

Board of Directors

The Valley Spiritual Center and School of Healing Arts

The Valley School of Healing Arts

Franklin J. Sterner, Founder and Co-chairperson-Advisor

Patricia A. Sterner, Founder and Co-chairperson-Advisor

Marlana E. Sterner Flaherty, Director of School/Center, Treasurer

Marlana E. Sterner Flaherty is the Director of The Valley School of Healing Arts. Always devoted to service, she became a member of the Valley Spiritual Center early on and has since focused great energy in healing and in leadership. She has studied virtually all of the healing methods taught at our School, and teaches Therapeutic Massage and Reflexology.

Peter B. Waldeck, Business Administrator

Peter B. Waldeck, Ph.D., is a retired professor of German and Linguistics and author of a number of scholarly books and articles. His favorite area is teaching astrology. After decades of college teaching of German, he discovered Jane Roberts' "Seth" and the works of Carlos Castaneda, and became immersed in a totally new view of reality. He retired early, knowing that somehow his true vocation lay ahead of him, and soon found a new home at the Valley Spiritual Center, where hugs were (and are) everywhere and a new family beckoned. He teaches Astrology.

Nancy D. Waldeck, Assistant Business Administrator

Nancy Waldeck is an Acting Director of the Valley School of Healing Arts and the Secretary of Far Point Animal Rescue. Desiring to be on the cutting edge of knowledge, she chose the study of the sciences during college and then employment in research. However she found that all too often scientists limited their beliefs to what their instruments were able to measure and rejected ideas currently unprovable by traditional methods. When she discovered The Valley Spiritual Center she was thrilled to learn and use many effective healing modalities, most of which cannot as yet be satisfactorily explained by the science of today. She has specialized in the study and teaching of Homeopathy.

Daniel T. Flaherty, Jr., Legal Adviser

Daniel T. Flaherty, Jr., is an Administrative Law Judge for the Commonwealth of Pennsylvania. After many years of spiritual exploration, he found his way to The Valley Spiritual Center and School of Healing Arts, where he has learned many healing modalities and contributed to the many tasks of Center activities.

Faculty

Franklin J. Sterner. **Basic Healing (An introduction to non-invasive healing)**

Patricia A. Sterner. **Basic Healing (An introduction to non-invasive healing)**

Marlana E. Sterner Flaherty **Massage Therapy, Reflexology**

Peter B. Waldeck **Astrology**

Nancy D. Waldeck **Homeopathy**

Trey Casimir III is a licensed Acupuncturist with an established practice in Lewisburg, PA. He has a Master of Science Degree from the Swedish Institute of Acupuncture in New York and experience as a professional exercise therapist. He brings both experience and expertise to the Valley School. **Acupuncture Meridians. Introduction to Oriental Medicine.**

Anthony DiGirolamo is a nationally certified Massage Therapist specializing in Thai Massage, which he learned in Thailand and has taught in many places, including Australia. His wide-ranging interests include Astanga Yoga and Edgar Cayce. **Thai Massage Level I.**

Mary Pat Fitzgibbons is a Registered Nurse with extensive training in cardiac care and health administration as well as alternative healing methods including Healing Touch, as a certified practitioner. She is also certified through the Barbara Brennan School of Healing Science. **Healing Touch.**

Susan Hepler operates her own beauty shop in Kulpmont, Pa. She has been trained at the PA School of Muscle Therapy, King of Prussia, Pa. She has acquired a great variety of massage-related and energy-based healing techniques, including therapeutic massage, shiatsu, reflexology, and chair massage. **Chair Massage.**

Arlyne Hoyt has a Master of Science Degree in Education from Bucknell University (1970) and a diploma from the International School of Shiatsu (1998), Doylestown, PA. Her 622 hours of varied training include Shiatsu, Shin Tai, Oriental Medical Theory, Anatomy, Physiology, Food and Healing, client relationships, and clinic and business skills. She is also a Licensed Psychologist. **Shiatsu, Qigong.**

