.

Recreation News



Therapeutic Interventions for Older Adults Class designed and implemented therapeutic based activities for residents at Gran Villas for eight weeks. Pictured above was the students' last activity consisting of snowball fights and making holiday treats. Residents enjoyed their time with the students; a group picture was also taken.

Congratulations!

The following majors passed the National Certification Exam for Therapeutic Recreation Specialists:

Peyton Cravens
Madison Handy



Physical Education News



Ms. Grimes' Theories I Class finished their lesson on Bowling at Hillcrest Lanes in Pittsburg. Any 300's?

HHPR Graduates from 2003 (Tiffany Dirks, Elizabeth Masters, and Megan Mantooth) all attended the KAHERD Convention this past October. They were in the HHPR Office at the same time, so this photo re-creation was done.

Always good to see our alum!!!!



Dr. Julia Spresser's Theories III Classes went to area elementary schools to present games and activities to their students.

Exercise Science News

On August 5th, Dr. Allison Barry and GA, Mohan Perumal went to Atlanta, GA, for the 2nd Annual Research Symposium at the Fire-Rescue International Conference hosted by the International Association of Fire Chiefs. Dr. Barry presented the comparison of her data from her doctoral studies and the data that was collected over the past six months with the Pittsburg Fire Department. Mohan gave a poster presentation over the same data. Both were able to converse with fire chiefs from all over the country and learn how they are having their fire fighters engage in physical fitness. This was also a great networking opportunity for future collaborations in research.



A Comparison of Physical Activity and Cardiorespiratory Fitness in Midwest Firefighters

Evan Hutcheson¹, Mohan D. Perumal¹, Samantha R. Kopp¹, Michael J. Carper¹, Tanis J. Walch², Nathan D. Dicks³, Allison M. Barry¹

¹ Department of Health, Human Performance, and Recreation, Pittsburg State University, Pittsburg, Kansas

² Department of Kinesiology and Public Health Education, University of North Dakota, Grand Forks, North Dakota

³ Department of Nutrition, Dietetics, and Exercise Science, Concordia College, Moorhead, Minnesota

Introduction

- Improved physical activity (PA) and cardiorespiratory fitness (CRF) levels are necessary for firefighters to perform strenuous occupational demands (i.e., equipment up stairs, emergency medical use, etc.). These demands have been associated with increased cardiovascular events leading to disability and death.
- Sudden cardiac death accounted for 44% of all annual on-duty deaths in U.S. firefighters from 1995-2004.
- The push for wellness initiatives from the NFPA and the IAFC is crucial for firefighters to be able to perform their physiologically demanding jobs effectively while also increasing their longevity in the profession.

Purpose

To compare objectively measured physical activity and cardiorespiratory fitness between two independent fire departments.

Methods

- Fire department 1 (FD1) employs 110 and fire department 2 (FD2) employs 36 uniformed personnel.
- Height (cm) and body mass (kg) were used to assess body mass index (BMI). Waist circumference was also measured.
- Firefighters wore ActiGraph GT3X+ accelerometers on their right hip for one full tour (on- and off-duty days). The accelerometer tracked the amount of time firefighters engaged in light and moderate-to-vigorous physical activity.
- ACSM's PA guidelines were used as a set point to classify total accumulation of moderate-to-vigorous PA.

Methods

- Additionally, firefighters completed a stage-graded treadmill exercise test in their bunker gear (pants, boots, and jacket) to determine maximal oxygen uptake ($\dot{V}O_{2max}$).
- NFPA's recommendation of 42 ml/kg/min for $\dot{V}O_{2max}$ was used to see if firefighters were attaining the minimum cardiorespiratory fitness guidelines.

