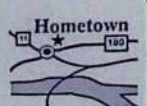


74



Ref
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AVH
1974

Allegheny Valley Hospital



We've walked both sides of every street
Through all kinds of windy weather
But that was never our defeat
As long as we could walk together
But there's no need for turning back
For all roads lead to where we stand
And I believe we've walked them all
No matter what we may have planned.

--Don McLean

- Autographs -







NANCY MARTINKA ALLEN

"Truth is a deep kindness that teaches us to be content in our everyday life, and to share with people the same happiness."



JUDY ANDRING

"Happiness is a butterfly, which when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."



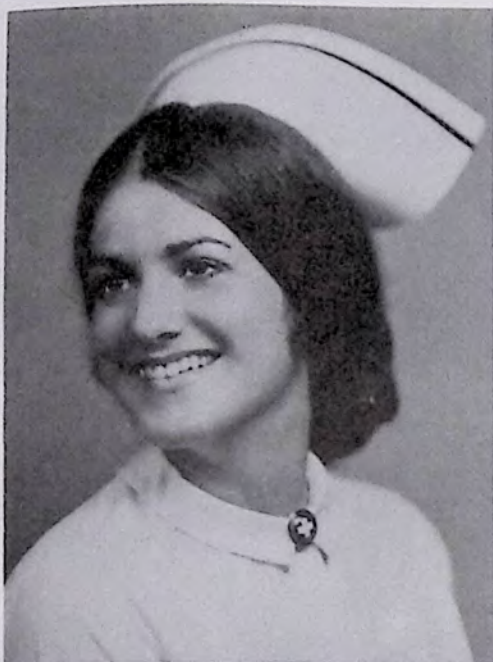
RENEE ANDREIS

"He who looks for a brighter tomorrow and finds no beauty today, has somehow missed the joy of living, somewhere along the way."



SHARON ARMSTRONG

"And in the sweetness of friendship let there be laughter and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed."



DEBORAH BILGER

"Contentment is found—not in having everything, but in being satisfied with everything that you have."



ANDREA CANESTRALE

"This is the time when bit by bit the days begin to lengthen sweet, and every minute gained is joy."



KAREN CIUKOWSKI

"Some men see things as they are and say 'why'? I dream things that never were and say, why not."



PHYLLIS DAVIS

"The best is always kept on life's topmost shelves, but not beyond our reach if we will reach beyond ourselves."



JANIE DICKEY

"He has achieved success who lived well, laughed often, and loved much."



KAREN DMITRZAK

"It matters not what you are thought to be--but what you are."



CHRISTEL EDER

"Those who bring sunshine to the lives of others cannot keep it from themselves."



DONNA FURER

"Be not afraid of life, believe that life is worth living, and your belief will help create the fact."



SHARON GRAFF

"What you put into the lives of others, comes back into your own."



JAYNE JOHNS

"Write on your hearts that every day is the best day of the year."



KAREN BLASER KETTERING

"Tomorrow--It's made of dreams your heart has stored, and dreams discarded, too. It's made of all the joys and tears the years have brought to you."



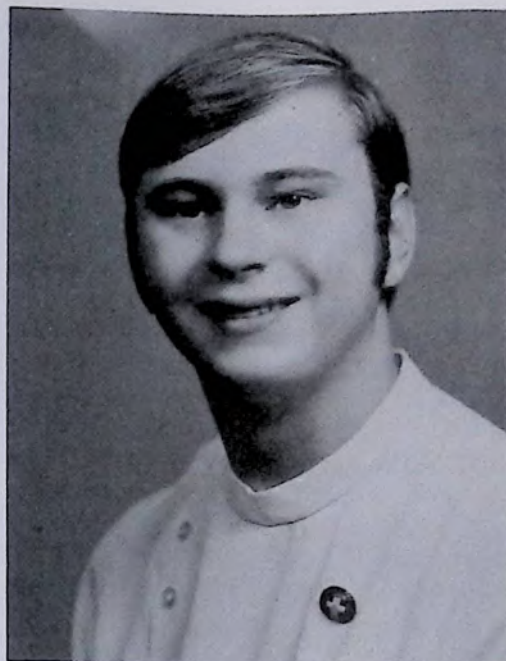
CHRISTINE KOZORA

"Nothing in life is to be feared; It is only to be understood."



