

Centre County Torch Meeting Minutes
September 11, 2024
Ramada Inn, State College, PA

President John Dillon opened the meeting at 6:00 PM.

Approximately 20 members were in attendance.

Annual dues are currently \$75 a year. Dinner is \$25.00.

This year's officers:

President: Terry Engelder

Vice President: Caroline Wilhelm

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt

Past President: John Dillon

Webmaster: John Golbeck

Food prices are increasing, meeting dinner is \$25 per person.

John Dillon presided in the absence of Terry Engelder.

Walter Ebaugh announced at an earlier meeting that he will not be able to serve as vice president because of health issues.

Caroline Wilhelm elected vice president by unanimously.

Member Roger Williamson and Karen L. Magnuson are honored by the Renaissance Fund.

This year, the Renaissance Fund honorees are Roger L. Williams and Karen L. Magnuson, Penn State alumni, retired staff members, and local volunteer members who have uplifted the State College community through their professional pursuits, volunteerism, philanthropy and an abiding commitment to their neighbors.

Writing the IATC's history with Art Goldschmidt

This year the International Association of Torch Clubs celebrates its one hundred years of existence. Art reviewed the founding of the Torch Club international groups. The Centre County club was founded in 1955 with Ralph W. McComb as president.

Art Goldschmidt received two Silver Torch awards and was chosen to receive a second Silver Torch award in 2024. He is a 40-year member and has served as corresponding secretary for 14 years. He was chosen to write the history of the International Association of Torch Clubs from 1975 to 1984. The one-hundred-year history, titled "Sharing the Light", was recently published by Amazon. A copy of the history is available through Art Goldschmidt.

The International Association of Torch Clubs were founded July 10, 1924. William Bullock was the founder after a quarrel between members of earlier associations. The result was two clubs were founded: Torch Clubs and The International Association of Torch Clubs. Art discussed the history of Torch Clubs and reviewed a sociologic study of small clubs in the US and Canada titled Bowling Alone.

The next meeting is October 9, 2024.

Kevin Alloway will present. The title is Maintaining Your Memory as You Age.

The meeting concluded at 7:45 PM.

Respectively submitted,
Charles W Maxin, secretary

Centre County Torch Meeting Minutes
October 9, 2024
Ramada Inn State College, PA

President Terry Engelder opened the meeting at 5:45 PM.

Approximately 38 members were in attendance.

Annual dues are currently \$75 a year. Dinner is \$25.

This year's officers:

President: Terry Engelder

Vice President: Carolyn Wilhelm

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt

Webmaster: John Golbeck

Terry Engelder introduced Roger L. Williams and his wife Karen L. Magnuson, this year's recipient of the Renaissance Fund award. This is the 55th year of the award.

Terry Engelder introduced Donna Queenie a former member of the Torch group from Centre County and who recently moved back to the area.

Arthur Goldschmidt and John Golbeck were mentioned in the recent issue of the Torch magazine. They both received Service awards last spring.

Terry Engelder introduced Kevin Alloway for tonight's presentation. Dr Alloway graduated from University of Michigan and completed PhD studies at Indiana University.

Or how to avoid developing dementia.

Dr Alloway reviewed three books for this discussion including **High Octane Brain** by Dr. Michelle Braun, **Keep Sharp** by Sanjay Gupta, MD, **How to Prevent Dementia** by Richard Restak, MD, and **This is your Brain on Food** by Uma Naidoo, MD.

Alzheimer's is the most common cause of dementia. There are many other forms of dementia including frontal and temporal lobe dementia, atherosclerotic dementia, Picks Disease, etc. Alzheimer's disease (AD) is characterized by neurofibrillary tangles and plaques in the brain. The diagnosis was usually made postmortem, after a patient has died. However more recently blood tests can make a diagnosis. **Neurofibrillary tangles (NFTs)** are abnormal protein aggregates that form inside neurons and are a key feature of Alzheimer's disease. Tau plaques are formed from the precursor proteins that create amyloid. Tau proteins stabilize the microtubules that help transport molecules and nutrients within the brain cells. However neurofibrillary tangles and amyloid plaques interfere with synapses between brain cells causing brain cells to die and atrophy

occurs. Hippocampus and adjacent temporal lobe atrophy develops. Since this area of the brain is involved with speech, a symptom of Alzheimer's disease is word finding difficulty. Of course, Alzheimer's Disease also has many other symptoms resulting from atrophy of the brain.