Results

- Six firefighters were classified as obese (five from FD1 and one from FD2).
- There were no significant differences between the two departments for sedentary ($r(41) = 0.823, p = .42$), LPA ($r(41) = -0.481, p = .63$), and MVPA ($r(41) = -0.719, p = .48$).
- Similarly, there was no significant difference in cardiorespiratory fitness (CRF) between FD1 and FD2 with $\dot{V}O_{2max}$ of 40.82 ± 6.95 and 40.19 ± 4.49 mL·kg⁻¹·min⁻¹, respectively ($r(41) = -0.313, p = .76$).
- Only 14 firefighters in FD1 compared to 8 in FD2 met ACSM's PA recommendation. 13 firefighters in FD1 compared to 6 in FD2 met NFPA's CRF recommendation.

Participants	Age (year)	Height (cm)	Body Mass (kg)	BMI (kg·m ⁻²)	Waist Circumference (cm)
FD1 (n=29)	34.45 ± 7.15	180.74 ± 6.80	94.70 ± 10.65	28.97 ± 2.52	96.48 ± 7.95
FD2 (n=14)	34.0 ± 6.50	178.89 ± 6.07	88.47 ± 10.71	27.63 ± 3.80	93.75 ± 6.79

TABLE 1. Participant Characteristics

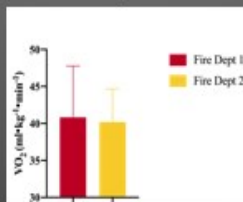


FIGURE 1. Mean $\dot{V}O_{2max}$ Values

Results

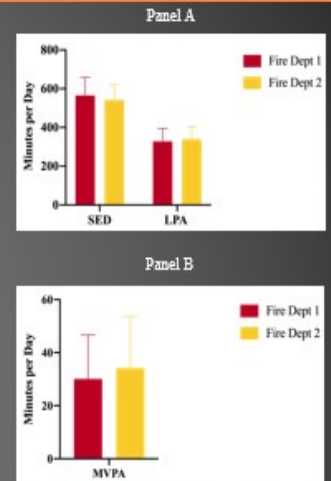


FIGURE 2. Mean PA Intensity for Sedentary (SED) and Light Physical Activity (LPA)(Panel A); Mean PA Intensity for moderate-to-vigorous (MVPA) (Panel B)

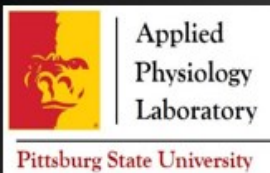
Conclusion

- These data demonstrates the need for increased focus on improving physical activity levels to improve overall health and wellness in firefighters.
- As part of the Wellness Fitness Initiative, fire departments should strive to have at least one hour of dedicated time for physical activity.
- This one hour is an imperative component to increase MVPA and, in turn, increase CRF to reduce the risk of cardiovascular events and increase longevity within firefighters' careers.



Exercise Science News

Applied Physiology Lab Assistants conducted fitness testing on approximately 400 students in seven Lifetime Fitness Classes for the fall semester. Data was compiled and results are shown on the abstract below.



Percent Body Fat Predicts Estimated VO₂MAX In College-Aged Individuals

Halle N. Brin¹, Samantha R. Kopp¹, Evan L. Hutcheson¹, Mohan D. Perumal¹, Allison M. Barry¹, and Michael J. Carper¹

¹ Department of Health, Human Performance, and Recreation, Pittsburg State University, Pittsburg, Kansas

Introduction

Research has shown that there is a decline in activity levels as students progress through high school and enter college. The decline in activity levels may contribute to increases in obesity rates, declines in cardiorespiratory fitness (CRF), and an overall increase in the onset of pathological disease states.

Purpose

To examine associations among percent body fat (%BF), waist circumference (WC), grip strength (GS), and CRF in college-aged freshman.

Methods

College female and male freshman, in a fitness concepts class, participated in this study. Subjects completed the following tests: Tanita to assess %BF; hand dynamometer to assess GS, and the Tecumseh sub-maximal step test, using heart rate recovery, to estimate CRF. A step-wise linear regression was used to determine associations among %BF, waist circumference, and grip strength, and CRF.