MARSHA KUDELKA

"I feel that the capacity to care is the thing which gives life its deepest significance."



ROBERT KULUS

"In the life of a young man the most essential thing for happiness is the gift of friendship."



CINDY LOUGHNER

"The man who trims himself to suit everybody will soon whittle himself away."



JOANNE MATKO

"When apologizing for showing your feelings—you are only apologizing for the truth."



SUE HENDERSHOT MERKEL

"Kindness is the sunshine in which virtue grows."



LUANN MINICH

"Let anyone who quits striving for excellence move over for those who will not."



LILLIAN MINICK

"Learn as if you were to live forever; Live as if you would die tomorrow."



JOAN MONGELLUZZO

"Hold fast to dreams, for if dreams die, Life is a broken winged bird that cannot fly."



VICKI O'HARROW

"When you reach the end of what you should know, you will be at the beginning of what you should sense."



DIANE NEDLEY

"Beauty is that which attracts the soul, and that which loves to give and receive."



PAMELA PFEIFFER

"I never worry, I never fret...If I don't remember I just forget."



PAM PIRRONE

"Yes this is God's world... a world that he fashioned for us...and just as the moon reflects the brilliance and splendor of the sun...so can our lives reflect the power and the glory."



DENISE REPASKY

"Only those who listen with hearts
can understand."



DEBBIE ROSS

"To be what we are, and to become
what we are capable of becoming."



CAROL SHIRLEY

"If only I may grow firmer, simpler,
quieter, stronger."



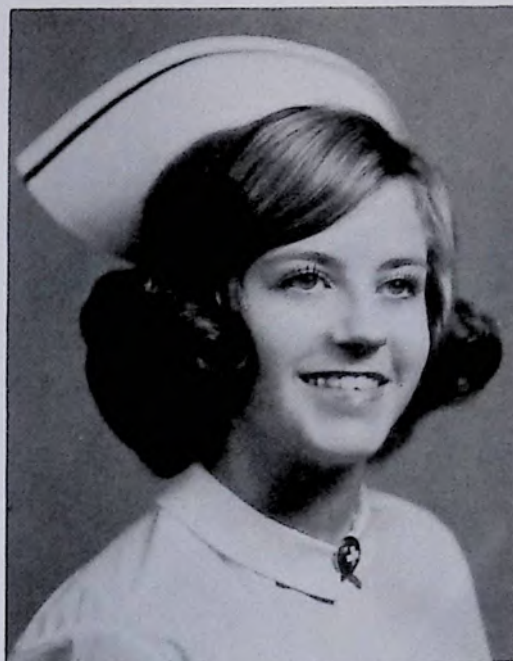
ELAINE SIMCIK

"Just a little thoughtfulness brings
a lot of happiness."



NANCY STADTERMAN

"If, instead of a gem or even a flower we would cast the gift of a lovely thought into the heart of a friend, that would be giving as the angels give."



MARGIE SWEENEY

"Tomorrow brings another chance for us to try again."



KAREN TOMAYKO

"A blessed thing is for any man or woman to have a friend, one human soul whom we can trust utterly, who knows the best and worst of us, and who loves us in spite of all our faults."



SUSAN TREASURE

"What we long for – and cannot attain; is dearer than what we have already attained."



CAROL WILLIAMS

"Love speaks always but not always in words."



DARLENE WISNIEWSKI

"If you are aspire to the highest place, it is no disgrace to stop at second or even third."