Risk prevalence is related to the aging process and is present in 3% of patients between 65 and 74 years of age, 17% between 75 and 84 years of age and 32% over the age of 85.

Dr Alloway described 2 neurons connected by a synapse and able to excite each other with neurotransmitter proteins. The definition of neuroplasticity is repeated excitement of the synapse can make the connection stronger and more likely to fire.

The neocortex includes the memory and sensory cortex of the brain. Memory and sensation are mediated by cortical activity and stimulates the temporal lobe creating memories. Short term memories are stored in the hippocampus. If a portion of the hippocampus is removed, short term memory is affected. The hippocampus is the only region of the brain capable of neurogenesis and is capable of storing short term memory.

A feature of Alzheimer's disease is brain atrophy of the of the neocortex and shows widened sulci (the space between brain folds) and shrunken gyri (brain folds) on the surface of the brain. Word finding difficulties are common in AD. Of note the brain represents 2% of the body mass and 20% of the blood flow. We can see blood flow increases with increase of vessel size on PET scanning.

What can we do to reduce the risk of developing Alzheimer disease? What are the lifestyle changes to reduce the risk of Alzheimer's disease?

Number one is regular exercise.

Regular aerobic exercise such as walking and riding a bike reduces the risk as shown in a long-term Scandinavian study. In this longitudinal study (44 years), 191 Swedish women were classified into three groups based on their peak level of cardiovascular capacity while cycling. The results revealed a dose-dependent relationship in which higher levels of fitness were linked to lower levels of dementia. Exercise increases hippocampal growth.

Staying cognitively active helps. Read a book, listen to music or even write music.

Consume healthy food.

The only way to keep your health is to eat what you don't want, drink what you don't like and do what you would rather not- Mark Twain. Dietary changes such as the Mediterranean diet, the DASH diet and the MIND diet (Mediterranean and Dash diet combined) are shown to be helpful. Stay cognitively active (learn), socially active, reduce stress, and sleep well.

Avoid diabetes

Diabetics have a faster rate of cognitive decline, which can lead to dementia. Diabetes weakens blood vessels and this increases the probability of mini strokes. High sugar blood levels make neurons insulin resistant; some physicians refer to Alzheimer disease as diabetes type 3 because Alzheimer disease is linked to an increase in insulin resistance. Research by Rebecca Gottesman at Johns Hopkins indicates that the risk of dementia is greatly increased with diabetes (77% greater risk), smoking (41% greater risk), and hypertension (39% greater risk).

Avoid mini-strokes

Mini-strokes are caused by the occlusion of small blood vessels. Mini-strokes are associated with hypertension, elevated cholesterol, a diet high in saturated fats and elevated blood sugar.

Conclusion.

The person least likely to develop Alzheimer's disease is a non-smoker, non-drinker, and physically active person, free of diabetes and depression with normal body mass, normal cholesterol and mental curiosity.

Charles W Maxin, Recording Secretary
10/9/2024

Centre County Torch Meeting Minutes
November 13, 2024 Ramada
Inn State College, PA

President Terry Engelder opened the meeting at 5:45 PM.

Approximately 35 members were in attendance.

Annual dues are currently \$75 a year. Dinner is \$25.

This year's officers:

President: Terry Engelder

Vice President: Carolyn Wilhelm

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt Webmaster: John Golbeck

Guests:

John Dillon introduced Barbara Vanderbergh wife of John Vanderbergh. She was at North Carolina State in Raleigh North Carolina for 50 years. John is a retired zoologist and provided monkeys for testing the polio vaccine.

