It’s Time for a Renovation

By Madelyn Johnston
Contributing Writer

The Francis Hall dorms have gone unoccupied since 2012. Students have been anxious to know why.

According to Doug Smith, Vice President for Finance and Administration, the Francis dorms are empty due to their lack of necessity.

“The Francis Hall residence was taken off line about 3 years ago when housing demand had not caught up with all the new beds in Founders Village,” Smith said.

The Francis Hall dorms are one of the few places on campus that are free of renovation plans. They are in reserve in case Alvernia needs additional beds for incoming students. So far, there are no plans to reactivate them.

“The dorm rooms in FH remain ready and available, but are not anticipated as being needed for next year,” Smith said.

“Right now we want to maintain the flexibility to use FH for housing as the number of resident students grows.”

Continued on page 3

Stay Sane This Finals Week

By Meg Francescangeli
Contributing Writer

Laughing, crying, screaming, sighing. Finals week is finally here, and everyone seems to be dreading it. A large amount of studying and work can stress students out.

What people may not be aware of is that this stress can cause headaches and a anxiety which potentially leads back to even more stress. It eventually becomes an inescapable, brutal cycle.

How can Alvernia students beat stress-related anxiety? Here are just a few ways on how to de-stress yourself and stay on track so you can study and stay sane.

Create a study schedule! Although this requires more work, scheduling can potentially help you stay on track.

By creating a study schedule, you are mapping out different times of the day that will be designated strictly for studying.

For example: on Saturday from 10 a.m. to noon, study for biology, from 1 p.m. to 2:30 p.m., study theology, and from 4 p.m. to 5 p.m., study math. This gives you a chance to make sure you are allotting time for each final you have.

Breaks, breaks, and more breaks! Studies show that your mind retains more information when you take breaks while studying. This not only gives your brain a chance to rest, but it also gives you a chance to burn off some steam.

“Normally I study for two hours and then take a break by watching a movie in our lounge, making some coffee, or simply just being comfortable,” McKenna Achenbach, a first year human resource management and marketing major said.

“Taking breaks are the key to not becoming stressed out.”

Exercise regularly! Take time out of your day to exercise. Physical exertion reduces the overload of hormones you receive from being stressed.

“A thirty minute trip to the gym is enough to give me a lot of energy to be productive and not feel so sluggish when I am trying to do my...”

Continued on page 5

Zephyrus: New Issue

By Joshua Smith
Editor

Are you a creative student at Alvernia? Students seeking a platform for creative expression should consider the Zephyrus, a student run creative works magazine.

This year’s issue will be coming out on Wednesday May 13 at the Zephyrus reading party.

Student editor Andrew Kaucher and assistant editor Ryan Cupo put the Zephyrus together. English professor Dr. Tom Bierowski supervises the whole process as the faculty advisor.

The Zephyrus contains all different kinds of artistic works. It has student drawings, poems, short stories and, new to this years issue, music. The music will be integrated into this issue by use of a QR code that will take you straight to the song. All of these works are compiled into a hardback book for presentation and. This book is handed out for free for all students.

Cupo is excited about the...
Flynn Files: May 2015

Springtime is always welcome. Memories of cold weather fade, and sunny, merriment beckons. Late April and early May bring a glorious procession of year-end events—Honors Convocation, Spring Fishing, SGA Awards Lunch, Senior Send-Off, Senior Athlete Dinner, Senior Leaders Dinner. For many, the fun is over, and then Baccalaureate Mass and, finally, Commencement. Everyone of us has known the time of year that brings well and care about deeply. Students realize, perhaps for the first time, how much a teacher, coach, secretary, or administrator has touched their lives. But these weeks are also marvelous and celebratory, featuring special guests, women and men: Our seniors. They become proud alumni. And all at Alvernia are in turn proud of them, graduates prepared “To Do Well and To Do Good.” Here are profiles of just a few of these special graduates. They are scholars, student-athletes, up-and-coming leaders, difference-makers, one and all. And they have excelled and made an impact in multiple ways.

Ryan Cupo is our distinguished Senior Scholar, one of eleven Honors Program graduates, a double major in Chemistry and Mathematics, and an invaluable member of our Holleran Center project tutoring inner city children. Jessica Newcomer, another Honors Program graduate, is a double major in communication and political science and winner of awards in both fields along with recognition as one of our Outstanding Students in the Humanities. She is also the head tour guide for Admissions.

Andy Kaucher, a stalwart member of Sigma Tau Delta and a student ambassador, has been chosen to be the student speaker at graduation. He earlier earned the distinction of docking me during the fall ALS Ice Bucket Challenge. So I wonder, will he actually graduate? Here’s a shout out to the other eight graduates of the Honors Program. They are a notable group: Tina Marie Streilecki, Brianna Whitton, Casey Green, Melissa Felten, Ian Lenbaum, Slate Kleinsmith, William Grigas, Kathleen Fitzharris and Katelyn Roginski.

Four other seniors were honored this spring as scholars as well as athletes. Kate Voh, an athletic training major, and Josh Wollaston, an accounting major, received conference-wide recognition as the MAC Outstanding Scholar-Athletes in Men’s Basketball and Women’s Soccer, respectively. Alvernia’s own Outstanding Scholar-Athletes were Jacqueline Strange, a social work major and women’s lacrosse player, and Kirby Turner, a health and physical education major and member of the men’s basketball team. Kirby shared with two senior team members, Jordan Devo and Lamont Clark, the thrill of bringing Alvernia our third consecutive conference championship. For many of the over 200 wins now amassed by Coach Miller and his additional grey hair from back-to-back championship game thrillers. This trio has plans for medical school (Kirby), law school (Harrison), and business school—more basketball (Lamont).