Bonnie Luther operates the Mountain Tai Chi School, Newport, PA, which has been named a chapter of the Bow Sim Mark Tai Chi Arts Association (Feb. 2000). A sought-after practitioner and teacher of Tai Chi, she has conducted numerous classes and workshops at various places in Pennsylvania. She studies with Bow Sim Mark. She is also a farrier, and contributes most helpfully to Far Point Animal Rescue. **Tai Chi.**

Mary D. Nelson comes to us with decades of experience in both teaching and practicing massage therapy and the healing arts. She is the founder/creator of LaStone Therapy, a highly successful healing technique in great demand, and teaches world-wide. **LaStone Therapy.**

Karin Phillips, a student of Geane Armstrong, is an experienced teacher of Reiki as well as trained in two levels of Lomi Lomi Massage and Magnified Healing. She comes to us also with a wide variety of life experiences including police work and managerial positions, and was a photographer for many years in the Harrisburg area. She has found a second home here at the Valley School of Healing Arts. **Magnified Healing, Reiki, Lomi Lomi Massage.**

Vance Reynolds received a B.A. in Ethnomusicology from The Evergreen State College and has earned Advanced Practitioner and College Teacher certification from Australian Bush Flower Essences, with additional flower essence training for women's and children's issues. He is a private practitioner and conducts education workshops in central Pennsylvania and Philadelphia. He has studied a variety of other modalities including energy healing, astrology, Tong Ren Therapy and traditional Chinese medicine. **Australian Bush Flower Essences Practitioner. Flower Essences.**

Catharine ("Cate") Scaffidi has been an instructor of Yoga and counselor, advisor, and massage therapist in a variety of contexts including teaching at Penn State, Bucknell and Bloomsburg universities. She has a Master's Degree from Bucknell University in Educational Counseling and School Psychology. She also has advanced certification in Yoga Stress Management and Yoga Cardiac Instruction. **Hatha Yoga.**

Natalie Shaffer, who has a B.A. Degree from Susquehanna University, works for the Department of Public Welfare—Office of Medical Assistance, Harrisburg, PA, with certification as an instructor in First Aid/CPR/AED and eight years of continued upgrades and practice. **First Aid/CPR.**

Diane Ruth Shewmaker is a teacher of healing, Reiki and other holistic modalities who comes to us all the way from Washington State. She is the author of "All Love," the only book on Sekhem-Seichim-Reiki. She travels widely as a sought-after teacher of energy healing methods. **Sekhem-Seichim-Reiki, Karuna Reiki, Integrated Energy Therapy.**

Susan L. Shuey is a nationally certified Massage Practitioner with additional training in a variety of techniques including aromatherapy, reflexology, reiki, and a special instructor training from the Academy of Medical Arts and Business, Harrisburg, Pa. **Pregnancy and Infant Massage.**

Sandra M. Snyder, NCTMB, CHT, owns and operates a healing center providing massage therapy and physical therapy. A member of the American Massage Therapy Association, she has also explored many spiritual paths and many healing modalities. She has studied under John Barnes. **Myofascial Release.**

Ruth Steck, a nationally certified Massage Therapist for many years, has had prior teaching experience at the Mt. Nittany Institute of Natural Health, State College, Pennsylvania, and the Liberty Isle Living Arts School of Liberty, Pennsylvania. **Massage for Mortals: Working with People Who have Cancer; Neuro-Muscular Therapy; Anatomy and Physiology.**

Lisa Hepner Wehr is the Program Coordinator and adolescent specialist in the Family Planning Program of Snyder, Union and Northumberland Counties, Pennsylvania. She is a specialist in AIDS issues in dealing with clients in the workplace. **HIV/AIDS Awareness.**

Linda Weihbrecht is an instructor in clinical aromatherapy with R. J. Buckle Associates, LLC. She also comes with a widely varied background in health care with Pinnacle Health as Patient Access Representative, Managed Care Coordinator, and Occupational Health Coordinator as well as having served as a Medical Assistant and a Medical Claims Examiner. **Aromatherapy.**

Cynthia Wood is a Senior Practitioner of Ortho-Bionomy and is a member of the American Massage Therapy Association. She also graduated from the Chicago School of Massage Therapy. **Ortho-Bionomy.**