Old business

Please provide Terry Engelder with a short biography of your training and expertise for inclusion on the Torch website

Tonight's presenter is Jeff Wert, retired high school teacher. He is the author of numerous books on General Custer and the Civil War. The title of the presentation is: **Custer and Little Bighorn**

George Armstrong Custer was born December 5, 1839 and died June 25, 1876 at Little Bighorn Battlefield National Monument, Montana.

General Custer's father was a blacksmith in southeast Ohio. Two older brothers died and George was the spoiled third son. He attended West Point after becoming a teacher at age 20. While at West Point he accumulated 103 demerits in one year that set a record. He cleaned up his act and was able to graduate in 1862 from West Point but was ranked last in his class. He became a Brevet Major General at age 23. He graduated when one year at West Point was compressed to 6 weeks because of the Civil War.

Custer was able to gain a position as leader of a cavalry unit. He led a charge at the Gettysburg battle in Pennsylvania leading a Michigan unit, defeating General JEB Stuart. He captured a flag of a Confederate unit and received two medals of honor. He commanded the 7th Army and at the time was the fourth most famous person of the Union. In 1865 he led the parade of the 3rd Army and wore a red tie. Every member of the army also wore a red tie indicating their affection for Custer. He was a superb Cavalry commander.

Custer was courtmartialed after implicating President Grant's brother. There was intense dislike between the two generals. Custer was removed from his command.

The story begins with the Panic of 1873 and the search for gold in the upper midwest.

After the civil war, the focus of the United States was to go west. The treaty of Laramie was made that limited Plains Indians to reservations. However gold was found in the Black Hills of the Dakotas and Montana Territories. The Sioux and Cheyenne believed the Black Hills were sacred to the Indians and were prepared to fight to keep their sacred lands. The Sioux and other tribes resisted the influx of settlers and gold hunters. Custer was reinstated as a General to lead the army. In 1876 the US army was mobilized with General Custer as their leader to move the Indians back to their reservations sparking marked resistance.

The Valley of Little Big Horn in the Montana Territories was the site of a battle between 7000 Indian warriors and 5 companies of the US Army led by General Custer. It was a 30 minute battle. 263 US Army soldiers died including George Custer. Custer was 36 years old and was buried at the site of the battle. Later his remains were moved to West Point. There is some controversy as to the actual site of his burial.

Respectively submitted,

Charles Maxin, Recording Secretary

Centre County Torch Meeting Minutes
December 11, 2024
Ramada Inn State College, PA

President Terry Engelder opened the meeting at 7:00 PM.

Approximately 38 members were in attendance.

Annual dues are currently \$75 a year. Dinner is \$25.

This year's officers:

President: Terry Engelder

Vice President: Carolyn Wilhelm

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt

Webmaster: John Golbeck

No new members. John Golbeck request members submit a bio for inclusion on the Centre County website. The site can be found on the internet at <http://centralpatorch.org>.

Tonight's topic is First Amendment Rights and Protest. The presenter is Robert Henrickson, DED.

First Amendment Rights and Protest

Dr. Henrickson received an undergraduate degree in zoology from Northwestern University and a DED from Indiana University in 1984.

The title of this presentation could also be the threats to free speech and academic freedom. A warning, this talk is somewhat controversial.

The first Amendment establishes freedom to exercise a choice of religion, speech and freedom of assembly. The 14th amendment contains free speech clause.

The right of free speech clause is neutral only to matters of public concern and not to matters of personal concern. Advocating violence and defamation are not protected.

Academic freedom is a contractual right to public institutions under both the first and 14th amendments. Private institutions guarantee employment.

In 1976, Arthur Butz, a professor of Electrical Engineering at Northwestern University published a book titled "The Hoax of the Twentieth Century". He wrote that the Holocaust did not occur. In 1977 a debate between Arthur Butz and William Van Alstyne, Professor of Law at William and Mary Law School occurred resulting in a political and hate speech code.