Results

This data indicate that %BF is the only significant predictor of cardiorespiratory fitness ($F(3,409) = 30.5$, $r^2 = 0.2$, $p < 0.001$). Waist circumference and grip strength were trending toward significance ($p = 0.08$ and 0.07 , respectively.)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.429	.184	.178	8.232

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Significance
1	Regression	6198.85	3	2066.28	30.484	.000 ^b
	Residual	27519.44	406	67.78		

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Significance
		B	Std. Error	Beta		
1	(Constant)	71.694	2.560		28.001	.000
	% BF	-.315	.046	-.365	-6.881	.000
	Waist (cm)	-.062	.035	-.095	-1.777	.076
	R Handgrip	.012	.007	.084	1.830	.068

a. Dependent Variable: Estimated VO₂max

Subject Demographics

Participants	Age (year)	Height (cm)	Body Mass (kg)	BMI (kg·m ⁻²)	Waist Circumference (cm)	Estimated VO ₂ MAX (ml·kg ⁻¹ ·min ⁻¹)	Body Fat (%)	R Handgrip
College-Aged Freshman (n=410)	18.6±0.5	172.2±9.9	76.1±3.9	24.8±5.7	84.1±3.9	59.9±9.1	21.8±0.5	35.1±3.1

Conclusion

Based on the results from this study, we have demonstrated that the measurement of percent body fat, in college-aged freshman, is a good predictor of CRF.

Although not significant, yet trending towards significance, waist circumference and grip strength could also be utilized to assist in predicting CRF.

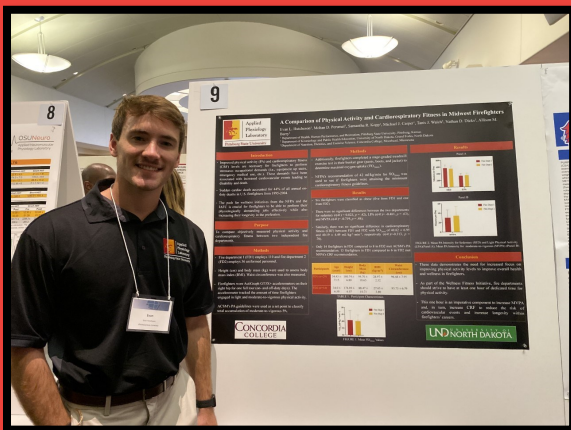
The measurements of percent body fat, waist circumference, and grip strength can be measured with inexpensive equipment and should be used as metrics if/when an exercise prescription is to be prescribed for college freshman wanting to engage in daily physical activity.

Corresponding Author:
Michael J. Carper, Ph.D.
mcarper@pittstate.edu

Exercise Science students attended the Central States American College of Sports Medicine Conference in Broken Arrow, OK. Six students participated on two quiz bowl teams with both teams making the top 10. Two students presented research completed in our Applied Physiology Lab. All students who attended the conference had a great time and gained more knowledge in the specific areas within Exercise Science.



Students attending L to R: Spencer Turnbull, Colter Hullings, Brock Crews, Mohan Perumal, Evan Hutcheson, and Blake Lacy. Ladies in front L to R: Halle Brin, Carly Adams, Lauren Esquibel, and Kelsey Kirby.



Evan Hutcheson shown with his poster presentation of data collected during firefighter study.



Halle Brin shown with her poster presentation of data collected testing Lifetime Fitness Concepts students.



Kansas Recreation & Park Association (KRPA) Board meeting and retreat was hosted by PSU on August 28-29th. The board toured several facilities on campus and met with Kathleen Flannery, Vice-President for University Advancement at PSU, who facilitated the discussion on strategic planning for KRPA.

Hunting Expo



Students from Dr. Gorman's Camping, Ms. Grimes' Theories I & II, and Dr. Hardy's Rec & Sports Management Classes volunteered to set up and manage the Archery Station at the World Class Hunting Expo, Sept 28-29. Archery was taught to community members of ALL ages. The event was sponsored in part by John's Sports Center, Pittsburg KS.

