



THE WHITE















The White Cap presented by the Senior Class of 1971



Allegheny Valley Hospital Natrona Heights, Pennsylvania



We, the class of 1971, dedicate this year book to peace and brotherhood:

Lord, my soul is not at rest. There are many questions for which I can find no answers—but I have been seeking these answers alone instead of with You.

Lord, I love being alive. I believe in the goodness of this world, but many things about it trouble me. Why is there hatred and war? Why do starving masses exist? Why is there loneliness and bitterness? Why can't each man be loved simply for what he is—Your creation—each man and woman unique. Why can we look at a field of flowers and appreciate each for its individual characteristics—yet we can't look at one another and appreciate our own differences.

What does it take to know peace? Where does peace begin? If it were possible to at this moment stop all wars, destroy all arms, and make each man identical, would this mean everlasting peace? Is that the root of the problem or does the root go much deeper? Should not mankind be like a fine-tuned choireach member responsible for his own contribution and yet sensitive to those around him. Each man willing to compensate for the next man's deficit, each willing to rejoice in the beauty of this same man's unique contribution.

Help me to forget my devotion to self. Give me the strength to answer another man's hostility with understanding. Peace must begin with me—within my heart. I am but a small part of humanity, yet I can accomplish much. Like a tiny pebble tossed on placid waters, waves of love and good will can radiate from me to mankind around me. Perhaps all of mankind will become united in this great cause, and in the ashes of war, bitterness, and hatred plant a tree of peace.



An Outstretched Hand

Each of us was made by God
and some of us grew tall.

Others stood out in the wind
their branches bent and fell.

Those of us who walk in light
must help the ones in darkness up.

For that's what life is all about
and love is all there is to life.

Each of us was made by God
beautiful in His mind's eye.
Those of us that turned out sound
should look across our shoulders once
and help the weak ones to their feet.

It only takes an outstretched hand.

by Rod McKuen

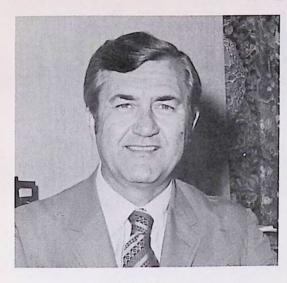


Foreword

Our two and one half years in nursing school has tried to enrich our body and soul to think of the well-being of others. It is both an honor and a privilege to be the first students graduating from the accelerated program. Proud because we have been chosen to be the 'pilot class' at Allegheny Valley to take the responsibility of learning the same amount of knowledge in a shortened amount of time. Being the first class to pave the way for the new program, we have strived to be the best of all those preceeding us and of those to come.

So on this last day of studenthood, we pray for guidance and reassurance as we rush forward with confidence to meet unknown challenges. Therefore, we thank our parents, the administration, and all those who have encouraged and nutured the fulfillment of our dream. . .to become a registered nurse.

Administration



Mr. J.B. Richardson Administrator



Mr. E. Bevilacqua Assistant Administrator



Miss Rzeckowski Purchasing Department



Mr. F. Morrone Administrative Assistant



Mrs. Muchlado Accounting Department

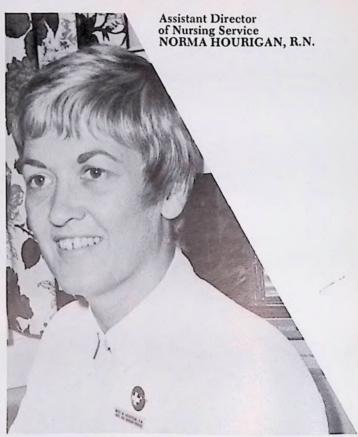
Board of Directors



Seated: Mr. J. Harper, Mr. D.M. Rolston, Mr. G.E. Bubb, President, Mr. R.C. Perry, Mr. J.R. Seel, Mr. W.E. Caugherty. Standing: Dr. M.O. Colwell, Mr. C.E. Stroud, Mr. V.J. Roll, Dr. Carpenter—President of the Medical Staff, Mr. W.E. Groves, Mr. R.A. Kort, Mr. F.G. Benford.

