

GLENVILLE STATE UNIVERSITY

Pioneer Update

The monthly newsletter for alumni and friends of Glenville State University.

Alumni SPOTLIGHT



Allan "Al" Johnson '80 is currently serving as the Chief Development Officer for the Collegiate Strength & Conditioning Coaches Association (CSCCa). In his leadership role with the CSCCa Executive Team, Allan oversees and leads 2,500 collegiate and professional Strength and Conditioning Coaches. Allan was one of the original board members of the CSCCa when it was formulated in 2000.

He graduated from Glenville State in December 1979 with a bachelor's degree in Physical Education and Health and Safety. Allan also ran track and played football for the Pioneers. He went on to earn a master's degree in Sports Management and Administration from West Virginia University.

Before joining the CSCCa, he coached for over 35 years at the high school, college, and professional level as a Strength and Conditioning Coach. He coached in 25 post-season football and basketball bowl games and Sweet 16 NCAA Basketball Tournaments, and he was part of the Ohio State University 2002 National Championship Football Staff. Allan has coached several hundred NFL, NBA, WNBA, and MLB Draft Picks throughout his coaching career.



Rain Doesn't Dampen Spirits at GSU Homecoming 2023

Although the weather didn't fully cooperate in Glenville for the Saturday Homecoming festivities, those in attendance didn't let it ruin a good time.

Students took part in various events leading up to the weekend, including Homecoming Court Coronation, a picnic and game show, mental health awareness walk, art show opening reception, the annual Music Fest concert, casino night and dance, chili cook-off, an outdoor concert, and pep rally.

Homecoming Weekend kicked off with the annual Tim Carney '62 Golf Outing which consisted of 22 teams made up of 88 golfers. The winning team included Trae Sprague '12, Joe Evans '11, Matt Metz '15, and Derek Myers; second place was Team SLS Land and Energy (Greg Smith '75, Chad Drennen, Adam Gissy '17, and Patrick Morrison); and third place was Team Dodgers (Mike Seals, Bob Sowards '90, Brian Carney, and Aaron Dillon).

Despite early rain on Saturday, skies cleared just in time for the parade in downtown Glenville with Professor Emeritus Wayne deRosset acting as announcer. Jerry Burkhammer '87 served as the Parade Marshal and was joined by his sons, Zack '14 and Ethan '23. Several members of Glenville State's 1973 and 1993 national runner up football teams – the 2023 Homecoming Honorees – rode through the parade along with GSU student organizations, athletic teams, and community groups.

The Pioneer Marching Band was supplemented by several Alumni Band members again this year. They joined the current band in the parade, to welcome the football team to Morris Stadium, and for pregame festivities.

Tailgating took place at Morris Stadium prior to the football game, allowing time for alumni and friends to reconnect.

The football game got underway before rain returned at the end of the first quarter. After a sluggish start, the Pioneers pulled out a strong second half to beat the Wheeling University Cardinals, 27-13. Members of the 1973 and 1993 teams donned their rain jackets to be recognized once again at halftime.

Click [here](#) to view a gallery of photos from Homecoming Week or relive the fun by watching our [recap video](#).

Allan has previously served as the Assistant Athletic Director for Football Performance at East Tennessee State University, was Assistant Director of Football Performance at Northwestern University, Director of Football Performance at Ohio State University, Strength and Conditioning Coach for the Baltimore Orioles, and Director of Strength and Conditioning at WVU. While at WVU Allan was part of two WVU Football Teams that went undefeated in 1988 and 1993. Johnson is certified through the CSCCa as Strength and Conditioning Coach Certified, Master Strength and Conditioning Coach Certified, and is certified with the National Association of Speed and Explosion and serves on the Certification Board.

Johnson was the first Strength and Conditioning Coach in the history of the Baltimore Orioles program and one of the first three in all of Major League Baseball.

He was honored as the Big East Strength and Conditioning Coach of the Year six times while at WVU, was recognized as one of the first 10 Master Strength and Conditioning Coaches in the world by the CSCCa in 2000, was named National Strength and Conditioning Coach of the Year by the NFL Strength Coaches Association in 2002, was inducted into the Strength and Conditioning Coaches Hall of Fame in York, Pennsylvania in 2003, and was inducted into the Mid-Ohio Valley Sports Hall of Fame in Parkersburg, West Virginia in 2010.

Allan has also been the guest speaker at local, regional, and national conferences and clinics on topics such as strength, speed, and conditioning, as well as motivation, leadership, and team building. He has served as a consultant and Special Advisor for Nike Football Clinics, High Performance Nutrition, Hammer Strength Clinics and the CSCCa.

Johnson has also contributed to several books, including *The Golden Age of Strength & Conditioning* (2019) and *Weight Room Wisdom: Lessons in Leadership from 99 Strength Coaches* (2019), in addition to writing articles for *Training & Conditioning* magazine and serving on their editorial board.

In his spare time Allan enjoys travel, fitness, and hiking. He was a member of the Board of Directors for the Boys and Girls Club of Parkersburg from 2008-2012 and has assisted with the Special Olympics many times.