The hate speech code defines any behavior that is stigmatizing, intimidating, hostile and demeaning to individuals, and are found to be vague and have chilling effects. Genetic science that links racism and white supremacy is an example.

The first amendment bans can limit institutional invitations and can designate the time, place and manner of speech, can limit disruptive behavior and ban speech that turns to violence.

The University of Chicago has published freedom of expression principles.
First, it is not proper to shield individuals from ideas that are disagreeable.
Second, a climate of civility is proper.
Third, we can regulate the time and placement questionable material.
Fourth, universities can not to shield people from ideas and opinions they find unwelcome, disagreeable or even offensive.
And lastly we may not obstruct conversation or publication.

“DEI”- dignity, equality and inclusion example was presented.
As an example consider a conservative judge is invited to speak to the university. However liberal students shout him down.

The American constitution is obscure and it should be.

Respectfully submitted,

Charles Maxin, recording secretary

Centre County Torch Meeting Minutes
January 8, 2024
Ramada Inn State College, PA

President Terry Engelder opened the meeting at 7:00 PM.

Annual dues are currently \$75 a year. Dinner is \$25.

This year's officers:

President: Terry Engelder

Vice President: Carolyn Wilhelm

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt

Webmaster: John Golbeck

No new members.

Tonight's topic is the role of zoning in municipal development. The presenter is Lewis Steinberg.

The Role of Zoning in Municipal Development

Lewis graduated from Penn State and attended the law school of the University of Pennsylvania.

His talk covered the following topics:

1. Historical background of zoning;
2. Purposes of zoning;
3. Components of a zoning ordinance;
4. Governmental entities involved in the zoning process;
5. Define frequently used zoning terms;
6. Using Ferguson Township as an example, identify different zoning districts;
7. Basic considerations in enacting a zoning ordinance; and
8. Discuss major local and national issue—shortage of affordable housing—and how zoning can help in addressing this problem.

Respectfully submitted,

John Golbeck (substituting for Charles Maxin, recording secretary)

Centre County Torch Meeting Minutes
February 12, 2024
Ramada Inn State College, PA

President Terry Engelder opened the meeting at 7:00 PM.

Annual dues are currently \$75 a year. Dinner is \$25.

This year's officers:

President: Terry Engelder

Vice President: Carolyn Wilhelm

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt

Webmaster: John Golbeck

No new members.

Tonight's topic is Abraham Lincoln and the Press. The presenter is Ford Risley.

Abraham Lincoln and the Press

Ford holds a B.A. from Auburn University, a M.A. from the University of Georgia, and a Ph.D. from the University of Florida.

His talk covered the relationship between Abraham Lincoln and the press:

Abraham Lincoln understood the American press better than any other political figure of his era, and probably as well, if not better, than any occupant of the White House up to that time. The nation's sixteenth president had an appreciation for the mid nineteenth-century press, a press that was increasingly resembling the aggressive, news-oriented news media of today. Lincoln understood the important role of newspapers, their tendencies, and many shortcomings. As he once said, "The press has no better friend than I am—no one is more ready to acknowledge its tremendous power both for good and evil." Lincoln also recognized that as president he had to deal with the press—gently one minute, forcefully the next—to successfully lead the country and win a devastating Civil War.

Respectfully submitted,

John Golbeck (substituting for Charles Maxin, recording secretary)

Centre County Torch Meeting Minutes
March 12, 2025
Ramada Inn, State College, PA

President Terry Engelder opened the meeting at 6:45 PM.

Approximately 40 members were in attendance.

Annual dues are currently \$75 a year. Dinner is \$25.

There were no new members or visitors. Terry Engelder reminded current members to submit a biography for inclusion on the Central Pennsylvania Torch website. The site can be found on the internet at <http://centralpatorch.org>.