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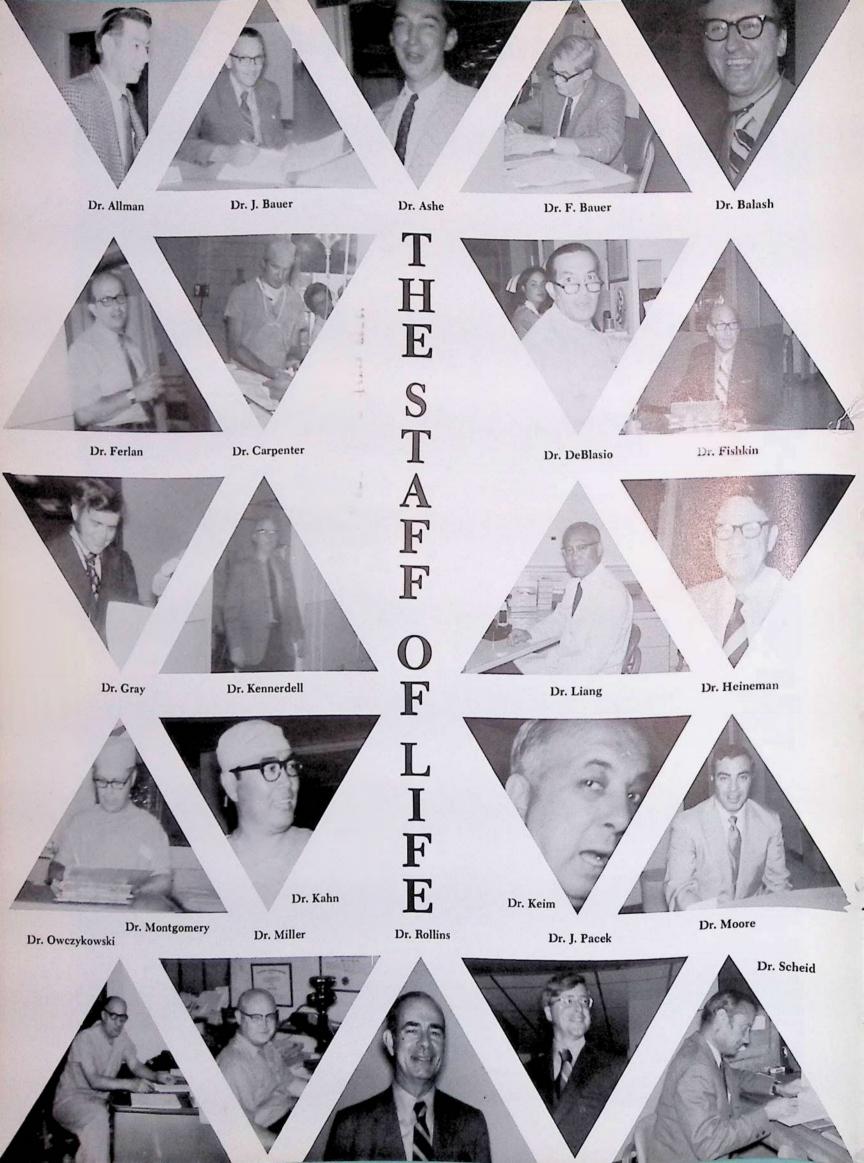
Mrs. Gille Mrs. Miller

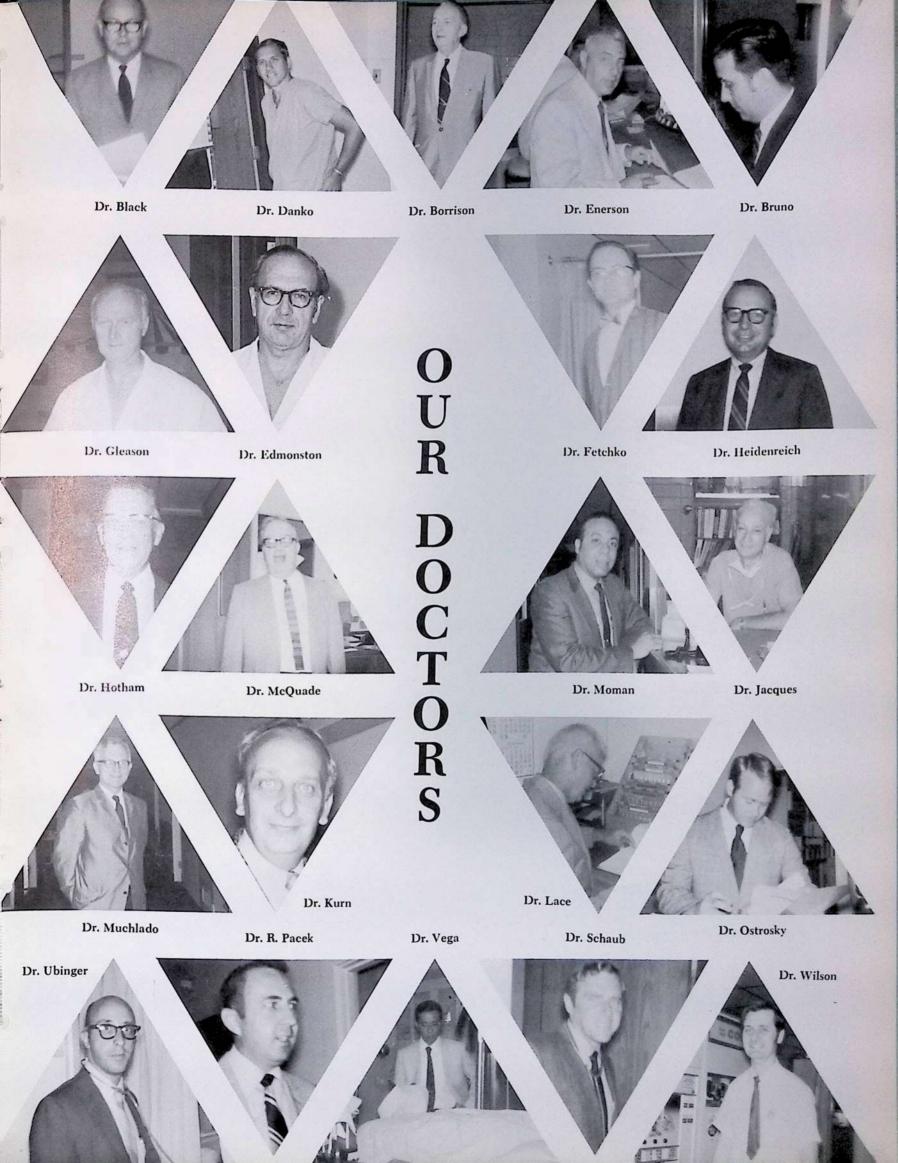
Secretaries

Mrs. Huet

Mrs. Tench

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Lines of Com

Associate Director of School of Nursing



Mrs. J. Bissell R.N., B.S.N., M. Ed.



Fac

Health Director



Mrs. Brinker, R.N.

Librarian



Miss Harvey, R. N.



6

munication

Assistant Director of School of Nursing



Mrs. R. Cromie R.N., B.S.N.E.



ulty







Miss Corsi, B.S., R. Ph.