He is originally from Parkersburg, West Virginia but now resides in Johnson City, Tennessee.

When asked what Glenville State means to him, Allan said, "Being a Glenville State College graduate and being a

Four Inducted into GSU Business Hall of Fame

The induction ceremony for the four newest members of the Department of Business Hall of Fame took place on Saturday, October 21. The 2023 class of inductees included Denzil Skinner '54 (posthumous), Ann (Starcher) Green '72, Kenneth Kuhl '82, and Sandy (Moyers) Pettit '85.



During the event, the Business Hall of Fame wall was unveiled and a dedication ceremony took place officially naming it the Luke DeMarino Memorial Business Hall of Fame. Several members of DeMarino's family were on hand for the special tribute.

[Click here](#) to see photos from the event and [download a program](#) to read biographical information about each inductee.



(l-r) Head Coach Mike McGarry, Hailey Hendershott, Kendall Wall, Mackenzie Czapl, Lizzie Bickar, Lexis Fickel, and Assistant Coach Parker Haynes.

Lady Pioneers Grab Second Consecutive MEC Women's Golf Conference Championship

The Glenville State Women's Golf team has won the 2023 Mountain East Conference Championship, marking back to back MEC Championship wins for the program.

The Lady Pioneers made an extraordinary comeback in the back nine, gaining 14 shots to take the crown with a score of 936. They defeated preseason favorite Charleston who finished second with 938.

Following their championship win at the beginning of October, the team received a police escort back to campus and were welcomed back to the Waco Center by a cheering crowd of students, community members, and staff. The Lady Pioneers were also honored by the GSU Board of Governors at their October meeting.

The Championships were again held in Warren, Ohio at the Avalon Lakes Country Club.



Pioneer Debate team students (l-r) Noah Minor, Victoria Osborne, Sandra Crites, and Rebekah Hypes with their recent awards.

Glenville State University's Debate Team Performs Well at Recent Tournament

student-athlete led me to pursue my life's passion of teaching and coaching. For me, GSC was a great place to learn and grow as a student-athlete."

We are pleased to feature Allan in this month's Alumni Spotlight and are proud to call him an alumnus.

Glenville State University's Debate Team recently competed in the National Educational Debate Association's Slippery Rock University tournament alongside students from six other institutions.

Pioneer Debate's two teams took part in the Novice Crossfire Division where they finished third and fifth overall. Individual scorers from GSU's delegation took first place (Rebekah Hypes) and fifth place (Noah Minor).



2023 Athletic Hall of Famers (l-r) Orville Harper, Sterling Beane, Sue Edwards, Kim Lewis, and Bernie Rees.

Glenville State University Inducts Five Into Athletic Hall of Fame

Five individuals were recently inducted into the Glenville State University Curtis Elam Athletic Hall of Fame during a banquet and induction ceremony held on Saturday, September 30.

The 2023 inductees include: Sterling Beane '70, Sr., Sue Edwards, Orville Harper '66, Kim Short Lewis '80, and Bernie Rees '91. Click [here](#) to view photos from the ceremony and [download a program](#) to read biographical information about each inductee.

The Curtis Elam Athletic Hall of Fame was established in 2001 through the generosity of the late Curtis Elam '49. Hall of Fame member plaques are displayed in the Waco Center.



Alumna Honored by Department of Defense for Support of Army National Guard Employee

Jessica (Moss) Hutchison '09, who is currently serving as a supervisor with FCI Gilmer, has been presented with the Employer Support of the Guard and Reserve (ESGR) Patriot Award. The award recognizes the support she provides to her employee, 1st Lt. Joshua Jones of the Army National Guard.

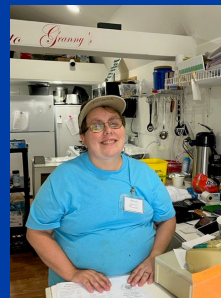
Pioneer Business Feature

Highlighting Alumni-Owned Businesses

Granny's Country Kitchen and Bakery LLC

Granny's Country Kitchen and Bakery LLC is a restaurant and bakery operating in Craigsville, West Virginia. The business is owned and operated by Amanda (Richardson) Adkins '22 and her best friend Kelly Williams.

"The things I learned at Glenville State helped me tremendously. Before launching my business, my business administration degree helped me to gain a promotion with my previous employer," Adkins said. "The lessons learned in my courses – from Dr. Mark Sarver's entrepreneurship class to cost accounting with Mrs. Cheryl McKinney – made my business ownership a little easier."



In fact, Adkins first worked on the business plan that would eventually become her business in Dr. Sarver's Entrepreneurship class at GSU.

Granny's Country Kitchen and Bakery LLC serves fresh, home cooked meals utilizing many recipes from Adkins and her family. The business first opened in August of this year and also provides catering services in addition to its restaurant and bakery menu.

"The Patriot Award was created by ESGR to publicly recognize individuals who provide outstanding patriotic support and cooperation to their employees who have answered their nation's call to serve," said volunteer John Miller. "Supportive supervisors are critical to maintaining the strength and readiness of the nation's Guard and Reserve units."