Two other seniors became good friends through their service work and because they had the privilege of being our Initial Assistant student scholars. Jennifer Toledo has combined study in early childhood education, Spanish, and psychology with service in the South Reading Youth Initiative, Project Exploration, and our new Reading Collegiate Scholars Program and participation in both Alpha Phi Omega and the Alternative Break program. AJ Sederian, fellow, is one of the winner of our Franciscan Peace and Justice Award. Another Holleran Fellow and Alpha Scholar, Kevin Shinalline, a psychology and theology double major recognized with awards in both fields and also as an Outstanding Student in the Humanities, has been a staff member in the Holleran Center for four years where he has been active in both the South Reading Youth Initiative and Project Exploration.

Shainline has been a leader in the Alternative Break Program and is a founder of our Alpha Phi Omega national service fraternity. She has been the two-time resident assistant. Winner of Alvernia’s Fromm Interfaith Award, she has been nationally recognized as a prestigious Newman Civic Fellow (2014).

Speaking of servant-leadership, three groups represent Alvernia’s commitment of time and talent. An exceptional group of student leaders, TANTANTS includes many who have served 2, 3, even 4 years. Danielle Avignone (2), front and back to back; Chris Harrington (3), Tim Hinche (2.5) Jennifer Innormato (2), Laura Maurcosch (4), Marlee McNerney (4), Victoria Oliver (3), Jennifer Pettilla (4), James Ragsdale (2), Robert Reitz (2), Alexander Roche (3), Kevin Shainline (2), Jared Toll (3), Erin Verdon (3).

Many others assist the Alumni Office and serve the university as Student Ambassadors or support Admissions as tour guides or in some other capacity. Here’s a shout out to the whole great gang of senior tour guides and ambassadors:


And AMBASSADORS—Lindsay Bittle, Cortnee Carr, Brooke Deamer, Jamie Dearie, Kristen Eckert, Andrew Kaucher, Candace Knight, Alexander Roche, Deven Samson, Erin Sheehan. SHANNON BROO ASSIST, a four-year starter for our soccer’s, has been a three-year all-star for Admissions, with a leadership role as the annual Scholarship Luncheon. Her help with planning and organization will serve her well in Alvernia’s MBA program.

Another faithful and long serving Admissions student staff member: JOHN PENA, is a proud CJ major, President of the Alpha Phi Sigma Honor Society, and a graduate of the Reading Police Academy.

Two other talented seniors, LOUIE LACEK and ALEX ROCHE, each an ambassador or tour guide, have made sweet music in the university as Student Ambassadors as well as invaluable members of the student team welcoming first-year students at Connection Days.

Two former SGA presidents have made wide-ranging contributions.

TAYLOR EICHELBERGER, an occupational major and field hockey player, has served as an OWL, a member of the Student Athlete Advisory Council, and a tour guide as well as a dedicated member and officer of the Student Governing Association and the student representative to the Board of Trustees. Both a tour guide and an ambassador.

ERIN SHEEHAN was an early leader of our CURE-sader Club and a charter participant in the Ignite leadership Program. As SGA member and later as President, she has served her fellow students and the university community in countless ways. Having served on vice-presidential search committees, the university planning council (APAC), and as the student representative to the Board of Trustees, she has been an influential voice for students.

When we honor some of the best among us, we honor the best in each and every one of us. So here’s to the Alvernia Class of 2015. Congratulations. We are proud of you. See you on stage!

Peace and all good, President Flynn
It’s Time for a Renovation (Continued from Pg. 1)

However, there will be more support areas to Francis Hall this summer. The 400 level classrooms in Francis are undergoing work in the summer as part of the Learning & Teaching Plan.

“The Teaching and Learning Plan is part of an Alvernia strategy to improve the quality of all academic programs,” Mike Nerino, Educational Technology Manager at Alvernia University, said.

The plan is split into two phases. Phase one focused on the quality of classrooms and learning environments for students, based on needs outlined by Alvernia faculty and staff.

Phase two is the current phase. It mostly concerns the quantity of classroom space.

“Phase two focus includes classrooms, academic support areas, office space needs and meeting rooms,” Nerino said.

“Classroom considerations covered a wide range of topics, including: ‘Do we have enough classrooms?’ ‘Do we have enough space?’ ‘Are the classrooms changing?’ Nerino said.

I'm a huge believer in the classroom capabilities continue to meet the academic requirements for supporting current and developing programs’”

So, how are the classrooms changing?

“The five classrooms are being reconfigured so there will be four classrooms on the 400 level,” Smith said. “But two of the rooms will become bigger, with one with 42 seats and another with 38.”

However, the renovations go far beyond extra classroom space. Nerino outlined the plan to turn the FH classrooms from “dumb” to “SMART”.

“Each of the rooms will have noisy equipment removed, receive window coverings that can be adjusted, be provided with more effective and efficient lighting, get outfitted with carpeting to improve overall classroom acoustics, and get a technology upgrade,” Nerino said.

The classrooms will also include standard “Tier 1” instructor computers, which include enhanced displays, web cam, and WiFi access, as well as “Tier 2” smart board technology.

Dan Keener, a student at Alvernia because it is students to get their work out,

“Remember the noisy air conditioner that made it difficult to hear your classmates and the instructor? Nerino asked. ‘Gone!’

“Remember the afternoon sunlight that made it difficult to see slides projected on the screen? New window treatment will filter the glare.”

The FR classroom improvements will also include movable furniture for in-class group projects, the ability to write on the walls, and WiFi.

“Considering that there were previously deemed by professors to be among the least desirable, it will be very exciting to see what our faculty do with the new spaces,” Nerino said.

“Students will experience a wide variety of learning techniques that would not have been possible without the upgrades,”

So, while students won’t get to live in Francis any time soon, they can expect a new learning experience in the new “SMART” classrooms of Francis Hall in the Fall.