Tonight's topic is '**The Iron Furnaces of Pennsylvania**'. Ron Smith introduced the presenter, John Golbeck, as Emeritus Professor of Biochemistry and Biophysics at Penn State. John received his B.S. in chemistry from Valparaiso University, and his Ph.D. in biological chemistry from Indiana University, the latter under Prof. Anthony San Pietro. His postdoctoral studies were carried out at Martin Marietta Laboratories, Baltimore, MD, with biophysicist Dr. Bessel Kok. John's research specializes in the function of iron containing proteins called ferredoxins in photosynthesis. Over the past 50 years, he has edited two books and published 247 peer reviewed scientific papers, and he mentored 20 Ph.D. students and 10 M.S. students.

The Iron Furnaces of Pennsylvania

John began his talk by emphasizing that the history of Pennsylvania is inextricably bound up with the smelting of iron and production of steel. The Commonwealth is rich in the four required items to make iron: hematite and magnetite as iron ore, limestone to remove impurities as slag, forests to make charcoal, and streams to power air bellows. The process of making iron metal from iron ore is called 'smelting', derived from the German word 'schmelzen' (to melt). The ancients thought that by heating ores with wood, and later charcoal, metals would literally 'melt' out of the stone. It is a bit more complicated than that, as John explained in his talk on the history and the chemistry of iron production in Pennsylvania.

John first discussed the history and economics of iron production in the Juniata iron region of Pennsylvania with a focus on Centre Furnace and Mt. Etna Furnace. Centre Furnace and its stack, located at East College Avenue, were founded by Samuel Miles and John Patton in 1791 and remained in blast until 1809. The furnace and its 25 square miles of land were purchased by James Irvin and Moses Thompson in 1826 and remained in blast until 1859. The iron making operation was, in practice, a northern 'plantation', employing upwards of 100 workers and requiring a large infrastructure that consisted of the furnace stack, tenants' houses, boarding houses, a blacksmith's shop, a grist mill, a church, a company store, a school and a post office. None of this remains except for the stack and mansion. In contrast, Mt. Etna furnace, located in Blair County, has several remaining structures, including the iron master's house, a tenant house, a manager's house, foremen's houses, a church, a store (the latter four now private dwellings), and a bank barn. The iron produced was originally transported to either Baltimore or Pittsburgh by mule, but transportation was eased by the building of the Pennsylvania Mainline Canal on the Frankstown Branch of the Juniata River and later by the Pennsylvania Railroad, which purchased the canal and laid tracks on the towpath. The railroad was abandoned in the 20th century and through a rails-to-trails program the right of way became the popular Lower

Trail. There were in total 18 iron works in Centre County, including an iron ore mine at Scotia that was established by Andrew Carnegie. By 1873, Pennsylvania had a total of 225 furnaces. Because one year of iron production required charcoal made using wood from 2 square miles of land, resource depletion became a major problem by the late 1800's.

The second part of John's talk covered the chemistry of how iron ore is turned into iron metal. Iron exists on Earth as iron oxide because of the presence in the atmosphere of oxygen produced by photosynthesis. He explained the process of oxidation, which is the addition of a molecule of oxygen to a metal such as iron, and the process of reduction, which is the removal of a molecule of oxygen from a metal oxide such as iron oxide. The latter can be done using carbon monoxide, a molecule that has a higher affinity of oxygen than does iron. Charcoal is made by heating wood in a low oxygen environment and is added along with iron ore and limestone to the furnace stack. The carbon monoxide produced by heating the charcoal reacts with iron oxide to produce carbon dioxide and iron metal, which flows from the bottom of the stack into sand molds. The added limestone is converted to lime in the stack; it removes contaminating silicon oxides from the ore, producing the by-product slag, which floats on surface of the molten iron and is removed. Two major breakthroughs, developed in Europe, became important when deforestation threatened the viability of the iron plantations. One was the use of coke, which is produced by heating bituminous coal in a low oxygen environment, as a substitute for charcoal. The other was the use of anthracite coal, which is abundant in eastern Pennsylvania, and the use of a 'hot blast' to promote burning, in which the air is heated to 900 to 1350 C, before introduction into the furnace. Both provided the carbon needed to produce the carbon monoxide that reduces the iron oxide into iron metal. The final product, pig iron, contains 4.5% carbon, which makes it brittle, but it is still useful for casting pots and stoves for cooking.