Clockwise:

Mrs. Baum, R.N., B.S. Ed. Mrs. Demarest, R.N., B.S.N. Mrs. Esler, R.N., B.S.N.E., M. Ed. Mrs. Herrington, R.N. Mrs. Huston, R.N., B.S.N.E.

Mrs. Karrs, R.N., B.S.N.E. Mrs. Kronen, R.N., B.S.N. Mrs. Lucci, R.N., B.S.N.E. Mrs. Pusatari, R.N., B.S.N. Mrs. Vargo, R.N., R.N.T., B.S. Ed.

Pharmacist



Dietary Director



Miss Serrao, B.S., A.D.A., M.S.



Old friends, Old friends Sat on their park bench Like bookends.





Can you imagine us Years from today, Sharing a park bench quietly? How terribly strange To be seventy.

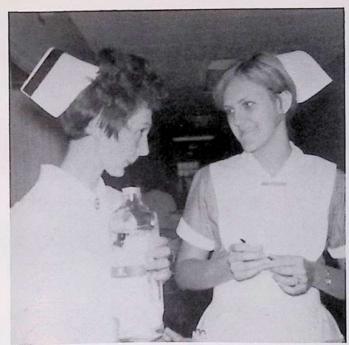


Old friends.

Memory brushes the same years.

Silently sharing the same fear . . .

By Simon and Garfunkel



Thoughts

of our past advisors

are created from

kindness...