“The classroom efforts described are only a piece of a larger campus master plan for ensuring that Alvernia facilities continue to meet the current and projected needs of our students,” Nerino said.

Zephyrus: New Issue (Continued from Pg. 1)

inclusion of music in this year’s issue.

“One of the highlights that I am most excited about is a video submission that will be included in this year’s issue,” Capo said.

“Dan Keener, a student at Alvernia, expressed an interest in submitting one of his original songs.”

Dr. Bierowski thinks that the Zephyrus fills a niche that needs to be reached in the university.

“The Zephyrus is important to Alvernia because it gives creative students an outlet to get their work out,” Dr. Bierowski said.

“It is also a unique aspect of Alvernia because it is student run and organized.”

Kaucher mirrors Dr. Bierowski’s thoughts on the importance of the Zephyrus.

“I’m a huge believer in the arts in any form,” Kaucher said. “So to have an artistic outlet for college students to share their work with the world is important.”

Dr. Bierowski wants more students to get involved in the Zephyrus. This is a good medium for artistic students to get their work out to the public, and can show well roundedness to future employers.

This year’s issue will contain more work than last years. The editors have made it a point to spread the word about the Zephyrus to get more students involved this year. They want to see the number of submissions grow each year.

This year’s issue is also important because the Zephyrus has started to train more student editors for future issues. Jamie Capriola, Ashley Beyer, and Jocelyn MacAleese are all being trained to take over as editors when Kaucher and Capo graduate next year.

Students should keep an eye out for an email from Dr. Bierowski for details on this year’s Zephyrus reading party. This party usually includes music, food and reading from some of the contributing writers. Kaucher believes that this is one of the best benefits that Alvernia students receive.

“In the end, it’s not the years in your life that count. It’s the life in your years.”

Abraham Lincoln
Another Art Show Hits the Miller Gallery

By Alyssse Caparoni

Alvernia will open its student art show Thursday, April 30 in the Miller Gallery with a reception at 4:30 p.m. The art show is a venue to allow students to show the hard work and creativity they have put into their artwork all semester. For students to see the artwork of other students is also a great learning opportunity. Junior communication major Amber Nikolau says that the art show is very important for the school. “I like that the art show gives students a chance to express themselves,” Nikolau said.

“Alvernia is a liberal arts school so I think it is important that in addition to all of the work we do in school students do, they are able to show off what they do artistically, whether it be sculpting, painting, drawing, or whatever.”

Junior behavioral health major Jamie Cappiello thinks the art show brings a lot of opportunities to students. “The art show gives Alvernia students the chance to showcase their creative side and even provides an outlet that they might not have otherwise discovered if they had not had the opportunity to attend a liberal arts school with the curriculum that integrates art classes,” Cappiello said.

Bruce Becker, adjunct professor at Alvernia University, teaches Painting 1 and Painting 2 and loves the opportunity the art show gives his students. “There are many things I like about our student art show. But perhaps most, I like how in the beginning of the semester my students are apprehensive about painting, most never touched a brush before. But by the end of the semester that uncertainty has turned into a sense of pride in their accomplishments,” Becker said.

“They have taken on the challenge and conquered it. They have learned to look at life in a different way and then express that visually, in their work. They (and I) see the progression in their work and it truly is a feeling of accomplishment,” Becker said.

Becker believes that the art show is equally as important for the students that have artwork in it as well as the students who just go and look at their classmates work. Becker feels that the art show really helps to make art something important and relevant to today’s students. “Being involved in the art world is not untouchable or unattainable,” he said.

“In youth, many people acquire the notion that the arts are thought of as something someone did in the past, or something some grown up’ in a foreign country does. Or perhaps even less, as something someone did in the past, or something some grown up’ in a foreign country does. Or perhaps even something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently something someone did in the past, or something someone did in the past. It is differently someone who runs a website for recovering crack addicts who logs onto her site. She is their caretaker and talks them through a nother sober day. This can be relatable to any one’s life.

Everyone searches for that support system or that bond when he or she is experiencing his or her struggles.

The show reveals various dark secrets that people commonly go through nowadays, but never really discuss it. The audience learns that life may not be perfect but with forgiveness and patience anything can be overcome.

The opening week unfortunately did not have a strong audience. “At first I was not a huge fan of this play but then I got into it. I hope more people come out and give it a chance. It is differently something different.” Marcus Williams, actor and biology major, said.

The people that have watched the play so far enjoyed it and its individuality. “I attended the play because I have always been a fan of the arts. The play was sort of hard to understand but was a good show. The actors did great,” Dayshaunn Dennis said.

Water by the Spoonful Review

By Genesis Ciriaco

The heartwarming play “Water by the Spoonful” shows the importance of family, love and conquering hardships. The show is not what Alvernia is accustomed to.

“I think people should come see this play to be educated and understand what a broken home looks like,” Michele Anastasia, a student, said.

“Although there are hardships, there’s also a forgiveness and a truth. It is important for people to be open-minded and not turn their heads to situations like this.”

“It is a modern show with people to be grateful for the life they’ve been given because someone else is praying for the things they take for granted.”

This is neither Shakespeare nor a religious show. Instead the way it surrounds a group of people trying to overcome their drug addiction.

The main character Elliot played by Juan Palacios, a communication major, is an Iraq war veteran who comes back home, ends up working at a sandwich shop and suffers from a bad leg injury. Due to numerous surgeries, Elliot had to take plenty of painkillers and ended up being addicted them.

To make matters worse, he has hallucinations of a ghost following him. His aunt passes away at the beginning of the play. Everything is pretty much going downhill for Elliot.