Our Last Wills and Testaments

- I, Lillian, will my laugh to anybody that likes to shock people.
- I, Pam, will my room to whom ever wants to be guardian of the bicycles.
- I, Darlene, will my love of frogs to all the toads in the Junior class.
- I, Sharon, will my experiences at Leech Farm to anyone who fits in as well with the "nuts" as I did.
- I, Margie, leave my frequently changed room full of food to anyone who gets their food stolen out of the basement refrigerator.
- I, Joan, leave my dark suntan to Wimms.
- I, Blaze, will my ability to fall asleep to any freshman or junior after any day on the clinical area.
- I, Phyllis, leave my luck with love to any S.N. with the heart, soul and tear ducts to handle it.
- I, Christel, will my room to anyone, who enjoys night time visitors.
- I, Renee, leave my red blotches to any freshman who has a 2½ year supply of Librax.
- I, Judy, leave to all the new freshman my overwhelming ability to make up scientific principles and nursing goals.
- I, Janie, leave my ability to almost or completely pass out in the O.R., L D and in Mrs. Esler's car, to anyone with an abundant supply of ammonia capsules!
- I, Lu Ann, will my left hand to Mrs. Karrs and my religious fanaticism to Gates on her free Sunday nights.
- I, Donna, being of unsound mind and body, will my uni-boob to anyone with a hopeless chest.
- I, Sue, of unsound mind and body, will my numerous unsatisfactoriness and problem solving ability to junior comprehensives.
- I, Vicki, of unsound mind and body, will my room-mate's patience with my untidiness to any Junior who is as messy as I am.
- I, Marsha, leave all of my throat infections, especially my influenza to anyone who is willing to make up my sick days after graduation.
- I, Suzie, leave my ability to do peri care to anyone who has as many of those assignments as I had.

- I, Nancy, will my room with the water fountain in front of it to anyone who likes to swim to class.
- I, Joanne, leave my loud radio to the quiet Juniors.
- I, Cindy, leave my ability to cut myself on Tigan ampules to those working in the emergency room.
- I, Sharon A., will my Lomotile to any Junior who suffers with the "runs" as I did before our basketball games.
- I, Karen C., will my shredded uniforms to the Junior class to be used as clean-up rags after their next water battle.
- I, Andrea, being of sound body but not of sound mind, will my pictures of Richy Hebner to S. Febbraro to wallpaper her room.
- I, Bilger, leave my 'vocabulary' to anyone with the audacity to use it!
- I, Fr. Shirley, being of spiritual mind and pure body will my position as confessor to anyone holy enough to receive it.
- I, Diane, being of sound mind and body hereby leave all my spare time (?) to any lucky junior who can find it.
- I, Bob, being of unsound mind and body, will Melvie and his jollies to Ron.
- I, Nancy S., being of sound body and not-too sound mind, will my endless capacity for my great love, potato chips, to whomever thinks they can handle it.
- I, Denise, will my superior ramus and Dr. Keim's skill to heal it.
- I, Elaine, will my excess height, my frozen dinners, and my room in the alcove.
- I, Chris, will to this place my stupid alarm clock, moldy pumpkin, and stuffed-up sink.
- I, Carol W., being of sound mind and body hereby will Jerry to anyone who can aggravate her as much as I.
- I, Johns, leave my Pepsi to anyone wanting a future gastric resection by Dr. Dajani.
- I, Deb, leave multi-colored scraps of yarn and the blue fuzz of my bedspread to the fortunate heir of Room 113.
- I, Pam P., being of sound mind and body, leave my Clairol Frost 'n' Tip to Darlene Gates.
- I, Tomooch, being of unsound mind and body leave my position as alarm clock to anyone with neighbors who have a habit of sleeping in.
- I, Rose, will my position as "Jet Set Chauffeur" to anyone who has hot enough wheels.

REMEMBER WHEN . . .