Kindness

Kindness in words
creates confidence

Kindness in thinking creates profoundness

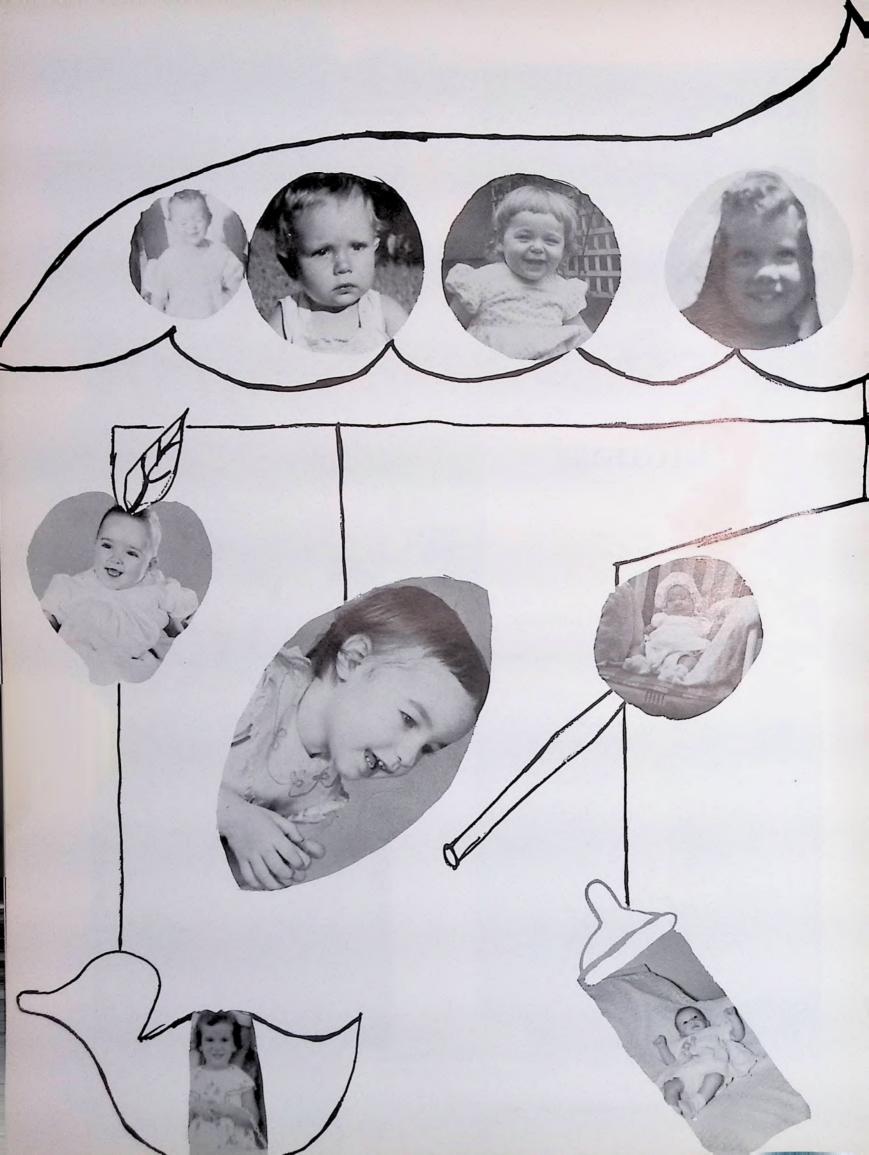


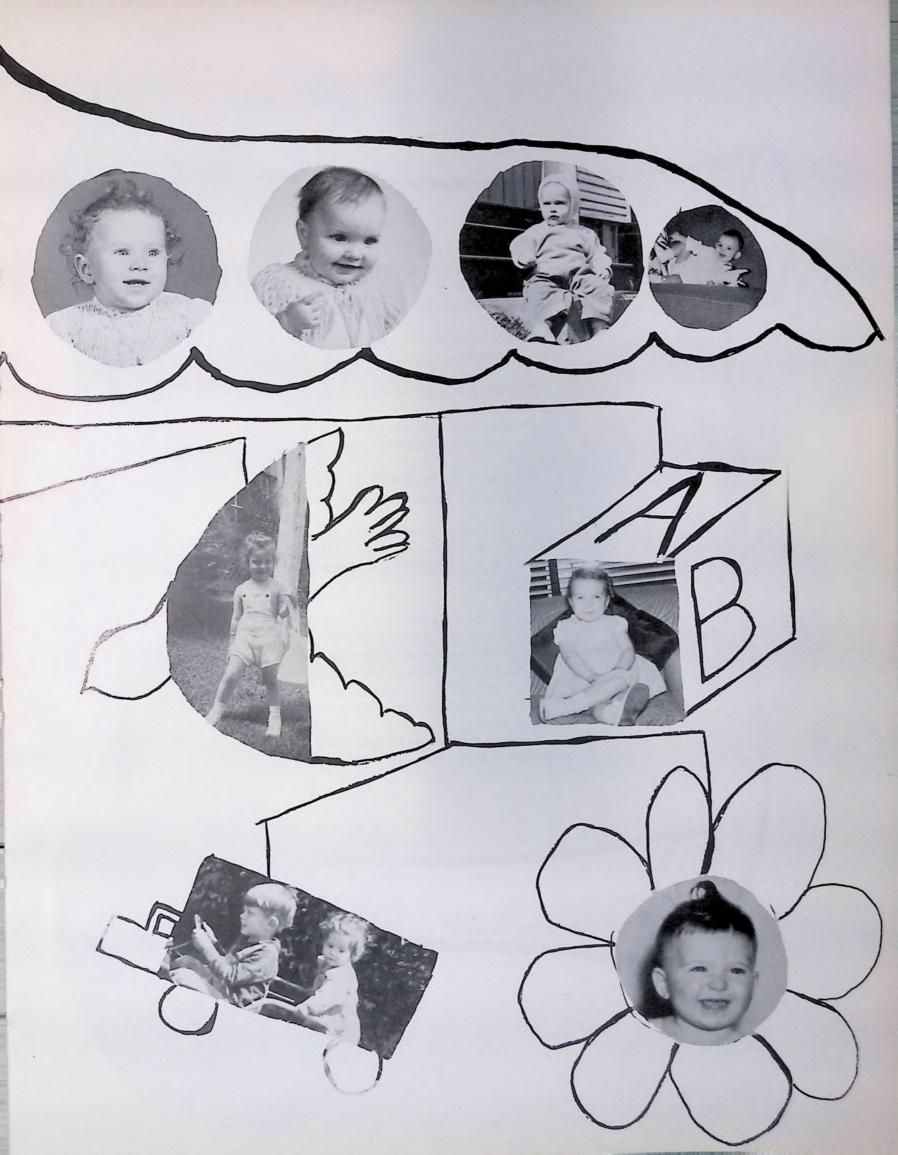
Kindness in giving creates love.

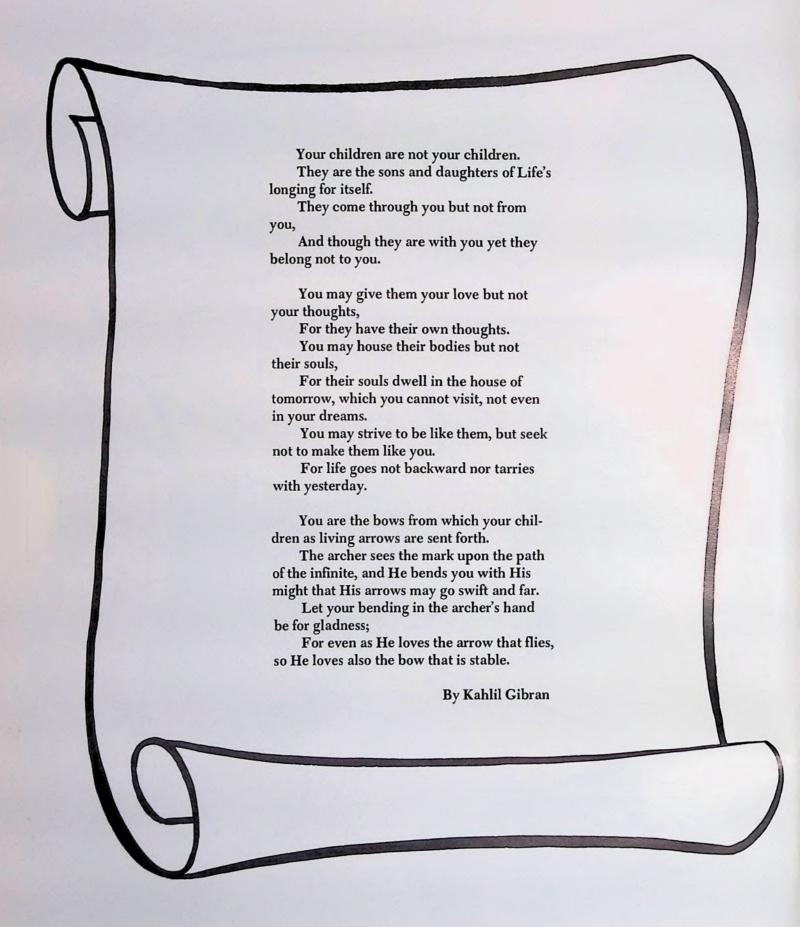
by Anonymous





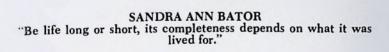








MICHELENE BACHA
"I have no yesterdays, time took them away;
Tomorrow may not be—But I have today."







SUSAN DIANE CARR

"Reach high for stars lie hidden in your soul;
Dream deep, for every dream preceeds a goal"



"To judge a man for his failures is like judging the seasons for their inconsistency."