His birth mother Odessa Ortiz, played by Taylor Mendez, a junior theater major, is a recovering crack addict who runs a website online for other recovering ‘crack heads’.

Throughout the play the audience witnesses the ‘crack heads’ online, while main characters in real life undergo the darkest secrets that people commonly go through nowadays, but never really discuss it. The audience learns that life may not be perfect but with forgiveness and patience anything can be overcome.

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Some Things Change, Others Stay the Same after Graduation

By Rebecca Perkins

Many students come to rely on their Alvernia email addresses while in school. For many, the Alvernia address became their primary email account. However, graduating seniors should start making alternative email arrangements.

“The Alvernia email addresses are usually deleted three months after graduation, the address will definitely be gone by 6 months after graduation,” an IT representative at Alvernia said.

“It is similar to a cleaning out process that happens every year after graduation.”

Graduating seniors sometimes do not realize that they’ll lose access to their email after they graduate. Fortunately, other campus services are still available to them well after they leave Alvernia.

The library is still available to Alvernia alumni, but recent graduates will need to register for a library card at the front desk in order to be able to check out general circulation books.

Alumni are also welcome to bring a laptop or mobile phone to the library and use the university’s wi-fi connection while in the library.

One thing alumni cannot do in the library is access the existing computers. Alumni also do not have access to the databases that were once available to them as students.

Alexandria Chisholm, the reference and instruction librarian at the Dr. Franco Library, said that there are very limited services for alumni.

“We have one computer upstairs that is available for alumni use. They can use it to print short one-sided black and white documents only. The computer has no internet access, it is only available to use Microsoft Word for things like resume writing.”

A useful service that is available to students post-graduation is the Career Development Office. The Career Development Office assists students and alumni in career planning and job seeking. It includes help with resume writing, a list of job openings, and many other helpful services.

The Career Development Office is on the second floor of Bernardine Hall in Suite 103.

Fitness classes are also available to alumni. These classes are held in the Campus Commons and Physical Education Center. There are a variety of classes available including spin, yoga and Zumba. There is no pre-registration for alumni to attend the gym or these classes, but it is first come first serve.

Alvernia alumni also have access to the Alumni House that is on the edge of the Alvernia Campus, near Angelica Park.

The Alumni house can be used for meetings for students and alumni. Occasionally there are networking events that are open to alumni.

MargaritaVern is an event for that happens every spring at Alvernia. Alvernia’s seniors, faculty and alumni come together for margaritas, food and fun in the Physical Education Center. MargaritaVern provides the opportunity for alumni to come back to campus, visit with other alumni, faculty and staff, reminisce about their days as a student and see all the changes taking place on campus,” Julianne Nolan, director of Alumni and Parent Relations, said.

A discount in the bookstore, tuition discounts and auto and home insurance discounts are also available to alumni.
Jillian Clancy: Shredding the Standard Woman

By Madelyn Johnston  Contributing Writer

“Beautiful” is not an adjective for describing physicality but [an] adjective for describing personality,” Jillian Clancy said.

As a junior OT major, Clancy knows how hard the pressure from school can be. However, the cultural pressure she experiences as a woman is equally challenging. As an aspiring journalist, I was exceptionally excited to meet. The first was actress Becki Newton. She was on tour with Searfoss Photography. Becki was a very upbeat woman, with a great personality,” Jillian Clancy said.

“Beautiful” is not an adjective for describing physicality but [an] adjective for describing personality,” Jillian Clancy said.

Cross-Culture Service’s “Shred the Negative” event was just something I decided to do out of support for Cross-Cultural Services,” Clancy said. “However, upon reflection of the topic at hand, which was negative media-based stigmas, views, and pressures placed on women, I found myself wanting to fight for the cause. Bodies are selling points – just look at any magazine. It’s just not right!”

Growing up in a household that loves the Flyers, I knew how much of a legend he was. At least once or twice a week, I had the opportunity to get out in the field with camera operators and reporters. I found that to be the most exciting part because I was able to see a day in the life of a reporter, as well as work on my own ‘on-camera’ work. My favorite story I had the opportunity to work on was with a 13 year boy who happened to be a two-time karate world champion. It was an incredible story, and amazing to see how a young boy has accomplished so much in his life this early on.

A few major breaking news stories happened during my internship. The way the newsroom reacts is remarkable. Everyone works together to get as much information as possible, and an anchor gets on the air as quickly as they can to deliver the news. One story in particular was when there were four firefighters held hostage at Elkins Park fire station. At first, there was a very minimal amount of information, but FOXC9 did get on the air and deliver updates as they came into the newsroom.

Aside from the work aspect of the internship, FOXC9 allowed me to create many connections with employees of the station.

Jillian Clancy poses for her free Searfoss photoshoot.

Gabrielle Valenti: A Day in the Life of FOXC29

By Gabrielle Valenti  Contributing Writer

As an aspiring journalist, I was very lucky this semester to have the opportunity to intern at FOXC29 News in Philadelphia. The experience of working in a big television market was unlike any other. I worked very closely with anchors, reporters, camera operators, editors, and assignment managers.

My job as an intern entailed doing work at the assignment desk, such as taking calls and updating news stories in a program called iNews. Working the morning show “Good Day Philadelphia” required interns to be a guest greeter.

The guests ranged from local business people to celebrities. There were two guests I was exceptionally excited to meet. The first was actress Becki Newton. She was on tour with Searfoss Photography. Becki was a very upbeat woman, with a great personality.”

The second guest appeared on the show Friday, April 3. Our guest was hockey legend Bernie Parent. Bernie was a former goalie for the Philadelphia Flyers.

