



Faculty

- Dr. John Oppliger, Chair
- Dr. David Boffey
- Dr. Mike Carper
- Dr. Laura Covert-Miller
- Dr. Scott Gorman
- Ms. Shelly Grimes
- Dr. Rick Hardy
- Dr. Shelby Hutchens
- Dr. Janice Jewett
- Dr. Cole Shewmake
- Dr. Julia Spresser

ADMINISTRATIVE ASSISTANT

- Susan Downing

GRADUATE ASSISTANTS

- Breonna Goodwin
- Elizabeth Hayes
- Libby (VanRheen) Rohr
- Karissa Winkel

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Pittsburg State University

Health, Human Performance, and Recreation

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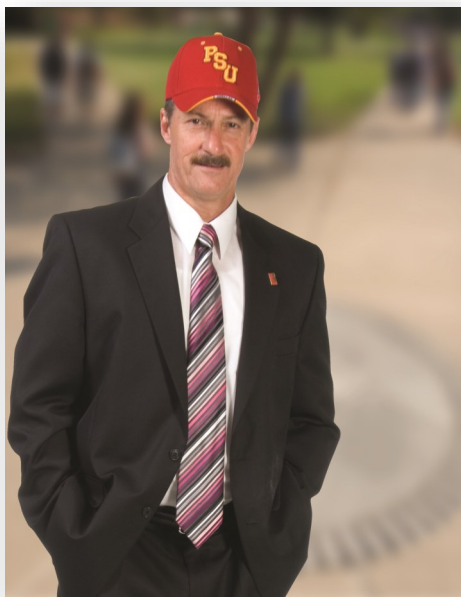
Hail to the Chief!



Dr. John Oppliger became President of the Kansas Association for Health, Physical Education, Recreation, and Dance (KAHPERD) state organization this past October. Passing the gavel is Past-President, Jackie Hall, from Uniontown.

Congratulations Dr. Oppliger!





Chair's Message

Welcome to the Fall/Winter 2022 edition of the HHPR Newsletter! Weather wise, it has been a relatively nice fall here at Pitt and hopefully you are experiencing the same wherever you are. As usual, we have included many photos in this issue as we always try to record the many student and faculty endeavors.

Pittsburg State University has a new president. Dr. Daniel (Dan) Shipp comes to us from the University of Nebraska Medical Center where he served as the Vice Chancellor for Strategic Initiatives and Associate to the Chancellor. Dan has a strong background in campus recreation and the type of services student's desire, all of which can contribute to improved student retention.

"It's More Than the Classroom," is a theme we adhere to within the department. Our students participate in activities in area schools, assisted living centers, labs on campus, professional workshops and conferences, practicums, field experiences, and internships. We have always taken pride and been recognized as providing students with real-world/career-related opportunities.

Contributing to the success of the department are the alums, their families, and friends who have donated to the HHPR Endowment. We express a sincere ***"Thank You"*** and always include these names in the newsletter.

We are also thankful that the number of established scholarships and sponsored agreements for HHPR students has increased from three to eight, in the past few years. Students who receive these scholarships have a demonstrated need and are always appreciative. It's not uncommon for those of us from our generation to think today's students have it made or are not as serious as they should be. However, the number of our students working two and even three odd jobs and needing an extra semester or two of classes to finish their degrees – is heartening and can be a reminder of obstacles some of us once faced.

Helen Messenger Scholarship

M.E. Triplett Scholarship

Nadine Sheffield Scholarship

Karl B Larson & Rowena Sohosky Larson Scholarship

Weickert & Cichowski Endowed Scholarship

Shelly Grimes Fitness Scholarship

Matthew Nutter Memorial Scholarship

O'Neil Legacy Scholarship

The HHPR Major of the Year Grant

Stephen Foster Student Professional Development Fund

Finally, always remember we 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.