MILDRED ELIZABETH COLWELL
"What do we live for, if it is not to make life less difficult for others?"





NANCY JEAN GEORGE CONDRON
"Take therefore no thought for the morrow for the morrow shall take thought for the things of itself."

ARLENE ELLEN CONNOR "The rule of joy and law of duty seem to be all one."



BEVERLY ANN CRIBBS
"The base of integrity is the square root of honesty."

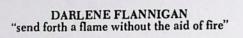


"..... Enjoy what is beautiful. Love with all your heart and soul....."





LINDA SUSAN FASSINGER
"I didn't find my friends; the good God gave them to me"







KATHRYN ERDNER FOSTER, "To everything there is a season."



SANDRA KAY GAINOR
"What you put into the lives of others, comes back into your own"

STEPHANIE SLOAN GUIDO

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer."





BARBARA ANN HAWK
"There's all of pleasure and all of peace in a friend or two."



"Love cannot be forced, love cannot be coaxed and teased. It comes out of Heaven, unasked and unsought."

M. NANCY HENRY

"Faith is seeing light with your heart when all you can see with eyes is darkness."



SANDRA LEE HEVERLEY "Keep smiling"



ROSE MARIE HNATIOW "Who am I to say??!"



SUSAN MARIE HOFFER
"Reach out for someone to communicate is the beginning of understanding."



"It's not so important where we are, as is what direction we are traveling"



KAREN ANN HUTH
"I know not what the future holds, but
I know who holds the future."

BONNIE GALBREATH KRESS

"We must be as courteous to a man as we are to a picture, which we are willing to give the advantage of a good light."





"There are none to decline your nectared wine, but alone you must drink Life's gall."



BARBARA LEIGH LANG "Man tends—God mends."

BARBARA JEAN MAURO
"Somewhere over the Rainbow
Skies are blue.
And the dreams that you dare to dream really do come true."



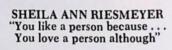


CYNTHIA IRENE MELLON

"Always behave like a duck. Remain calm and unruffled on the surface but keep paddling like fury underneath."



MARGARET MARY PINCEK
"He has the right to criticize who has the heart to help."





CAROL PAWLAK RYAN
Little friends may prove great friends.

"Thou must be like a promontory of the sea, against which, though the waves beat continually, yet it both itself stands and about it are those swelling waves quieted."



MARGARET ELLEN SMEDLEY
"Never apologize for showing feeling. Remember that, when you do so, you apologize for truth."



MARY ANN SUTARA
"What we are is God's gift to us.
What we become is our gift to God."





MARITA ISABELLE TASICK
"This time like all times is a very good one if we but know what to do with it."

CAROL ANN WARGO

"Any man's death diminishes me, because I am involved in mankind, and therefore never send to know for whom the bell tolls; it tolls for thee."





ELIZABETH MARIE WOLFF BOFINGER
"Be loving . . . Be wise . . .
And thus be free to live."



GLORIA LILLIAN WOLFE
"Man looketh on the outward appearance, but the Lord looketh
on the heart."

POLLY ANNE ZEIGLER MILLER
"Forget what you have done for your friends and remember what they have done for you."





JO ANNE ZIMMERMAN
"The beauty of the stars would be lost if it was not for the darkness."

Moonlit

OUR QUEEN
MISS LINDA FASSINGER, S.N.

















Seated left to right: B. Mellon, R. Hnatiow, M. Bacha, T. Heller, B. Zimmer, L. Fassinger, D. Marin, S. Heverley, G. Kress, B. Kress. Attendants: Helen and Johnny Condron.

Autumn





















The Silly Silly Seniors



Our Advisor and Friend: Mrs. Baum, R.N., B.S.Ed.



Senior Officers: Rose Hnatiow, Michelene Bacha, Connie Ryznar, Margie Pincek









Junior Officers: Seated: Elly Carlson Standing: Judy Ramsey, Debbie Klotz, Linda Yobp

The

Jolly

Jolly

Juniors



Advisor: Mrs. Huston, R.N., B.S.N.E.



Junior Class: 1st Row: D. Lorenzetti, R. Hill, B. Bastin, C. King, E. Carlson, D. Vause, C. Claypool. 2nd Row: D. Klotz, S. Messenger, D. Crummy, L. Vobp, B. Riggle, L. Cessna, J. K. Hill, B. Pflugh, K. Rihn, P. Fornwalt. 3rd Row: L. Baksis, S. Womer, C. Taliani, L. Paustenbach, D. Kralik, C. Simmers, S. Conaway, C. Dickey, L. Kaniecki, T. Anthony, A. Gallino, J. Ramsey

The

Funky

Funky



Front Row: Cheryl Reed, Robbie Knupp, Deanna Trumbull, Lois Wylie, Rosemary Roland, Kathy Inglese, Mary Ann Showers, Suzanne Tusco, Kathy Enterlens, Celests Vasik Row Two: Frances Burlando, Sue Schreckgost, Jane Miller, Vicki Wadding, Debby Culbertson, Karen Morris, Carol Zargo, Darrilyn Passoth, Janet Beale, Linda Cinpinski, Karen Kromka, Kandy Bowser, Alice Burns, Connie Brueggman Row Three: Bev Coulter, Bonnie Krukowski, Kathy Williams, Sherry Matchum, Vaunda Smith, Donna Pence, Sharon Steffan, Darlene Mitchell, Debby Gamblin, Jean Esseny, Debby Zagst, Carolyn Oresil, Alene Fend

Freshmen



Mrs. Donna Herrington, R.N. Class Advisor



Seated: Carol Zargo, Pres. Standing: Kandy Bowser, Treas.; Debbie Zagst, Sec.; Karen Morris, Vice Pres.