“Shred the Negative” contest encouraged students to shred negative body images as seen in the media. Students brought photos of negative body images and put them through a shredder. Participating students could win a free photo shoot with Searfoss Photography. Clancy won the drawing. Clancy thought the act of defiance was emotionally important. In fact, she has eyed the psychological ‘cycle’ that the media puts women through. “The media will portray women in any way that expedites the consumerism of products,” she said.

“Many magazines will use Photshopped women on their covers in order to draw attention to their topics. Unfortunately, it seems to be a reciprocal cycle.”

“Viewing women as objects to be acquired, means that there can always be a better product. Being a better product, means that women are placed under certain specific and harsh pressures. In order to find ways to fulfill societal pressures, it is easy to buy into deprecative tabloids, and there is your cycle.”

Not buying into the cycle has reaped great rewards for Clancy. Starting with the photo shoot. “The photo shoot was honestly so much fun!” Clancy said. “I was nervous about the shoot first because I felt as if it was something that I wouldn’t normally do. Being a part of the shoot however was so much fun and helped me to see myself in a different light.”

She has also found that the greater peer support she has, the weaker media influence is.

“I have beautiful support systems in my life and great causes that I fight for. Knowing that the faces and the bodies of the people that support me are not what make them beautiful helps me to fight the belief that beauty is a characteristic.” "Of course, you only get what you give, and Clancy gives back through Alvernia’s Sexual Assault Prevention Peers (A.S.A.P.P.). “Being a part of [A.S.A.P.P.] helps me to fight culture from the inside-out. If I can make one person think differently about the culture of objectification, I have made a difference.” With her courage, strength, and positive attitude, Jillian Clancy is not only shredding the negative, but shredding the standard woman, as well. ‘I read something once saying that since we’re unable to see the light in our eyes, such as when we laugh or love, we are unable to negate our own beauty. I think that’s so true.”

Gabrielle Valenti practicing to anchor the weekend news.

“Not only have I learned how to be a better journalist, I’ve learned how to be a better person. The real world is so much different than learning about it which could possibly be like from a classroom.”

FOXC9 was a very welcoming place, and provided interns all the help they could. Brina O’Brien, senior Rowan University radio, film, and television major, could not have been more grateful for her opportunity. “Interning at FOXC9 was such an amazing experience,” DeBerry said. “Not only have I learned how to be a better journalist, I’ve learned how to be a better person. The real world is so much different than learning about it which could possibly be like from a classroom.”

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Photo courtesy of Gabrielle Valenti

Photo courtesy of Searfoss Photography
Student Athletes Do Not Have Time to Bleed

By Natalie Messaros
Contributing Writer

According to the University of Michigan-Flint "Surviving College" web page, students should be spending between 6 and 9 hours studying outside of class per credit hour.

A full-time student at Alvernia must carry 12 or more credits. Twelve credits equates to 24 to 36 hours studying outside of class.

There are 168 hours in a week. A student-athlete has to allocate all 168 of those hours carefully.

Twelve or more hours are dedicated to classes, 24 hours or more are dedicated to studying outside of class, 21 hours dedicated to eating three meals a day, 56 hours dedicated to getting at least 8 hours of sleep a night, 15 hours or more dedicated to practicing or games, 2 hours spent showering.

That leaves student-athletes with only 18 hours for personal time, involvement in clubs or other extracurricular activities. Many students also have part time jobs.

Edward Cadman, a senior double majoring in Accounting and Business Management with a minor in Spanish, is an incredibly dedicated student athlete.

Cadman is an avid runner and participates in cross-country, indoor track & field, and outdoor track & field. "We practice 2-3 hours per day," Cadman said. "Sometimes it is less or more depending if we have additional lifting or strength training. We practice year round, every day of the week. We typically have meets on Saturdays, which is an all day ordeal. It's hard and time consuming but the results are worth every minute of it."

Cadman is a member of SAAC, the Student Athlete Advisory Committee. He is also the treasurer of Alvernia's chapter of SHRIM, the Society Of Human Resource Management, and president of Alvernia's chapter of Delta Mu Delta, a business honor society.

Cadman will be graduating this May having made dean's list in six out of his seven completed semesters. Not all students are lucky enough to have a Cinderella story such as Cadman's. A sophomore nursing student at Alvernia, who prefers to remain nameless, struggled this season, the best on the team in batting average (.389), and slugging percentage (.573).

Senior centerfield Ben Becker-Menditto has allowed just one earned run through 21 innings pitched, good for a 0.43 ERA and has converted 12 of his 14 save opportunities.

Louis Marotta (7-0) and Matt Osgoodby (1-0) have also been key contributors to the bullpen, posting 2.12 and 3.38 ERAs respectively. "To have a closer like Becker is a blessing," Coons said. "To get to Becker is something every team wishes to have. Having a bullpen with arms like Lou (Louis Marotta) and Oz (Matt Osgoodby) is dreamlike. They can give us solid shut down innings, and then once we get to Becker we have confidence we will come out with the win."

The Crusaders have played consistently throughout the season. Their longest winning streak has reached 12 games, while their longest losing streak has been two games at three different times. "They will need to be at their best both on and off the field during the end of the season to capture a conference championship and continue into the NCAA regionals. "We will need to stay close-knit as a team and keep the confidence level up and we will be a better team than we are now."

All stats updated through April 23.

Student Athletes Do Not Have Time to Bleed

Where is our time going?

This graph shows how much time students spend on everyday activities that make it hard to balance a busy schedule.

Studying, homework and tests while trying to be on time to every practice and game was awful," this anonymous student said.

Being able to play a sport in college while studying for a full load is one of the greatest privileges, but it is extremely hard for some students to keep their responsibilities in check.