ALUMNI SPOTLIGHT

PAGE 3

Ticia Herd

Hello fellow Gorillas! My name is Ticia (Nicholson) Herd. I now live in Mulvane, Kansas, and serve my community as the Executive Director of Mulvane Recreation Commission. I am married to the love of my life, Patrick Herd, and we have five children; Aaron (Sarah), Holly (Jeremy), Olivia (Jacob), Gabrielle, and Sophia; and seven grandchildren; Christian, Calista, Keaton, Ellie, Brody, Bradley, and Josie; and one great-grandbaby, Hudson. Along with our great-grandbaby, we just welcomed a new grandbaby as well (Josie).

Go-Rillas! I am and have always been proud to be a Gorilla! The second semester of my sophomore year at Pittsburg State, I vividly remember receiving a letter from the Registrar that read, "Due to the number of credit hours you currently have, you must declare a major. You can no longer be undeclared." My heart leapt out of my chest and anxiety filled my body. I immediately started crying and picked up the phone and called my dad!

"Dad! They are making me choose a major! I have no idea what I want to do with the rest of my life!" He started laughing. Then he coached me through it like he always did. He told me I could always change my major, just choose and move forward.

I scoured the course book, yes, back then, there were books with course listings and majors. I read about Recreation. I had worked for my hometown's recreation commission all through high school and on breaks during college. We had a small recreation commission and a part-time director. I couldn't believe it was actually a degree! I love recreation and I love serving my community! What a perfect combination!

In 1995, I graduated from Pittsburg State University with a Bachelor of Science in Recreation, with an emphasis in Recreation Therapy and Minor in Psychology. The greatest joy about recreation is the diversity I have been able to enjoy in the various jobs I have held and most importantly, the duties I am able to honor while still being true to recreation! It is the greatest career!

My first professional job was in long-term care as a Recreational Therapist in Great Bend, Kansas, where I fell in love with the senior citizen population. Working with this population and the various departmental staff, such as nursing, physical therapists, and aides, prepared



ALUMNI SPOTLIGHT

Ticia Herd

me for my next position in a rehab center. Working in Fort Scott, Kansas, at Mercy Hospital, I was able to hone my skills as a caregiver as well as secure medical knowledge that propelled me forward into the next professional leap.

I began my own consulting business, consulting to activity departments in long-term care facilities. Here I learned the value of working with people, meeting them where they are in their journeys, and providing compassionate direction. This job helped me get a job in management at an assisted living facility and then eventually I earned my Assisted Living Director License and accepted a position as the Maria Court Assisted Living Director in Mulvane, Kansas.

I was so excited to have this opportunity. I was able to use the skills I had learned in the previous six years as the director, even though I still had much to learn. I had an amazing mentor who was fair and consistent, as well as very easy for me to talk to. She was incredibly patient with my mistakes and always took the time to listen. These are attributes I treasured in her and have tried to emulate as a director, myself.

As much as I loved this job, the position of Mulvane Recreation Commission Director came open and my love for public parks and recreation could not keep me away from applying for this job. I had to go for it! I was fortunate enough to land the job and I have never looked back! I have served as the Executive Director for Mulvane Recreation for 15 and ½ years. In that time, we have grown exponentially.



You never know where life may take you or the path you may travel to reach your destination, but I will always be grateful for my years at Pittsburg State University and my connection to Southeast Kansas. I will forever be “*Once A Gorilla, Always A Gorilla*”. Thank you so much to the educators, mentors, co-workers, and friends that helped me along the way!

Years of service: (total in Rec) *27 years in recreation; 21+ in public recreation (includes jobs in high school and college)*

Years as a KRPA member: *16 years as KRPA member*

Years at Mulvane: *15+ years at Mulvane Recreation (20 years if you include my youth experience at Mulvane Rec)*

#OAGAAG

HHPR Graduate Assistants



Breonna Goodwin
Recreation/Dance



Elizabeth Hayes
Dance



Libby (VanRheen) Rohr
Recreation



Karissa Winkel
Physical Education/Exercise Science

HHPR Happenings



This past fall Shelly Grimes (above) ran in the Great American Relay Race from Baxter Springs, KS to Quapaw, OK.