John's third topic concerned how pig iron is turned into steel. Steel contains a lower content of carbon and the addition of alloying metals such as chromium to give it strength and durability. The pig iron made in the Juniata region was transported to Pittsburgh, where steelmaking was introduced in the early 1800's. To make steel, the remaining dissolved carbon is completely removed by remelting the pig iron in a Bessemer furnace and blowing air through the melt to oxidize the residual carbon (from the charcoal or coke) into carbon dioxide. Carbon is then re-introduced to a final concentration of 2% and other metals are added to provide desired properties. Improvements such as the introduction of the basic oxygen furnace, which blows pure oxygen on the surface of the molten iron at twice the speed of sound, producing a furious mixing of the melt, and reducing process time from 6 hours to 40 minutes. The later invention of the electric arc furnace, which uses electricity to produce the melt, provided a relatively cheap way to recycle iron metal, and now accounts for up to 50% of all 'new' iron produced. The latest innovation is the use of hydrogen instead of carbon monoxide to smelt the iron ore. This process produces water as the product instead of carbon dioxide. Because up to 9-11% of the carbon dioxide emitted into the atmosphere is produced by iron and steel production, the use of hydrogen can help reduce global warming, the major driver of climate change. Its widespread use, however, will require a cost-effective way to generate hydrogen from water.

The talk ended with a question-and-answer period and the meeting was adjourned at 8:00 pm. April's speaker is Larry Ragan; his topic is 'Learning About Nature Using AI'.

Respectfully submitted,

Art Goldschmidt, (filling in for Charles Maxin, recording secretary), with much help from John Golbeck

TORCH CLUB OF CENTRAL PENNSYLVANIA

9 April 2025 meeting

President Terry Engelder called the meeting to order at 6:48 pm. There were 24 persons present. Larry Ragan introduced Brian Dempsey, a retired professor of civil engineering, and proposed him for membership. He was accepted unanimously.

Webmaster John Golbeck reported that about eighty percent of the members have updated their biographical information. Members can see the bios by typing in their search engines "Central Pennsylvania Torch," to access our club's website.

Vice President Carolyn Wilhelm will recruit candidates for officer positions in the 2025-26 year and passed around a paper to recruit members to give talks next year, especially those who haven't spoken recently. She may also invite one speaker from outside our club.

Bob Igo introduced Larry Ragan. His topic was "Learning about Nature using AI and other Technology." Larry gave a spirited and well-illustrated talk about the technology of Artificial Intelligence and its applications for the study of nature, especially bird watching. He examined the dual impact of artificial intelligence and related technologies on our engagement with multiple aspects of nature. He explored the educational benefits and novel ways to appreciate the natural world offered by these advancements, providing details of specific AI applications such as PictureThis and Merlin. Simultaneously, Larry critically analyzed the potential drawbacks, including ethical concerns, environmental impact, and the risk of technology becoming an obstacle to genuine nature immersion. He also warned against the possible dangers of overreliance on the applications he described. A lively discussion ensued, especially on birdwatching.

The meeting adjourned at 8:05 pm.

Next program will feature Walt Ebaugh, speaking on the history of Rideau Canal, 14 May.

A member noted the passing of Mary Deutsch, member Frank Deutsch's wife, on 28 March. Memorial service will take place in Good Shepherd Catholic Church on 24 May, 1-2:30 pm., to be followed by a celebration of her life in Tom Tudek Park.

Respectfully submitted,

Art Goldschmidt, secretary

Centre County Torch Meeting Minutes
May 13, 2025
Ramada Inn State College, PA

President Terry Engelder opened the meeting at 7:00 PM.

Annual dues are \$75 a year. Dinner is \$25.

This year's officers:

President: Terry Engelder

Vice President: Carolyn Wilhelm

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt

Webmaster: John Golbeck

No new members.