Some tips that you could use in order to succeed while participating in athletics and academics are to:

1. Stay organized, have a folder for every class and keep your notes together.
2. Having a schedule or a to-do list and having everything written down makes it easier to complete the tasks. The last tip is to stay on top of your work.
3. Prioritization is one of the main reasons that students fall behind in their studies and when you are an athlete it makes it much harder to make up for lost time.
4. Visit http://athletics.alvernia.edu/index.aspx to find out more about athletics at Alvernia.
Alvernia’s Resident Hall Olympics

By Victoria Neal
Contributing Writer

Do you like competing against your friends and winning prizes? If so, taking part in the Alvernia Olympics is a fun thing to do!

Students throughout the entire campus get involved and try very hard to earn points for their residential halls.

The Alvernia Olympics is a competition between residence halls. The competitions vary between team and individual events. For example, the volleyball tournament is done as a team while the 5K is done individually.

Every single point makes a difference in the results.

“I love earning points for my team because it makes me feel good that I was able to contribute to any of the competitions I took part in. I get very competitive and try to make sure my team wins each event,” Taylor Hoey, sophomore, said.

The residential hall with the most points added up at the end of the week is the winner!

Students here at Alvernia enjoy the Olympics.

“The Olympics are so much fun; the buildings come together for a common goal. I like the events that are part of the Olympics because all of the buildings get so competitive!” Xena Speranza, sophomore, said.

The goal of the Alvernia Olympics is to get every student involved and have a good time of competition amongst friends and other students around campus. It ends the day before Spring Fling starts, and hopes to get everyone excited for Spring Fling.

The Alvernia Olympics also helps students prepare stress from finals. It is one of the last fun things to do with friends before summer break too!

“I think the Olympics are the most fun event that is held at Alvernia because I like to watch everybody compete against one another for points,” Carlee Green, sophomore, said.

“It is a great competition that people really get into. Holding the Olympics before Spring Fling really helps to get everybody pumped for the weekend too!”

This year the Olympics were held from April 23-28 with the Opening Ceremony occurring Wednesday, April 22 and Closing Ceremony occurring Wednesday, April 29.

Last year the points were tallied up in along the back wall of the Student Center near the Private Dining Room. However, the points were kept track online this year which is on my Alvernia under the Residence Life tab. The Residence Hall Association tab is updated after every event.

Sign-ups for each event took place at the Opening Ceremonies and people were able to choose as many events as they wanted to participate in.

There were 1-2 events almost every day of the Olympics and at different times, so none of the competitions overlapped for those who were competing more than once on the same day.

Students involved in competitions had to be cautious that the events they signed up for did not conflict with their class schedules.

The Residence Halls Association hosts the Alvernia Olympics. RHA works hard to prepare for the weeklong event. One way RHA prepared for the event was by selling t-shirts that advertised for each residential hall. Each hall was a different color, which helped to show which people were on what team.

During the week of the Olympics, students were notified of what events were taking place, when, and where.

Great job to all of the students who participated in the Olympics and helped to earn points for their team! Also a big congratulations to the winning hall of this year’s 2015 Alvernia Olympics!

Alvernia Inducts 18 into Pi Lambda Theta

By Brian O’Shaughnessy
Contributing Writer

Who knew getting good grades could lead to such a prestigious honor?

Alvernia welcomed new members to Pi Lambda Theta, the education international honor society, at an induction ceremony on March 31 in front of parents and faculty members.

Francesca Boxa, Chelsea Dar, Emily Kelley, Margaret Krummacker, Kaysee McLoughlin, Haley Rich, Jessica Stevens, Julie Sutton, Kristen Svitak, Elaine Thomas, Alex Trawin and Ashley Winters were among twelve of the eighteen inductees honored at the ceremony.

Founded in 1910, Pi Lambda Theta is one of the most prestigious education honor societies.

Every year junior and senior education students are chosen to be inducted into the honor society. Students chosen must be in good academic standing with a 3.5 G.P.A. or higher as well as passed all their education tests.

“It’s funny how you can predict them as freshmen and you see them as juniors. They’re the ones who get jobs,” Ellen Engler, associate professor of education, said.

Engler, Sister Paula Nowak, Dr. Mary Schreiner, and current members of Pi Lambda Theta were among the speakers at the ceremony.

“We are especially proud of them and we also want to acknowledge the gifts that they come to us with but what we’re also honoring tonight is the gifts they will give in the future,” Dr. Mary Schreiner, education department chair, said.

“We are appreciative that their families are joining us because they are a large part of how these people got to where they are today. It’s nice to have the chance to thank and acknowledge the parents part all in this,” Schreiner said.

Inductees added their names to the membership book and also received honor cords to wear at graduation as well as a flower and pin.

“I’m really excited,” Ashley Winters, junior, said.

“Tonight was such a great night,” Emily Kelly, junior, said.

“Your ceremony was wonderful and I am honored that my hard work has finally paid off and that I was inducted into such a prestigious honor society.”

Rebecca Chavan, senior, was among the twelve members of Pi Lambda Theta who spoke at the ceremony.

“It was so great to see so many people inducted tonight. So many new members mean so many new projects next year. I’m excited at the potential it holds for the honor society.”

Despite being inducted into the honor society, Dr. Schreiner warns the inductees that their academic journey doesn’t end here.

“If they think they’ve arrived, but the truth is they have more ahead of them and more gifts to give.”

- Helen Keller
Alvernia’s Sexual Assault Prevention Peers

By Aubrianna Stafford
Contributing Writer

Sexual assault is a subject that isn’t often talked about and is seen as taboo. Alvernia’s Sexual Assault Prevention Peers, also known as ASAPP, challenges the misconceptions surrounding this topic and works to create a safer campus.

“ASAPP’s main goals are to promote safety through educational programming in an effort to prevent sexual and relationship violence,” Jillian Clancy, a junior OT major and the Personal Relations Representative for the club, said.