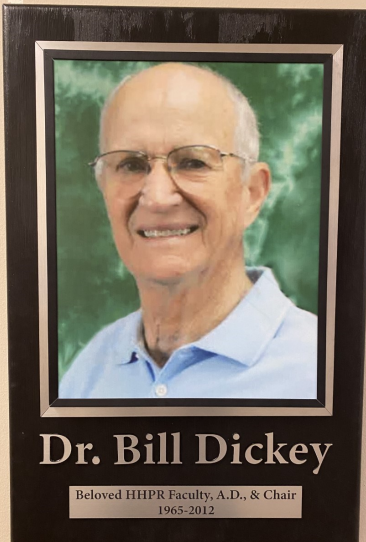
Way to Go Shelly!

Graduate Assistant, Libby VanRheen, (below) got married this past September to Bryson Rohr.

Congratulations!



A plaque honoring Dr. Bill Dickey was installed in the HHPR Department. Daniel Macias, Printing and Design, constructed the plaque and was assisted with installation by Ryan Qualls. Thank you Daniel & Ryan! Dr. Bill Dickey, former faculty, A.D., and Chair passed away in April of 2022.



HHPR Happenings

Shelly Grimes received a \$9,500 grant from the Pritchett Foundation to purchase NASP archery equipment for the Physical Education majors. Theories I students were trained to use the equipment from this grant and will become certified Archery In Schools Instructors at the completion of the semester. The competitive sport of Archery is very popular in the area schools.

Thank you BMO Bank & Pritchett Trust Foundation!



HHPR Happenings



Graduate student, Amelia Mallatt, worked as the Volunteer and Community Outreach Coordinator for the Northwest Passage Road Ragnar Relay, a 200 mile relay race in Washington with 36 set exchange points for teams of 6 or 12.



GA, Breonna Goodwin bedazzled a Pitt State jean jacket!



Shelly Grimes at the Kansas City Chiefs Fit Gym with Harrison Butker, kicker for the KC Chiefs!

HHPR Happenings



Dr. Rick Hardy spent three weeks in Asunción, Paraguay this past October. He was there to teach a class for PSU. One of the opportunities he shared with students was to attend a Paraguayan professional league soccer match. Dr. Hardy noted Arrowhead stadium, with more seating capacity, isn't even close to the noise production the fans at La Nueva Olla / Estadio General Pablo Rojas make! Everyone had a great time!



DANCE NEWS



All Things Dance was a recruiting event held at Root Coffeehouse to distribute information about Dance at PSU! Pictured above are GA, Elizabeth Hayes, PSU Dance Team Sponsor, Rocky Restivo, and Recreation/Dance faculty, Dr. Janice Jewett.





DANCE NEWS



Dance Appreciation students taught 1st & 5th graders dance and rhythms at George Nettels Elementary. Dances included various line dances, folk dances, and rhythmical activities.

DANCE NEWS



Dance Appreciation students visited with 4th grade students at Frank Layden Elementary School in Frontenac. The students taught the 4th graders various line, partner, and folk dances.



The Dance Club hosted their second workshop of the semester (pictured above) with Elizabeth Hayes teaching a fun dance to “*Crazy Train*” by Ozzy Osbourne! The club also elected officers for the year.



DANCE NEWS



Members of the PSU Dance Club, Elizabeth Hayes' Jazz Class, and Yana Feldman's Ballet Class performed at the SEK Symphony's Holiday Extravaganza on December 4th at the Bicknell Family Center for the Arts. PSU Dance Club Members performing included Emily Burke, Clarissa Worley, and Madelyn Proper dancing to "Sleigh Ride". The students choreographed this piece. Students from the Jazz Class included Lexi Brodrick, Halee Harpenau, Mattie Vacca, Treva Neathery, Emma Daly, Emma Gaul, and Katie Nelson dancing to "Jingle Bell Rock". Elizabeth Hayes, Graduate Assistant in HHPR, choreographed this piece. Students from the Ballet Class included Clarissa Worley and Megan Guthrie dancing to "Troika" with choreography by Yana Feldman, Instructor.