Tests meant staying up all night to study. . . You needed a shovel to dig your way into Wiz's room. . . We used to answer Mrs. Brinker's notes. . . The only contact we had with Mrs. Bissell was "Thank you for your cooperation" notes. . . Three-fourths of the class were virgins. . . Williams and Tink cleaned their room. . . The fire extinguisher was set off by an unknown fire chief. . . Jo and Cindy took Valtrene for a ride in the wheelchair. . . Andrea was stuck in the middle with Lu Ann and Denise. . . The Pirates were in the '71' series. . . Repasky's uncle, Eugene Coon, made us all Jr. Deputy Sheriffs. . . D. Vargo thought everything was "Good Enough". Mr. Miller needed help with bananas and strawberries. . . Vicki and Phyllis got engaged and unengaged. . . Dr. McQuade lanced Donna's finger and bandaged the wrong one. . . Crooks reappeared at night after she left AVH. . . We didn't know what S.O.B. meant? . . . The first floor got flooded out from water battles on the second floor. . . The maids were quiet? . . . "Ginger, 'let the little students do it'?" . . . "Sharon, Barb, and Janie were inseperable?" . . . Pirrone almost ran over a cop at K-Mart. . . Tink and Carol's garbage can was full of Harvey Wallbangers. . . Second psych group turned Mrs. Jack on with a nude George Maharis center fold. . . The police line-up in the Rec Room. . . The "I" talians in our class. . . Dr. Lance's lectures, zzz. Were told to act professional, Yahoo!. . . Someone said, "I wanna know who she is and where she lives". . . Our answer to birth control in Mrs. Huston's class was "clamp it!" Our first Freshman party with "legs" standing on the toilet flushing herself down. . . The orange juice somehow got on second floor walls!. . . The bedpan flusher exploded on Bob?. . . Mr. White was going to smash C.S. to pieces. . . 12:00's stretched into 12:30's and 12:45's, and when 2:00's stretched into 2:30's, 3:00's?. . . We went to church every Sunday night. . . Suzie painted Leech Farm red, with Ketchup.. Marsha's cap was always on crooked. . . Seven girls were in Sweeny's VW and the cop followed them through Harrison Hills Park. . . Andrea woke up "lightheaded" and ended up on the floor with a concussion. . . Mr. M. asked K.C. if she knew any new ways?. . . Joan's laugh made everyone hysterical. . . Lil's doorknob fell off. . . A hotplate almost burnt the school down. . . S.T. got two dozen red roses from the "Ace of Spades". . . Rooms 228 and 211 had that funny smell coming out of them that no one could understand. . . There were group hair frosting parties. . . Every Thursday night was party night. . . We hitch-hiked at North Park. . . Nicastro's and Snake McGee. . . Someone knocked on Repasky's door and the response was "Who scared me"? . . Bruce?. . . The night Johns and Graff crawled out on the roof and knocked on Renee's window and she didn't hear them. . . ICU-CCU with DHM-oh the anxiety levels. . . The summer of '73, the cast, the nights-out and all the guys and their sympathy for the "crip". . . A fairy nice person asked Bob out. . . Marsha was working on 3E, but by mistake went to 2E to get a med out of the narcotic box and a certain head nurse saw her. . . Win-A-Boob night on the first floor and everyone lost!!!. . . The night we stomped like cattle on the third floor. . . Someone thought we were roller skating. . . Brain's song. . . You thought you discovered a new organism and it was only dust on the microscope lens. . . The movie "Deliverance" and downtown New Ken. . . We rode in Elaine's Rambler minus one muffler. . . The bra was hanging on the electric wire. . . Stuts almost got a bang out of Nune. . . There wasn't an offer of a guy over 6 feet tall. . . Denise found a mysterious guy in her bed. . . Playing tennis at Highlands, Denise and Andrea rode in a psychedelic Nova. . . "Man on the floor". . . Sue Treasure had a saggy chest. . . The frog (Diane) got stuck under the table. . . "Clyde" and "Fred the Fly". . . coke and teem tasted good on the front lawn-partytime. . . Mrs. Esler shared her knowledge with us at Halloween. . . Bob was in L&D. . . Sweat and the sweets?. . . The great thirteen were branded for the rest of the year. . . MONEY HOGS. . . Marsha went home every night. . . The instructors weren't on a break. . . Sharon Armstrong was outstanding student nurse. . . The Champion Basketball team, beautiful cheerleaders and fantastic fans. . .