“Our mission is to decrease the incidence of violence on the Alvernia campus and increase awareness to prevent violence from occurring to the student population upon leaving campus.”

This club, active since Spring 2011, is partnered with both Health & Wellness and the University. Made up of 24 students and 4 faculty advisors, ASAPP has hosted around 11 events just this semester, most of them being in April for sexual assault awareness month.

Their largest event, Take Back the Night, is held every year as a platform for students to show their support to victims of sexual violence.

“We hold a candlelight vigil, with some sort of presentation (it varies from year to year), and later on open up the floor for victims to share their stories,” Clancy said.

“The night is one of strong community, love, support, healing, and strength as victims and non-victims come together to approach our society,” Clancy said.

ASAPP is also involved in the new student orienta-

Alvernia’s Sexual Assault Prevention Peers

By Elizabeth Gonyea
Contributing Writer

Alvernia University recently allowed one of the first non-academic fraternities on campus.

Alpha Phi Omega formally gained permission to become a chapter on September 21, 2014.

Alpha Phi Omega, or APO, is a nationwide service fraternity that is based on the ideas, “Be a Leader, Be a Friend, Be of Service.” The fraternity’s mission is to help the community and create a sense of unity.

“APO is an excellent opportunity to take a part in a lot of services and get to know people in the community,” Gabriela Stephens, APO secretary, said.

“It also gives numerous leadership opportunities that have benefitted me in my Alvernia experience.”

“My favorite part about APO is the fellowship and service,” Victoria Walsh, APO Vice President of Leadership said.

“I enjoy the fellowship because you make more friends by doing activities within the fraternity. I like the service because we can reach out and interact with the community.”

Recently, Alvernia’s APO chapter traveled to Penn State in State College, Pennsylvania to meet different APO fraternities from various universities.

The APO chapters met to discuss and learn about ways to make their chapters better. This is an annual event that happens in one part of the section ranging from Pennsylvania to Delaware. These schools included Penn State, Temple University and the University of Delaware.

Alvernia’s APO was also able to “bid” to have sectionals at Alvernia next spring. The Alvernia APO executive board presented a video and a PowerPoint explaining why they believe sectionals should be at Alvernia next spring.

To have APO’s sectionals at Alvernia would mean the fraternity has steadily improved during its time here.

“We are more organized now,” she said. “We have been able to create new programs as well.”

“This year we have launched the big little program, which allows a veteran APO member and a pledge to get to know each other and form a friendship. We also have more service opportunities such as Oliver’s and the soup kitchen.”

“Since we are a new chapter we are creating more of a brotherhood with other chapters across the nation.”

For more information about APO, contact Victoria Walsh at Victoria.Walsh@alvernia.edu or Gabriela Stephens at Gabriela.Stephens@alvernia.edu.

Everyone is welcome at all APO events on campus.
Meg the Manager

By Justin Strohm
Contributing Writer

Hockey is all around the world and right now as many people tune in and travel to games whenever and wherever. Alvernia University (Allpuck) has a nice gathering each season but not many people know what goes on behind the scenes. There are many things that need setting up before, during and after the games. There is one person who does all the behind the scenes work. Her name is Meg Wanner who has been the team’s manager for the past 4 seasons and is the first to do in Alvernia’s ice hockey history.

Senior business management major, Meg Wanner, has been the manager for four memorable and four seasons of Alvernia ice hockey. There wasn’t a manager for the team in all of the school’s existence until Meg’s arrival. Meg was simply looking for a work study job one day and was talking to one of the players. Meg contacted head coach Tom O’Connell and asked about possibly becoming the first ever manager for the hockey team. It didn’t take long for coach O’Connell to make a decision, as Meg got the job. She helped out the team during home and away games. She would fill up 8 or 9 water bottles for the team and would do anything when needed.

Meg would do various other duties during home games, and was proficient when doing so.

Peter Keefe, junior sports management major, said, “Meg has become one of my good friends from working the games. She always makes the box fun to work at and it makes me look forward to working the games with her.”

Meg has seen a bunch of wildness in her tenure as hockey manager with the team. She has a couple of really interesting memories.

Her most memorable moment was when she was struck in the head during a game after senior all-time leading scorer Jimmy McKelvie, took a face-off which led to the puck hitting her in the head.

Meg would help the players with whatever they needed and would do anything for them.

“Meg is always considered part of the team, she shared the emotion with all of us. She would go above and beyond to help out with the team,” senior captain, Kyle Meers, said.

“THe second regional game I sprayed my ankle with 6 minutes left in the game. I sprained it so bad I couldn’t walk after the game and she carried me onto the bus afterwards.”

That’s something that meant a lot to me and will always remember.”

She was practically part of the team and grew to love and cherish all the players who she came across.

“She was a hard worker who was never too busy to say hello to either me or anyone else, and is very friendly” junior hockey player Alex Harris said.

“The next hockey manager has tough shoes to fill next year.”

Meg will leave Alvernia after this semester to try and pursue her dreams either in business or pastry as she made delicious snacks for the team, according to junior Shane Palmer, Meg hopes one day she can open up her own place.

She was practically part of the team day in and day out.

WrestleMania

By Ryan Weber
Editor

Sunday March 29 was World Wrestling Entertainment’s WrestleMania 31. WrestleMania is the WWE’s biggest show of the year. The event took place at Levi’s Stadium in Santa Clara, California in front of a record crowd of 76,976.

This WrestleMania feature twists and turns that likely surprised viewers may who have thought it would be a lackluster WrestleMania. With the appearance of several legends, a major upset, and a “Money in the Bank” ladder match. WWE attempted to celebrate as the show went off air.

A stunned Cena may have won the Triple H, who is an on screen character every week.