Students from Jazz Class listed above.



Megan Guthrie from Ballet Class



Elizabeth Hayes, Dr. Janice Jewett, Yana Feldman, and daughter, Eva.



Emily Burke, Clarissa Worley, and Madelyn Proper from the PSU Dance Club.

You're Invited!

PSU's 3rd Annual Dance Research
Symposium & Performance

Collaboration - Community - Courage

Wednesday, April 12, 2023

5:30 pm- Research Symposium in the
Bicknell Family Center for the Arts Lobby

7:30 pm- Performance in the
Bicknell Family Center for the Arts
Linda & Lee Scott Performance Hall



Exercise Science News



New timing gates (pictured above) enable students to accurately test their speed and agility before and after training programs.

Students use Rogue Echo Bikes (right) to measure full-body anaerobic power output.



The Exercise Science program now offers two emphases areas...Human Performance Strength & Conditioning/ Clinical Pre-Professional!

EXERCISE SCIENCE



**HUMAN PERFORMANCE
STRENGTH AND CONDITIONING**



**CLINICAL
PRE-PROFESSIONAL**

Exercise Science News

Drs. David Boffey and Mike Carper continued the renovation of the Human Performance Laboratory this fall. Students use top-of-the line Rogue equipment in class to apply Exercise Science.



Students have a full set of dumbbells, kettlebells, and bands to use while demonstrating, teaching, and learning exercises.



Students used the Tendo device attached to the barbell to measure bar speed and power using a variety of barbells and exercises.



Exercise Science students Kam O'Dell and Alejandro Garcia-Perez used the Tendo to measure speed and power of our Pitt State football players.



Exercise Science News

The Fall 2022 semester of the Exercise Science program saw the start of a new emphasis area in Human Performance/Strength and Conditioning (HP/S&C). This new emphasis is under the direction of Assistant Professor, Dr. David Boffey and offers students the opportunity to study the science and skills held and used by various fitness professionals as well as study the basic principles of strength and conditioning. The students then employ those principles to various populations using state-of-the-art equipment in the Human Performance Laboratory (HPL).

A number of these students have had experiential learning opportunities by working with Pitt State athletes in the Plaster Center's ProMaxima Strength and Conditioning Center while completing their program-required internships. These learning experiences have allowed students to work on applying their content knowledge as well as refining their interpersonal communication skills with competitive athletes in a real-world environment and under the direction of Dr. Boffey and Pitt State's very own strength coaches.

In the classroom and the HPL, students are using the Tendo Power Analyzer unit to measure movement velocity and power output during various lifts, such as the barbell squat and bench press. These students are also using the Brower Timing System, which can be used to measure the time to complete various activities such as sprint and agility tests in athletic populations.

The HPL is outfitted with the latest strength training equipment which provides a realistic experience to the students that they wouldn't receive at other mid-sized universities in our area. These types of specialized equipment and experiences allow students the opportunity to apply what they have learned in the classroom and/or HPL to real-world settings and then analyze and report data that were collected from those experiences.

The Clinical/Pre-Professional Emphasis is finishing its 10th year of existence in the Exercise Science Program. This emphasis area is under the direction of Associate Professor, Dr. Mike Carper and offers students the opportunity to study the major themes of exercise physiology. This emphasis also offers students the opportunity to learn about chronic clinical disease states such as respiratory diseases (e.g., COPD and emphysema) and endocrine and metabolic diseases (e.g., obesity, diabetes, and metabolic syndrome), to name a few.