— The Class of '74

RECOGNITION NIGHT



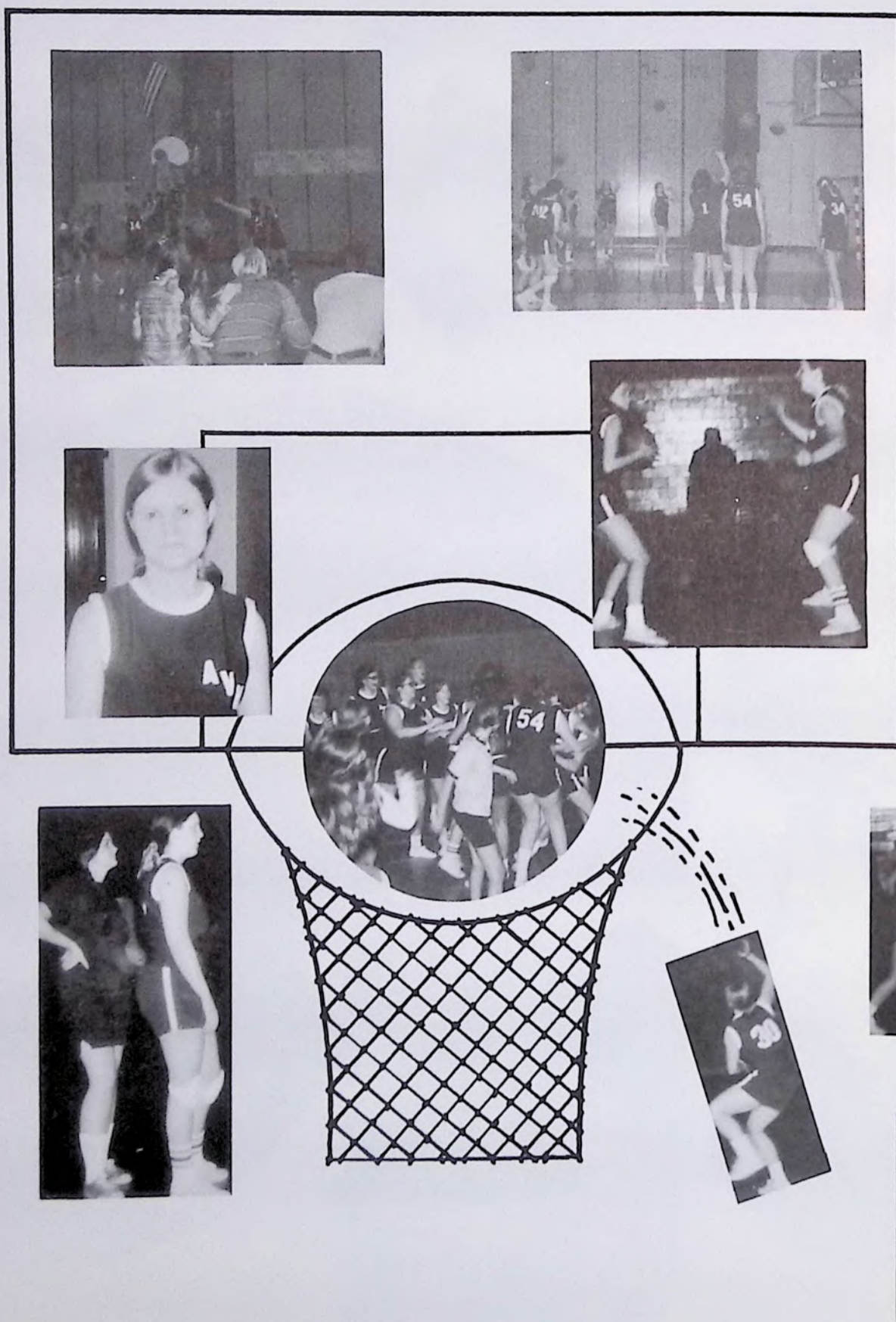
SNAP

OSN

CONVENTION



BASKETBALL CHAMPS



HALLOWEEN



HAPPY



FUN IN

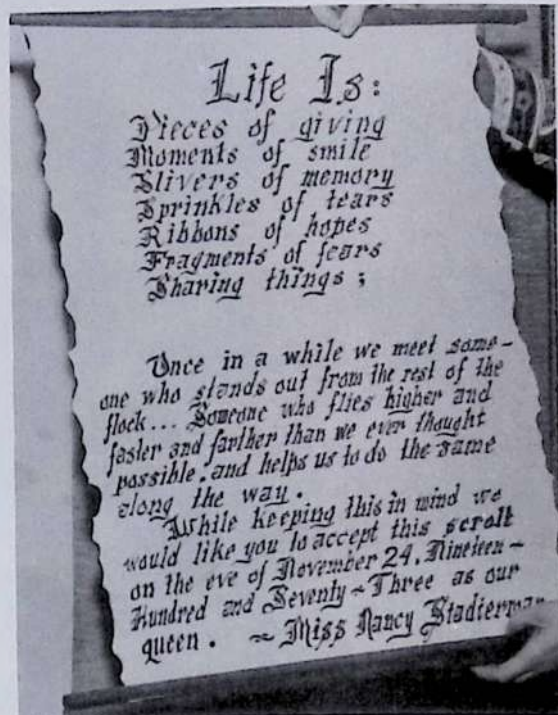
THE SUN

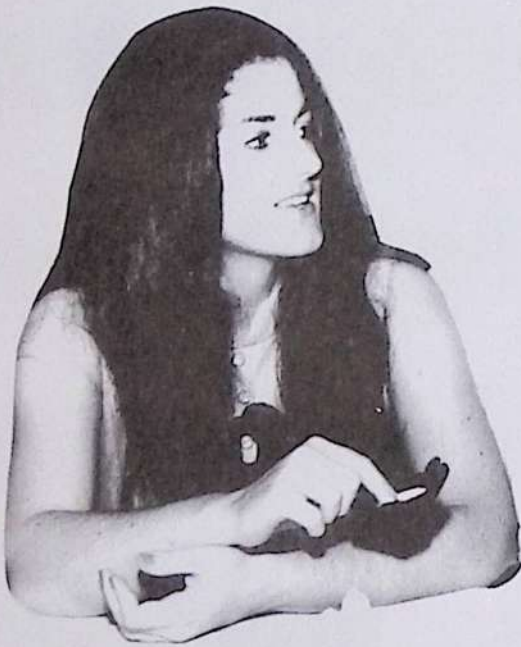
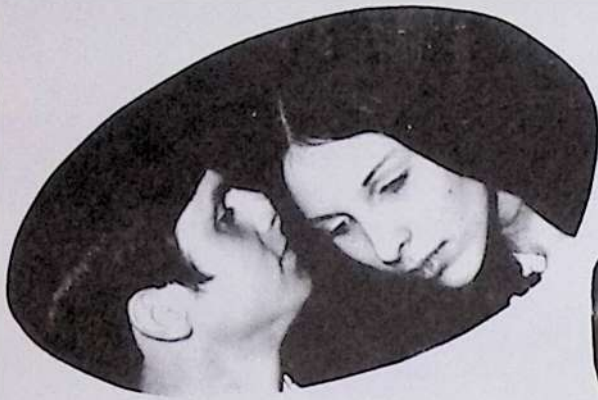


SUMMER OF

"72-73"

CAMELOT





CANDIDS











WHAT IS FRIENDSHIP?

It is many things . . .
Feeling completely natural
With another
Shedding all pretense
And all shame,
Just being yourself.
It is sharing with another
Both big and little things
Joy and sorrow, laughter, and tears.
It is counting on another
To understand your moods,
To put up with your feelings and failings
To be there when needed most
With a word of encouragement
A smile, a look. How do we know
What friendship is? We know
Because this is what we've found
In our friends.