The Divas tag match seemed to be an afterthought to the WWE compared to the elaborate setup given to the earlier matches.

Divas are short, barely giving the women time to display their talent. This was evident again at WrestleMania during the Divas tag match.

The Bellas took on AJ Lee and Paige. Despite its brevity, good in-ring storytelling made for a decent match.

The good quality of the Divas tag match made the Cena/Rusev battle seem even worse. The showdown was an unqualified disaster.

WWE started the match by going all out for Rusev’s entrance.

While the match wasn’t one of the Undertaker’s best, he put on a good show considering his age.

This year’s main event could have been a failure, but WWE pulled off a surprising twist that created a memorable WrestleMania moment.

When Roman Reigns won the 2015 Royal Rumble, the WWE universe turned on him, booing him every chance they could.

Many thought Reigns was destined to win the WWE championship at Mania. However, after Champion Brock Lesnar re-signed with WWE, many changed their minds.

Lesnar’s crowd favorite, dominated most of the match, slamming Reigns with suplex after suplex. Reigns fought back toward the end of the match, cutting the boast open and hitting several Spears.

Lesnar countered with his fourth RKO, which RKO’s music hit. Rollins cashed in his Money in the Bank contract, making the match a triple threat.

Rollins would eventually curb-stomp Reigns to win the championship. A stunned crowd watched Rollins celebrate as the show went off air.
Walking for a Good Cause

By Alex Harris
Contributing Writer

The Muscular Dystrophy Association held its Muscle Walk of the Greater Philadelphia Area on March 29 in King of Prussia.

The walk was to raise money to continue searching for muscular dystrophy treatments and cures.

Muscular Dystrophy is a degenerative disease, affecting more boys than girls. The disease is due to a lack of dystrophin in the muscles, therefore they become extremely weak and fragile. The goal for this year was to raise $129,000, but the walk ended just shy at $122,000. All the funds will help the over 100,000 people with M.D. Part of the money also supports 35,000 weeklong MDA summer camps for children.

The walk was highly spirited. Prior to the start of the Muscular Dystrophy run, all of the participants chanted, “We are progress, we are progress.”

The event was organized by the MD foundation. Anyone can create a group online on the MD website, in hopes to bring awareness to the community of this disease.

The Axel and Nico team was a lovely family “team” that was trying to raise money to help educate others and find a cure.

When people began to arrive on that day, members from our team gave us “Team Axel and Nico shirts.”

Team Axel and Nico represented the Solis family.

Of the Solis’ three boys, Axel, Alex and Nico have Muscular Dystrophy. The boy’s had the support of walkers and ankle braces to help strengthen their “sore” bones.

Yessenia Solis, Axel and Nico’s mother, felt moved by how much energy the walkers had for the cause.

“It is truly amazing to see all the support and enthusiasm fill the air,” Solis said.

Francesca Bova, a junior education major, took part in the Muscle Walk.

“The walk was an event I will never forget,” Bova said.

“Each and every person there touched my heart in a different way. I also like the fact that I was able to encourage other Alvernia students to get involved and help advocate for such a great cause and for me that was even more fulfilling.”

Some students from Alvernia University participated in the event by advocating and walking for M.D. The students were part of Dr. Mary Schreiner’s low incidence disability class.

The students from her class rose over $600 to give to the Muscular Dystrophy Association.

Numerous students attended the walk from Alvernia’s education program.

students to get involved and help advocate for such a great cause and for me that was even more fulfilling.”

By Peter MacNamee
Editor

On Sunday April 19, the lawn of Francis Hall was crawling with hundreds of runners and classical music lovers.

Why would so many people gather on Alvernia’s campus on a Sunday morning? Alvernia played host to the Beat Beethoven run, a truly unique road race.

The Beat Beethoven race began and ended in front of Francis Hall, following a 5k loop that goes through Alvernia’s campus and Angelica Park.

Participants had the option to run the single 5k loop, or to do two loops and run a 10k course.

What sets the Beat Beethoven race apart from other road races is its accompaniment by a classical music concert. While the concert was happening, runners tried to “beat Beethoven” by finishing the run before the piece was over.

This meant running the 5k in under thirty-one minutes, or running the 10k in under sixty-two minutes.

Runners who accomplished this goal received an “I Beat Beethoven” button. The event drew in 432 runners (318 for the 5k and 114 for the 10k).

In addition to the concert, attendees could also buy food and snacks, as well as running merchandise from local vendors.

“I look forward to the Beat Beethoven Race each year as it is an opportunity for me to bring my family to campus to enjoy a beautiful spring day,” Sam Rabuck, senior, said. Rabuck ran the race for the third time this year.

Sophomore Nick Sturm won the 10k race in a time of thirty-six minutes and thirty-seven seconds, over a full minute before the next finisher.

While Sturm is a fixture at road races all over Berks County, this race was special to him.

“I just lost my mother Rayetta and I know she was looking down so with excitement and being proud like she did for me many times before.”

Having lost his mother to cancer, Sturm donned a pink headband during the run with the word “mom” applied on it with black marker.

For students looking for a fun time on a spring morning, they need look no further than the Beat Beethoven run.

“Before walking in the MDA walk, I did not know much about Muscular Dystrophy,” Walters said.

“After the walk, my knowledge of Muscular Dystrophy grew and my passion to continue to be involved with this organization widened.”

Alvernia Hosts Beat Beethoven Run
Alvernia’s Summer Session offers Undergraduate and Graduate courses in accelerated Online and Blended formats. With three start dates to choose from—May 18, June 8 and July 6—we make it easy for students to get ahead in a short amount of time.

Register today at alvernia.edu/summer

Courses are accredited and readily transferable. Financial Aid may be available; please contact Student Financial Planning to discuss your options.