Students complete a laboratory component, in the Applied Physiology Laboratory (APL), which introduces them to the ParvoMedics Metabolic Measurement Cart (Parvo) for measurement of the body's usage of oxygen during exercise and/or physical activity. Using the Parvo, students learn about exercise cardiac output (i.e., how much blood the heart ejects in one minute), exercise pulmonary function (i.e., how the lungs work during exercise), how calories from carbohydrates and fats are used to power exercise (i.e., exercise metabolism), and the gas exchange threshold (i.e., the point at which lactate begins to accumulate in the blood during exercise).



Exercise Science News

Students also learn how to administer exercise tests on our research-grade Monark exercise bikes to measure power output and critical power. As with the HP/S&C Emphasis, students in the Clinical/Pre-Professional Emphasis spend a great deal of time in the laboratory refining the skills-based component of our program. Students also learn how to collect basic, yet important, measurements of health such as resting and exercise blood pressure and heart rate.



To date, the Exercise Science program has had the following number of students accepted into graduate or professional programs:

- 40 – Doctor of Physical Therapy
- 15 – Doctor or Master of Occupational Therapy
- 2 – Doctor of Medicine (M.D.)
- 2 – Doctor of Philosophy (Ph.D., Exercise Physiology or Kinesiology)
- 1 – Doctor of Pharmacy
- 11 – Doctor of Chiropractic
- 20 – Master of Exercise Physiology, Kinesiology, or other related fields
- 3 – Master of Physician Assistant
- 1 – Master of Athletic Training



The Exercise Science Program will remain committed to assisting the greater university community in producing outstanding students who will continue to add to the body of knowledge in various healthcare fields.

Mike Carper, Ph.D.

David Boffey, Ph.D.

Physical Education News

Dr. Cole Shewmake's Motor Development Class visited The Family Resource Center in Pittsburg to do a class activity with the children. Students had been discussing basic reflexive, rudimentary, and fundamental movements of infants to 5 years old. While at The Center, the Motor Development students were able to see first-hand the concepts that they have been discussing in class.



Physical Education News



Shelly Grimes' Theories I
Class did a Golf Unit at
Four Oaks Golf Course in
Pittsburg.



Nathan Jones and Karley Crow, students in Dr. Julia Spresser's Theories III Class, are teaching aerobics to Kindergarteners and 2nd Graders at Meadowlark Elementary School in Pittsburg.



Physical Education News



Theories II Class presented **Play60** to students at St. Mary's Colgan and Pittsburg Schools.



Physical Education News



Shelly Grimes' Theories I Class did a unit on Pickle Ball.



FIRST AID

Shelly Grimes' First Aid and CPR Classes learned how to splint.



Physical Education News

Dr. Julia Spresser's class at Meadowlark Elementary School taught Gymnastics.



Karley Crowe and Nathan Jones taught Aerobics at Meadowlark Elementary.



RECREATION NEWS



Athletes with Special Olympics Kansas received athletic shoes as part of the spring Fitness Challenge Program. Shoes were funded by a Special Olympics Grant. Dr. Laura Covert-Miller works closely with this grant and the Special Olympics Organization. Graduate Assistant, Libby Rohr, and Therapeutic Recreation students were responsible for conducting fitness evaluations with athletes and analyzing data. Congrats to all the athletes!

RECREATION NEWS

Students in Dr. Covert-Miller's Therapeutic Interventions for Older Adults Class created and conducted an eight-week Golden Gorillas Class for seniors at the Pittsburgh Family YMCA. Students were responsible for naming the class, creating, and leading various wellness-based interventions at the YMCA. Pictured below are students and seniors enjoying their time learning and being active together.



Dr. Laura Covert-Miller was a recipient of a Golisano Health Leadership Award! The Golisano Health Leadership Awards recognize health champions—leaders and organizations—that are making a significant contribution to equal access to health, fitness, or wellness for people with intellectual disabilities. The award also promotes awareness for the progress and extraordinary efforts toward fulfilling the goals, values, and mission of Special Olympics Health work. This is the highest Special Olympics honor for health partners.