Guests: Paul Whitehead and Stephen Seidman, guests of Kevin Alloway

Rideau Canal of Canada
Walter Ebaugh

The **Rideau Canal** is a 202 kilometer long canal that links the Ottawa River at Ottawa with the Cataraqui River and Lake Ontario at Kingston, Ontario, Canada. Its 46 locks raise boats from the Ottawa River 272 feet upstream along the Rideau River to the Rideau Lakes, and from there drop 164 feet) downstream along the Cataraqui River to Kingston.

The Rideau Canal opened in 1832 for commercial shipping. Freight was eventually moved to railways and the St. Lawrence Seaway, but the canal remains in use today for pleasure boating, operated by Parks Canada from May through October. It is the oldest continuously operated canal system in North America and is a UNESCO World Heritage Site.

Walter Ebaugh presented a photographic journey of the history of the Rideau canal. He showed pictures of the family cabin on the Canal. He also described the history of the canal to connect Lake Ontario with Kingston, Canada.

The canal continues to operate the multiple locks.

Respectfully submitted,

Charles Maxin, recording secretary

Centre County Torch Meeting Minutes
June 11, 2025
Ramada Inn State College, PA

President Terry Engelder opened the meeting at 6:00 PM.

Annual dues are \$75 a year. Dinner is \$25.

This year's officers:

President: Terry Engelder

Vice President: Carolyn Wilhelm

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt

Webmaster: John Golbeck

New officers were elected for the 2025/2026 academic year:

President: Carolyn Wilhelm

Vice President: Bob Igo

Recording Secretary: Charles Maxin

Treasurer: Peter Jurs

Correspondence Secretary and Torch International representative: Art Goldschmidt

Past President: Terry Engelder

No new members.

Tonight's talk is by R. Scott Kretchmar, Professor Emeritus of Exercise and Sport Science. Scott is the former head of the department of Kinesiology at Penn State University.

Creating Level Playing Fields and Other NCAA Problems
R. Scott Kretchmar, Professor Emeritus of Exercise and Sport Science.

Creating level playing fields in today's climate presents new challenges for the NCAA. The increasing commercialization of Division I college sports—including the direct payment of athletes, the regular use of the transfer portal, and the influences of televised sport—increase risks for smaller Division I institutions, women's athletic opportunities, Olympic sports, and all schools that have trouble balancing their athletic budgets. These increasingly "uneven playing fields" are likely to generate many new lawsuits and a degree of chaos in Division I athletics.

For previous generations of athletes and their parents, the full-ride scholarship was thought to be an equitable arrangement. However, with increased pressures placed on athletes, and with the large amounts of money generated by college sports, judges have ruled against the NCAA and the notion that college players are amateurs. The recent decision in House vs NCAA, allows for direct payments to athletes for the first time. The student-athlete has now become, in effect, the athlete-student.

The evolution from amateur to professional sports in college institutions began many years ago. Tensions always existed between athletic and educational values and goals. Individuals such as Joe Paterno and the late NCAA President (Myles Brand) attempted to support traditions that placed the student first. However, a number of events created pressures that undermined their efforts, prime among them the televising of college sports.

Other events that increased athletic-educational tensions included the following:

1972 Title IX legislation for women's sport.

1980 The removal of athletics at PSU from an educational unit.

1983 NCAA takeover of women sports from the AIAW.

1990 PSU enters the Big 10.

1992 All coaches at PSU released from teaching duties.

2011 The Big 10 TV network founded.

2014 & 2024 expansion of the Big 10 to 18 teams providing new TV markets

The Big 10 has signed with Fox Networks a \$7 billion 7 year contract for exclusive rights to television broadcast. The SEC 10 has a \$3.6 billion contract for ten years.

Uncertainty and potential chaos appears to lie ahead for big-time college sports. Efforts to preserve level playing fields will be increasingly difficult.

Respectfully Submitted,

Charles Maxin, recording secretary