Executive Board seated: M. Pincek, L. Kinecki, Mrs. E. Karrs, R.N., B.S.N.E., L. Fassinger, B. Pflugh standing: E. Carlson, M. Colwell, C. Zargo, S. Guido, N. Deuser, M. Bacha, C. Mellon, C. King



Student Government At Work





Advisor and Officers: Mrs. E. Karrs, R.N., B.S.N.E., B. Pflugh, Sec.; M. Pincek, Tres.; L. Kanecki, Vice Pres.; L. Fassinger, Pres.

New Additions to the Faculty







Miss Dye, R.N., B.S.N.



Miss Wrisley, R.N., B.S.N.



AVH Choir Sponsored by: Mrs. Baum, R.N., B.S.Ed.

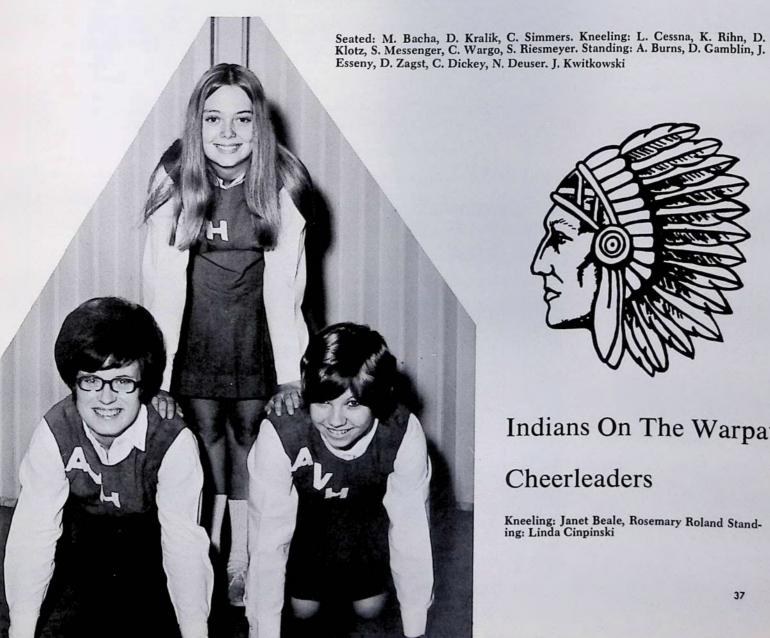


SNAP Representatives

Robbie Knupp Cathy King Nancy Henry



Basketball Team





Indians On The Warpath Cheerleaders

Kneeling: Janet Beale, Rosemary Roland Standing: Linda Cinpinski



Yearbook Advisor Mrs. Evelyn Karrs, R.N., B.S.N.E.



Co-Editors: Darlene Flannigan and Rose Hnatiow



Co-Subscription Editors Carol Wargo and Nancy Henry



Photography Editor Margie Pincek



Literary Editor Cindy Mellon

The Yearbook Staff



Typing Editor Connie Ryznar



Art Editor Peg Smedley



Art Assistant Gail Collins

As the Class of '71 exits, they leave...

- I, Mary Ann Sutura, leave my three weeks in L&D without a scrub, to anyone willing to work unscheduled evenings.
- I, Doucher, will three inches of my height to Mouse so she can be taller, and to the Juniors who worked with me during my T.L. serve, all my exciting experiences.
- I, Rose, leave my fond memories of the people I met here, to the Hall of Fame.
- I, Millie, will to any unlucky Junior my extreme loss of control during speeches.
- I, Hevnar, will my forehead to Laura K.
- I, Mauro, will my quick temper to any unsuspecting person.
- I, B. Lang, will my crocheting ability to anyone who has the incentive to finish my skirt, afghan, scarf, rug, etc.
- I, Kwitkowski, leave behind my double room and its noisy occupant.
- I, L. Heilman, will my happy married life to people who are in love.
- I, Fass, leave my proturberant cheeks to my little sis, Cathy King, and my red bikini underwear to Clay.
- I, Mellon, leave my passion for anything purple and my go-anywhere, do-anything slippers.
- I, Muth, leave all my autoparts and record number of visits to car lots to any girl who has a boyfriend crazy about cars.
- I, Booga, leave my gas tank lock to anyone taking her car to Mayview.
- I, Zimmerwoman, leave all my Catholic friends to whoever wants them.
- I, Pini, will my front tooth to anyone who swept it up.

Carr, Hoffer, and Miller will their 'dinner dresses' to anyone who can stand them.

- I, Carol Ann Wargo, being sober and sound of mind, do hereby bequeath my beloved 'bud vase' to any student nurse who appreciates its warmth, beauty and good taste as much as I do.
- I, Henry, will my basketball height and grace to the Tree's little sister.
- I, Murph, leave my 'Dial M for Murph' service to anyone who can meet the demands of service.

Flan leaves her seat at the Park to Cindy T.

- I, Peg Hoover, will all the time I've spent getting to work to anyone who can stay awake at 5:30 in the morning.
- I, Beverly Cribbs, will all my phone calls to anyone who was brave enough to get me up.
- I, Sheila Riesmeyer, will 'unspoken opinions' to anyone who is afraid to state theirs.
- I, Ryan, leave AVH with the patter of little feet behind me.

Stef and Bator leave their calendars to another year of fun and frolic.

Collins and Ryznar leave their third floor hall window to anyone who has two hours a night to hang out of it.

- I, Miller, leave my enema procedure to Smith and Gips.
- I, Wolfe, leave my singing voice to anyone who carries a bucket.

Sue C. leaves her sleeping position to any knee or chest that wants it.