Congratulations Dr. Covert-Miller!

RECREATION NEWS



Students in the Interventions for Therapeutic Recreation Class designed and implemented therapeutic-based interventions focusing on physical, social, and cognitive skills for consumers of New Hope Services. Students and consumers participated in student-led interventions for eight-weeks during the semester.



RECREATION NEWS



Students conducted mock assessments with residents at a local independent living community. Students were then responsible for writing mock treatment plans based on assessment information. They were then divided into groups to plan and implement therapeutic-based interventions with the residents. Students were responsible for completing the entire APIED process (assess, plan, implement, evaluate, and document).



Pictured above are outcomes completed based on the mock treatment plans created. Students and residents did progressive paintings for the group intervention.

Recreation Student Testimonials

The Therapeutic Recreation Program, for me, has been a place of learning and growing. Freshman year I walked in not knowing much about anything other than I wanted to work with kids, I can now confidently say that I will have the knowledge and experience to work with the population I have always dreamed of. I have been offered a plethora of community based, hands-on experiences with several different populations due to this program. Because of the opportunities I have been provided, I feel prepared and more certain about my future career. I wish to work with pediatric mental health patients in either a modified school or residential setting. Being a part of this specific program has helped me solidify my future career and I feel far more prepared than I could have ever imagined.

- Madie Steed— Junior



Prior to sophomore year at Pitt State, I was not aware of Therapeutic Recreation, but thankfully I found out about it through the Career Services Office when looking to switch my major. Switching into Therapeutic Recreation was one of the best decisions I have made. I have been able to do so many things while being a part of this department. Within my courses there are so many opportunities to work in the community and put learned applications from class into practice. Students get to work with different community organizations and plan and implement different interventions, which helps foster a greater understanding of what might be done after we graduate. Through this program I have been able to grow in knowledge and confidence to prepare for moving into the professional world. This department makes sure to create projects that have meaning, rather than doing things simply to be done.

- Chandler Wortman- Senior





RECREATION RESEARCH

Libby Rohr, Graduate Assistant, created and led a leisure education class at Pittsburgh High School that met twice a week for four weeks. She and the Therapeutic Recreation Lab Assistants led leisure education interventions with PHS's Career and Life Skills Class. The point of the interventions was to focus on improving social skills such as positive interactions, encouragement, and dealing with emotions in an appropriate way, and accepting others. The overall goal of the project was to implement therapeutic interventions that would increase the student's self-efficacy and self-awareness. There were improvements in the students since starting this project such as an increase in self-efficacy. For instance, some students who doubted themselves really began to adopt those feelings of self-efficacy and it was evident the interventions had a positive impact on this class! Libby and the lab assistants also collected pre-assessments and post-assessments in order to see whether their leisure interests, social skills, or self-awareness has changed throughout the project. The time spent at PHS helped student researchers gain experience with the adolescent population. It was evident the program was very rewarding based on the progress the PHS students made.



The Research in Recreation Class partnered with the Pittsburgh YMCA to help improve their scholarship guidelines. Students in the class were responsible for developing a survey to collect information from YMCAs of similar size towns and socio-economic status. Once students analyzed the results, they were then shared with the Pittsburgh YMCA. Through this project, students were able to better understand the research process while gaining hands-on research experience.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TR-iffic Day of Play



In November, the TR-Iffic Safari Adventure was put on by the Interventions in Therapeutic Recreation Class. This event allows people of any age and ability level the chance to have fun, socialize, and enjoy activities created just for them. Over 100 participants were in attendance. Activities were Safari themed and featured parachute games, a fruit walk, corn hole, a crafts station, Hungry Hungry Hippo, a Nerf gun station, and more. The participants look forward to this event each semester and there is always a great turnout!