On October 17th, PSU's Health, Human, Performance, & Recreation Department hosted around 220 students from Pittsburg Community Middle School to participate in the "Fuel Up to Play 60!" a program in cooperation with the Kansas City Chiefs and the Midwest Dairy Council. The event took place in Carnie Smith Stadium. *"The NFL initiative is intended to get all students actively moving for 60 minutes every day and making healthy food choices, including eating more dairy,"* said HHPR faculty member Shelly Grimes, who was the coordinator for the event at PSU in collaboration with Amy Bartlow at PCMS and Andrew Smiktka of the Kansas City Chiefs. *"We'll celebrate the program's 10-year anniversary and will promote flag football as a means of achieving the 60-minute recommendation,"* Grimes said. Assisting were 20 physical education majors from Grimes' Theory and Fundamentals of Activities II Class.



Fuel Up to Play 60 is a leading national in-school health and wellness program launched by the National Football League and National Dairy Council. The program's primary focus is to help schools meet their wellness goals and encourage youth to consume nutrient-rich foods, whole grains, and lean protein and achieve at least 60 minutes of physical activity each day. Since its launch in 2009, more than 73,000 schools have enrolled in the program.



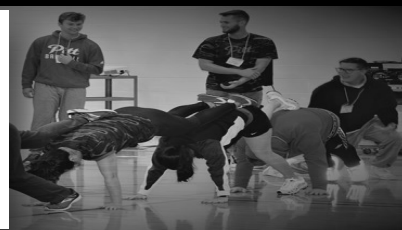
HOMECOMING

“There’s No Place Like Home” was the theme for the homecoming parade. on October 18th. This homecoming was filled with exciting competitions and outstanding nominations for royalty.

Cassidy Westhoff was elected to represent the HHPR Club. Cassidy also participates in Cross Country and attended Nationals this fall.



Libby VanRheen was elected to represent the HHPR Club. Libby is a member of Sigma Sigma Sigma Sorority.



Convention Awards



Kylie Edgecomb and Chris Fleury both received Appreciation Awards for their Technical Support during the KAHPERD Convention. Thanks for your expertise during the convention!!!! Presenting are Dr. John Oppliger and Dr. Scott Gorman.