I, Smudley, leave my immaculate room and my fantastic floor evaluations to Lois and the family.





















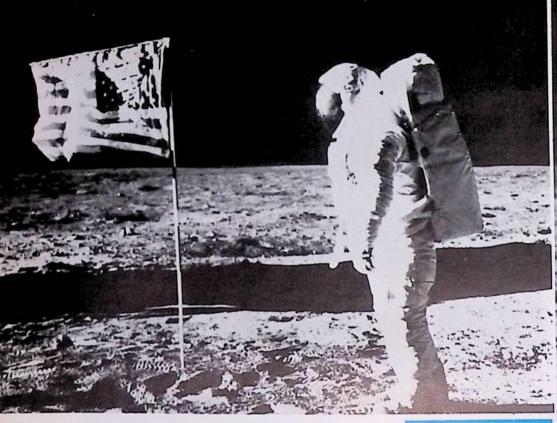












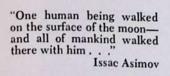
It touched the best within us. It was not an act of conquest; it was an act of love.

Rod McKuen

Neil A. Armstrong took the first step on the moon. This proves that man's limitations aren't set at his horizons because man accepts no limitations.

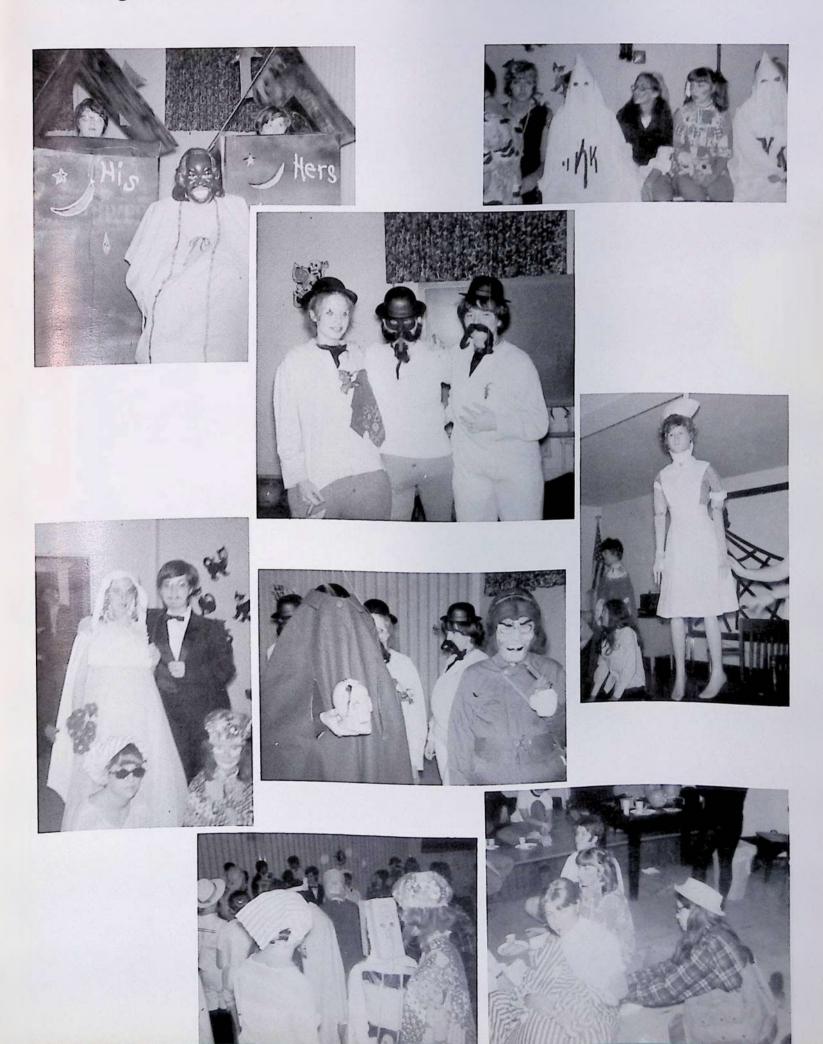
. . . and peace will guide the planets and love will steer the stars.

from "Hair"





Hobgoblins and Ghouls Haunted AVH on Halloween Night



Remember

we had a party in Flan's room without her
we actually did bib cards by ourselves
the maids woke you up on your morning to sleep in
Room 242 was the AVH battleground
the weekend trips to Geneva
when our Thursday nights were reserved for Tom Jones
Gloria Wolfe regurgitated in her O.R. mask
we sang "Happy Birthday" to Mike every night at supper
the "main lounge gang" existed
Rose's first blind date
the famous duet, "If I were King of the Forest!"
Murf tried to light the wrong end of the Bunsen burner"

Zimmerwoman and Sheila didn't fight
Arlene was in the "Miss Allegheny County" contest
the "Lee" sisters and us as "Probies"
the smokers of the class were a minority
we used to go to breakfast
when Deuser stood up in student government and said, "That is the magnificent seven had a slumber party in Rose's room
when Mel woke up numb on one side because of her slanted bed
Mike wanted to hijack a plane to Florida
all those parties at Murfs
when Hoffer "went down" to the floor when a doctor told her to in the O.R.
Carr, Hoffer, and Miller volunteered for a committee

only Mellon can prevent fires
Sue C's mask
Bator's turtles? Millie's cats? Hevnar's pumpkin?
the free "fuel" Booga had put in her gas tank at Mayview
Hevnar's and Mellon's carmel apple business
Miskinis's distaste for certain words
the "Pusher!"
we used to work weekends
all the trips to DiCaro's Pizza Shop
when Rose surfed on her throw rugs
we went to the Diet Lab and yelled, "Put four more in!"
when Polly and Sue were awake
the AVH girls were last to class and first to lunch at Mayview