TR-iffic Day of Play



Dr. Gorman's Camping & Outdoor Education Class





Rumble in the Jungle



Over 1,000 future Gorillas & their parents attended PSU's recruiting event, *Rumble in the Jungle*. Several HHPR faculty, GA's, & students were on hand to greet and give an overview of our programs. Highlight of our booth was the tap dancing skills of Recreation/Dance student, Halee Harpenau!



Future Professionals Conference



The Future Professionals Conference sponsored by KAHPERD and PSU's HHPR Department was held in the Student Recreation Center this past October. College professors and high school teachers presented a variety of sessions including Cup Stacking, Drumtastic, Interdisciplinary Training, Play 60, NED, and Adventure Education. Over 100 college students from Baker, Benedictine, Emporia, Fort Hays, Pitt State, Sterling, and KU attended this event. (More pictures on page 25)

Future Professionals Conference



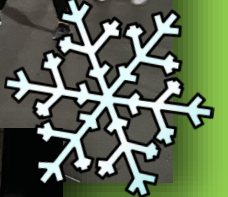
CHRISTMAS PARADE



Approximately 40 students took to dancing in the streets at the Pittsburg Christmas Parade in November. The weather cooperated featuring a mild, starry sky, with little wind. Students enjoyed doing a Hip-Hop partner dance to *"You Make It Feel Like Christmas"*, by Blake Shelton & Gwen Stefani. The dance was choreographed by students in Elizabeth Hayes' Hip Hop Class with additions by Dr. Jewett & Ms. Hayes. Dancing were students from Hip Hop, Musical Theatre, and two Dance Appreciation Classes. Banner carriers were Emerald and Etain, children of PSU Psychology Major, Laila Berkey-Davis, who participated in the parade as a student in Dance Appreciation.



CHRISTMAS PARADE



Congratulations to our Graduates!

Exercise Science

**Alyssa Graber
Megan McDonald
Courtney Mertens
Alexandria Stanek
Kiefer Tucker
Kyla Zornes**

Physical Education

**Braven Born
Andrew Calhoon
Tristan Gegg
Emma Henning
Ryan Hughes
Luke Jennings
Wes Leach
Trey Mooney**



Graduate

**Skyler Allen
Rabecca Bales
Ukoh Essang
Katrina Froebe
Jacob Galbraith
Caitlin Long
Logan Roberts
Sean Sakurai
Traci Walker**

Recreation

**Zachery Burch
Makenna Jennings**

A Special THANKS to Those Who Gifted The HHPR Endowment

Andrew & Shanna Albright

John & Amanda Allen

Tommy & Jill Ayers

Bob Ahrens

Dr. David Boffey

Dr. Tom & Koeta Bryant (Dr. Bill Dickey Memorial)

Michael & Jeanna Church

Missy Clark

Dr. Mary Coplen

Ron & Susan Downing

Kylie Edgecomb

Patrick & Stephanie Forbes

Stephen Foster

Frontenac Fire Fighters

Bob Gibson

Dr. Scott & Beth Gorman

Michelle Grimes

Richard & Stephanie Grinage

Lisa Gunya

Dr. Robert Hefley

Clark Howard

Gerald & Elizabeth Masters

Deborah Newkirk

Dr. John & Kathy Oppliger

Matthew & Stacy Osterthun

Pamela & Guy Owings

Pritchett Foundation

Duane & Sheryl Rankin

Dr. Cole & Jennifer Shewmake

Marian Simpson

Michael & Jo Slaughter

Gary Thompson

Kevin Woods

Randall & Kathleen Wrensch

Happy Holidays from ^{JM}HHPR!

Bronna
Woodwin

Johanna
Epstein

Shelly
Grune

Alex VanRheen
Lihly Boher

Rog
Weg

Karissa
Yukel

Cole
Sle
Janice
Gruett

Elizabeth
Ary's

Shelly
Boher

Halle
Harperman

Julia
Gruesser

Susan
Downing

Laura
Caret Miller

Dan
B

Dr. H.
Z