ESGR is a Department of Defense program that develops and promotes supportive work environments for service members in the National Guard and Reserve.

Adkins says she hopes to eventually expand the business into a larger location with a dining room space and meeting room facilities.

Her advice to others looking to start a business is to make sure that it is something you are committed to for the long haul. "Be ready to go to work - anything worth having will take work. And pray and rely on God to give you answers and the roadmap you need," she added.

For more information on Granny's Country Kitchen and Bakery LLC, visit their [Facebook page](#).

Glenville State alumni are an important part of the campus community and we know that your career journey and experiences help to inspire others. We also enjoy keeping up with our alumni and want to help support alumni-owned businesses. If you would like your business considered for our 'Pioneer Business Feature' series, please complete the alumni business profile form [here](#).



New Glenville State University Christmas Ornament Now Available

This year's GSU Christmas ornament, which features a snowy Heflin Administration Building scene, is now available for only \$10. The ornament is designed by Blair Fisher '04 and proceeds from its sales support GSU's Women's Leadership Circle.

Contact Vada Woodford via [email](#) or by calling (304) 462-6382 to purchase or for more information.



Jeremiah Smallridge '07 (left) leads the 2023 GSU Honor Choir.

Honor Choir Held at Glenville State

High school students from Buckhannon-Upshur High School (under the direction of Jeremiah Smallridge '07), Lewis County High School (under the direction of Tina (Smith) Norman '93), St. Mary's High School (under the direction of Bridgette (Bowen) Casto '01 & '12), and John Marshall High School (under the direction of David Scherrick) visited campus on October 25 and 26 for Glenville State University's 2023 Honor Choir.

Smallridge served as guest clinician for the Honor Choir and was joined by GSU Choir Director Sarah Nale and accompanist Joshua Stubbs as they guided the students across the two-day event. A special concert took place on the final evening of the Honor Choir that included the high school students, current GSU students, and guest artists. The students also toured campus, heard faculty performances, and took part in various sessions.

Women's Leadership Circle Hosts Self Defense Class

GSU's Women's Leadership Circle recently held a self defense class on campus. Several current students, WLC members, and community members took part in the class which was instructed by Hanshi Jason Davis and two of his students from OHANA Self-Defense Institute WV LLC.

Hanshi Davis is a Marine Corps and Army veteran and serves as the West Virginia State District Director for the Amateur Athletic Union for Karate, Judo, and Tae Kwon Do.

Special thanks to Fearless Fitness for their help in offsetting costs of the event.

For more information about the Women's Leadership Circle at Glenville State, contact [Vada Woodford](#).

Pictured at right: Current student Natalie Fout works with Hanshi Jason Davis on self defense techniques.



Have you received your Pioneer Progress magazine?

The fall 2023 issue of Pioneer Progress is in the mail and we hope many of you have already received your copy. If not, let us know -- [update your address today!](#)

UPCOMING EVENTS

Wednesday, November 8 - History Alive: Mark Twain
4:00 PM - Robert F. Kidd Library

Sunday, November 12 - Teays Valley WV Alumni Gathering
3:00 PM - FireSide Grille (Hurricane, WV)
[Click here to RSVP](#)

Wednesday, November 15 - Concert Choir & Chamber Singers Concert
7:00 PM - Fine Arts Center Auditorium

Thursday, November 30 - Scholarship Donor Reception
4:30 PM - Mollohan Campus Community Center

Thursday, November 30 - Christmas Tree Lighting Ceremony & Hot Cocoa Bar
6:00 PM - Robert F. Kidd Library

Thursday, November 30 - Jazz Band Concert
7:00 PM - Fine Arts Center Auditorium

Tuesday, December 5 - Mid-Ohio Valley Alumni Christmas Dinner
5:00 PM - Parkersburg Country Club
[Click here to RSVP](#)

Saturday, February 10 - Winter Homecoming
Waco Center

Tuesday, February 13 - GSU Day at the State Capitol
Senate Chamber - Charleston, WV

Monday, February 19 - Founders Day of Giving
Save the Date!

Saturday, February 24 - Founders Day Gala
Mollohan Campus Community Center
Save the Date!

PIONEER ATHLETICS

Check out these fall game schedules and come out to support the Pioneers!



Scholarship Corner

A monthly spotlight on one of the scholarship funds managed by the GSU Foundation



Pioneer Pantry and Career Closet Fund

This month's spotlight is a bit different than the student scholarship funds we usually highlight. For November, we are highlighting the campus Pioneer Pantry and Career Closet.

Established in 2019, the Pioneer Pantry and Career Closet provide current Glenville State students in need with access to free groceries, personal hygiene items, and clothing. The Pioneer Pantry has an assortment of food, snacks, toiletries, and cleaning supplies available. The Career Closet features all sizes and styles of clothing, shoes, and accessories – both professional and casual. Donations to this fund go directly toward keeping the Pantry and Closet fully stocked to assist students experiencing food insecurity and to help empower those taking their first steps into the professional world.

Donate to this fund by clicking the button below.

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