When

when Ryznar got dressed in the closet
Fass pulled Hevnar's wig off in class
Zimmerwoman fell into the lake at the picnic
when Mary Ann's rabbit had a positive "Rabbit Test"
Carol Wargo's frequent sitz baths
the six to eight o'clock privileges as "Probies"
the "welcome shower" given to us in our freshman year by the juniors
Mellon's purple blouse
Cribb's high "cholesterol" level
when Hoover won the safe driving award
our pre-capping terrors and then our surprise capping party from the seniors
the Florence Nightengale pledge

when Colwell joined the animal protection league
the five hour fire drill
when Paul McCartney was dead
Smudley shaved her legs and had a severe blood loss
Mellon for Choir President!
when two phones were shorted out during a probie water battle
the surprise decoration of rollers and shaving cream in Arlene's room
when Lang sprained her ankle while doing a cartwheel into the wall
Ruth Huth became a sister again
when Hutch and Millie transferred to AVH
Dudes and Hoff stole Flan's cantaloupe and got busted
Hoof's diary

chemistry class, Mr. Walsh, and all his interesting lectures our big sis's——Ha Ha Ha! when Sue C. used to polish everyone's shoes but now nothing! Henry was chased by a little boy carrying a big stick Hevnar's red hair the "Turkey Trot" at Penn State Millie's inability to fold an AVH cap the nights painting Kitty's apartment when Nancy Condron was the only married woman in the class when Mike thought the Inhalation Therapist was an orderly when there was a mass murder scare and exactly 12 students were in the residence we got our stripes when Fass was crowned Miss Thighland "oh, for the life of a student."

To Our Underclassmen:



If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost,
For out in the world we find
Success begins with a fellow's will;
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think high to rise.
You've got to be sure of yourself before
You can ever win a prize.
Life's battles don't always go
To the stronger or faster man;
But soon or late the man who wins
Is the man who thinks he can.

Walter D. Wintle





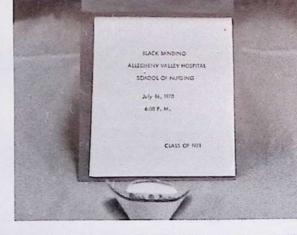


Another Step





for the Class of '71











Assorted aches and blistered feet. . . all from hikes and tandem bikes. . .

The baseball game that never was. . .

The modern conveniences of home including outhouses and invisible toilet paper. . .

Several senior sunburned beauties. . . The Olympic swimmer. . championship pinochle games. . . And an outstanding cast of a million others. . .







Patrons

Dr. and Mrs. J. Allman Mr. and Mrs. M. L. Bacha Dr. and Mrs. W. R. Balash Dr. and Mrs. R. H. Barrage Mr. and Mrs. G. Bator Mr. and Mrs. J. F. Baum Mr. and Mrs. J. E. Bissell Dr. and Mrs. S. R. Black Dr. and Mrs. J. A. Borrison Dr. and Mrs. P. Boyard Dr. and Mrs. D. F. Brady Mr. and Mrs. S. Brinker Dr. and Mrs. S. C. Bruno Mr. and Mrs. G. E. Bubb, Jr. Dr. and Mrs. A. B. Carlaccini Dr. and Mrs. S. Carpenter Mr. and Mrs. J. Carr Mr. and Mrs. W. E. Caugherty Dr. and Mrs. F. L. Ceraso Miss C. Claypool Mr. and Mrs. J. A. Colwell Mr. and Mrs. L. Conner Mrs. R. Cribbs and son Mr. and Mrs. C. E. Cromie Dr. and Mrs. S. H. DeBlasio Mr. and Mrs. R. E. Deuser Mr. and Mrs. A. Dobradenka Dr. and Mrs. G. Edmonston Dr. and Mrs. D. M. Enerson Mr. and Mrs. J. W. Erdner Mr. and Mrs. L. Fassinger Dr. and Mrs. L. Ferlan Dr. and Mrs. A. M. Fetchko Mrs. J. S. Fisher Dr. and Mrs. H. Fishkin Dr. and Mrs. C. F. Fox Mr. and Mrs. R. H. Gainor Mr. and Mrs. R. Gille Dr. and Mrs. W. A. Gillinger Dr. S. Gray III Miss M. L. Greulich Mr. and Mrs. W. E. Groves Mr. and Mrs. H. J. Harper Miss I. Harvey Dr. and Mrs. F. Heidenreich Mr. and Mrs. E. Henry Mrs. D. Herrington Mr. and Mrs. G. W. Heverly Mr. and Mrs. N. Hnatiow Dr. and Mrs. H. D. Hotham Miss N. Hourigan Mr. and Mrs. C. Houston Mr. and Mrs. C. B. Huth Dr. and Mrs. G. A. Jacques Dr. and Mrs. R. Y. Kahn Mr. and Mrs. J. B. Karrs

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Doctor Francis X. Bauer, M.D. 1913—1970

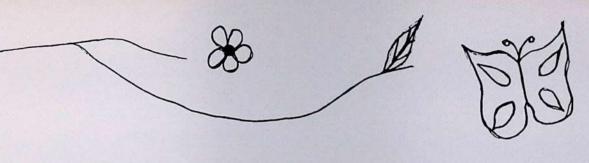


"God's finger touched them and they slept"



Kathy E. Inglese, S.N. 1952—1970





Directory

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Time it was

And what a time it was,

It was . . .

A time of innocence,

A time of confidences.

Long ago . . . it must be . . .

I have a photograph.

Preserve your memories;

They're all that's left you.

by

Simon and Garfunkel