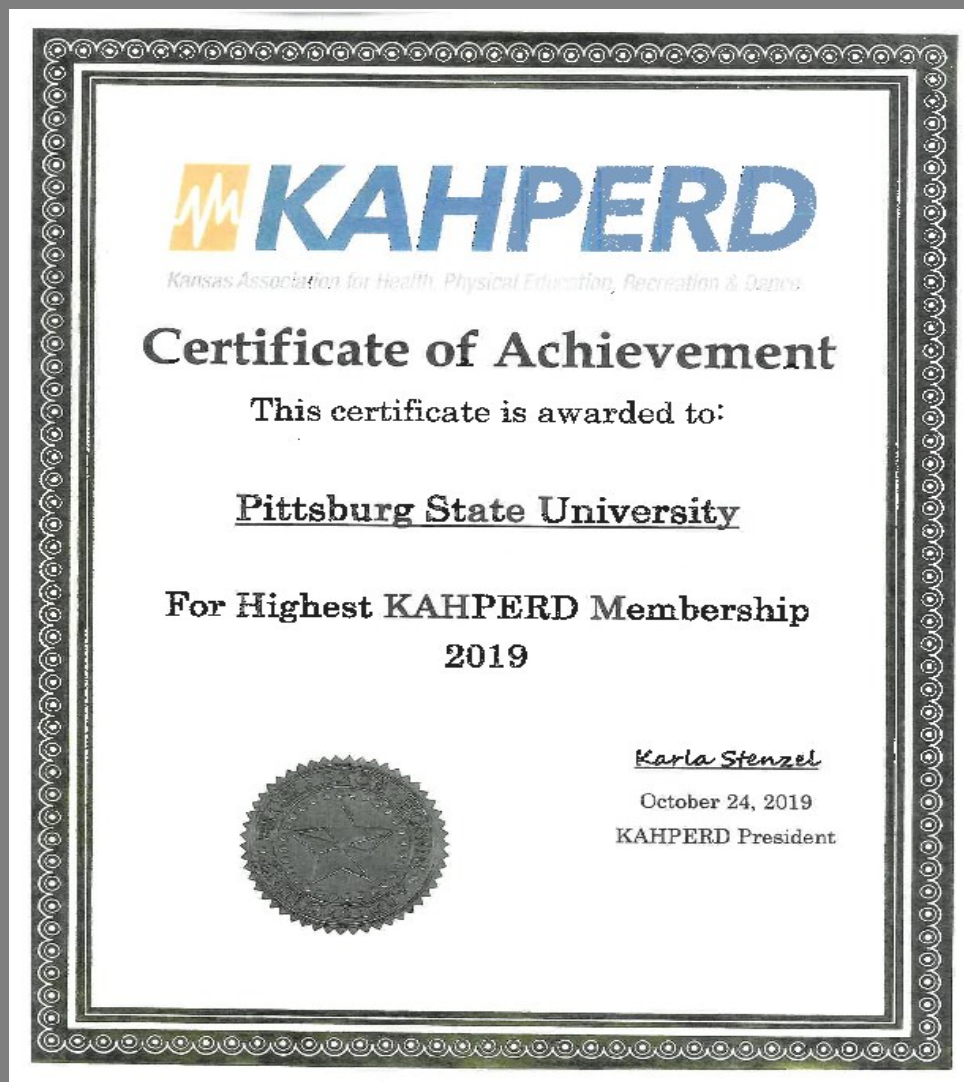


Grant Wolfe received the PE Award for PSU at the KAHPERD Convention. Pictured with Grant is his advisor, Dr. Cole Shewmake and KAHPERD President, Karla Stenzel
Congratulations Grant!



Marcus Alexander received the Rec Award for PSU at the KAHPERD Convention. Pictured with Marcus is his advisor, Dr. Rick Hardy and KAHPERD President, Karla Stenzel
Congratulations Marcus!

HIGHEST STUDENT MEMBERSHIP



KAHPERD President, Karla Stenzel, presented HHPR Club Sponsors, Dr. Cole Shewmake and Ms. Shelly Grimes with the KAHPERD Award for Highest Student Membership at the convention.

Congrats PSU Students!!!!

Photos below display activities and presentations during KASPERD Convention



Photos below display Archery Instructor Certification and Fly-fishing presentation during the KAHPERD Convention



HALLOWEEN



Halloween fun in Theories II Class:
Kyler Ray (Bubbles) and Mrs.
Grimes (Construction Worker).



Teale McKinzie's Abs, Glutes, &
Thighs Class dressed up for
Halloween.



Dr. Spresser is all dressed up for a spooky
Halloween Zumba Class.



TR-iffic Field Day

Senior level Therapeutic Recreation students designed and implemented TR-Iffic Field Day on November 7th at the PSU Plaster Center. The event is created for individuals with disabilities ages six - 60+. Area organizations and schools attended the event. There were 169 participants. Volunteers included majors from Recreation, Physical Education, & Exercise Science; all within the HHPR Department. When including volunteers, staff, and teachers, there were over 300 in attendance!



Rumble in the Jungle



Faculty, students, and grad assistants from the HHPR Department, share their perspective of Pitt State to future students at Rumble in the Jungle.



Christmas Parade



Approximately 40 students in Dr. Janice Jewett's and GA Abbey Sommerauer's classes were dancin' in the streets Monday, December 2nd, for the 40th Annual Pittsburg Christmas Parade. The temperature was a balmy 36 degrees.





Department of Health, Human Performance, & Recreation

Pittsburg State University



Include

Dance

in your Future!



A Dance Minor can lead to careers and training such as:

Studio Director

Studio Manager

Dance Team Coach

Dance Program Instructor

Stage Presence and Movement

Enhanced Use of Rhythms and Dance in the Classroom



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr





Department of Health, Human, Performance, & Recreation

Pittsburg State University

Interested in a Career in the Medical, Wellness, or Athletic Fields?

Make Exercise Science your Pre-Professional Degree
for entrance to:

Physical/Occupational Therapy
School
Chiropractic College

Athletic Training Program
Medical School
Pharmacy School



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr





Department of Health, Human Performance, & Recreation

Pittsburg State University

Interested in Hospitality Management / Event Planning Careers?



A degree in Hospitality Management can lead to careers such as:

Hotel/Resort Management

Wedding Coordinator

Event Planner

Regional Restaurant Managers

Cruise Director

CVB Management



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr





Department of Health, Human Performance, & Recreation

Pittsburg State University

Interested in a Career as a Game Warden or Park Ranger?



Recreation and Sport Management with the Natural History Minor

can lead to careers such as:

State Park Ranger

National Park Ranger

Game Warden

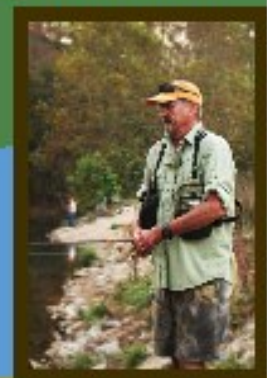
Environmental Educator

NAI Certified Interpretive Guide

Conservation Officer

Ropes Course Facilitator

Fishing/Hunting Guide



For more information:



@pittsburgstatehhpr

Visit: <https://www.pittstate.edu/education/hhpr/index.html>

@pittstatehhpr



Congratulations to our Graduates!

Exercise Science

Lauren Esquibel
Ashleigh Grimes
Lilly Jeffries
Ashley McDonald
Andrea Metcalfe
Lane Moran
Taylor Roberts
Dain Ruis

Physical Education

Darcy Burgess
Zach Dee
Chase Kilgore
Dawson Mauk
Conner McCaughey
Elizabeth Shroeder
Brett Thompson
Levi Wyrick

Recreation

Lexi Cole
Madison Handy
Tate Jung
Michaela Lebar
Omar Lewis
Elijah McGill
Jordon Nelson
Ashley Ramos
Kendyl Vandervoort
Brent Wilson

Graduate

Emilyn Dearman
Zachary Dickey
Black Smith
Dustin Summer

Hospitality Management Certificate

Kelly Sims

Coaching Certificate

Zach Dee
Chase Kilgore
Dawson Mauk
Conner McCaughey
Brett Thompson
Levi Wyrick

Student Secretary – Lakin Hardman

#OAGAAG

**A special THANKS to those who gifted the
HHPR Endowment**

Andrew and Shanna Albright
Bob Ahrens
John and Amanda Allen
Dr. Mary Coplen
Ron and Susan Downing
Steve and Lori Erwin
Stephen Foster
Scott and Beth Gorman
Michelle Grimes
Richard and Stephanie Grinage
Rob Hefley
Clark Howard
John and Kathy Oppliger
Matthew and Stacy Osterthun
Pamela and Guy Owings
Duane and Sheryl Rankin
Gary Thompson
Kevin Woods
Products Plus Incorporated



me

Happy Holidays From HHPR!

Laura E. Miller
 John Oprely
 Kimberly Kahl
 Shelly
 Trina
 John Spear
 Tara Lanel
 Abby Scholch
 Josh
 Bradley
 Alice
 Barry
 Cole Shunk
 Janice Jewett
 Melissa Messer
 Sarah Ball
 Brooke Wells-lee
 Susan Downing
 May you have a joyous holiday!
 Summerauer
 [Signature]
 [Signature]