

# THE PARENT CENTENARIAN.

The Quarterly Centenary University Newsletter.



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>> **Some Upcoming Events!**



**When:** Dec. 2, 2016  
**Time:** 5-6 PM  
**Where:** Front Parlors  
 Free crafts and activities, Hot Chocolate, Santa and his elves, the lighting of the Seay Building, Carriage rides

Any Questions please contact Nicole Corlzy at corlzygn@centenaryuniversity.edu

**Centenary University Baseball and Softball Present:  
 3rd Annual RESTAURANT WORLD SERIES**

**EAT**

Meet chefs from the top restaurants in the area and sample their signature dishes. Cast your vote for:  
 ▪ Best Appetizer ▪ Best Entrée ▪ Best Dessert ▪ Best Overall Restaurant

**DRINK**

BYO

**BE MERRY**

Basket Raffle  
 50/50

*Support Centenary Baseball and Softball*



**Date:** Sunday, January 8, 2017 **Time:** 4:00pm **Location:** David & Carol Lackland Center at Centenary University Pre-Sale cost: \$30 per person (if purchased by Friday, December 16) Cost: \$40 per person  
[Register Online Here](#)

**Space is LIMITED**

For more information email:

**Scott-** kushners@centenaryuniversity.edu or **Kim-** brokingk@centenaryuniversity.edu (908)852-1400 x2906

## » Career Development Center

The Career Development Center is now making it easier for students to connect with employers for internships, work-study, part-time, and full-time positions! We have teamed up with College Central Network to consolidate every career resource into one place. While this is super convenient, we are still in the marketing phase trying to get the word out to Centenary students. Student and alumni accounts can be created [here](#).

This year, the Career Center is also working with faculty to increase internship participation among students. Did you know that your student can actually get academic credit for their internship? It is as simple as stopping into the Career Center and asking for details. We would be happy to facilitate getting academic credit for hands on experience!

Finally, we are hosting Resume Workshops and Interview Practice Sessions throughout the semester in addition to individual appointments that students can book [here](#).



## »» Office of Veteran Services

The Office of Veteran Services in conjunction with the Student Veteran's Organization (SVO), and the student-based Psychology and Lions Clubs are collaborating on Veteran's Outreach for the Fall 2016 semester at Centenary University. Initiatives include The Honor Tree, the Gratitude Journal, the White Clover, which is the official flower of the AMVETS, and a donations drive to benefit the veterans residing in-residence at the VA Hospital, Lyons, NJ and their visiting family members and friends.

### Donations

Veteran's Outreach 2016 is accepting donations for the following items from November 7 through December 15:

- NEW MEN'S AND WOMEN'S SLIPPER SOCKS (ALL SIZES)
- NEW CROSSWORD/WORDSEARCH/SUDOKU BOOKS
- BOXED K-CUP COFFEE PODS
- 2017 WALL CALENDARS

A collection bin will be placed by the cafeteria from November 7 through 11. Items can be dropped off at my office through the close of business on December 15, 2016. All donations will be delivered to the Lyons Hospital prior to the semester break.

### The White Clover

The White Clover, much like the traditional Poppy available around Memorial Day, means "Remember Me" and is the official flower of the AMVETS. Found not only in America but around the world, it symbolizes the states from which U.S. Armed Forces were drawn and the worldwide battlefields on which they fought. All donations collected will be used for Vets Haven, a shelter for homeless veterans, and other programs that directly assist veterans in need.



## The Honor Tree

To recognize the valor, courage, and sacrifice of those who served or are currently serving, "The Honor Tree" made its fourth annual appearance and was on display in front of the cafeteria in the David and Carol Lackland Center from November 7 through November 11, 2016. The table was staffed by members of the SVO, the Psychology Club, the Lions Club as well as other student volunteers.

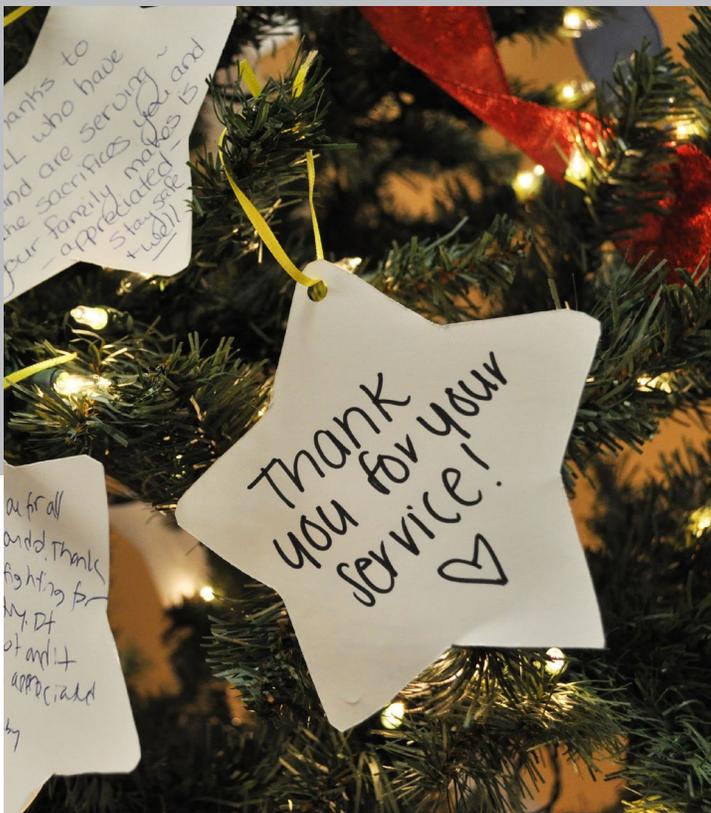
The Honor Tree is decorated with over 300 stars, which have been placed on the tree by students, staff, faculty, administrators, and community visitors since Veteran's Day 2013. This special tree is available year-round to hang a color-coded star in support of our troops and to honor family, friends, colleagues, alumni, and those in the greater Centenary community, who have served selflessly. The Honor Tree and the Gratitude Journal will both be moved back to their permanent location in the Veteran's Resource Center, 3rd Floor, Ferry Building.



The Office of Veteran Services will fulfill emailed requests for stars from students/parents/student veterans veteran dependents/staff/faculty/alumni/administrators/trustees, who will not be on campus on Veteran's Day or who are not located on the main campus. Please email Margie Pavlichko, Director of Veteran Services, at pavlichkom@centenaryuniversity.edu with the particulars.

## Gratitude Journal

The Gratitude Journal, usually housed in the Veteran's Resource Center, will also be available to the campus community to write a message of thanks to Centenary student veterans and service men and women around the world.



## The Honor Tree Color Code

- Purple Ribbon** - Student/staff/faculty or a community member who is serving/has served
- Blue Ribbon** - In honor of a family member or friend who is currently serving/has served
- Yellow Ribbon** - Support and thanks to all service members and veterans
- White Ribbon** - In memory of a family member or friend who gave their life in the line of duty
- Black Ribbon** - In recognition of a family member or friend who was/is POW or MIA

As always, we thank all of the brave men and women who served and protected or are currently serving and protecting. We appreciate your sacrifice and are indebted to you for your selfless service. On behalf of the Office of Veteran Services, the SVO, the Psychology Club and the Lions Club, thank you so very much to the Centenary Community for the continued dedication in support of veterans and for the incredible generosity.

## >> Academic Success and Advising Center – Finishing the Semester Strong

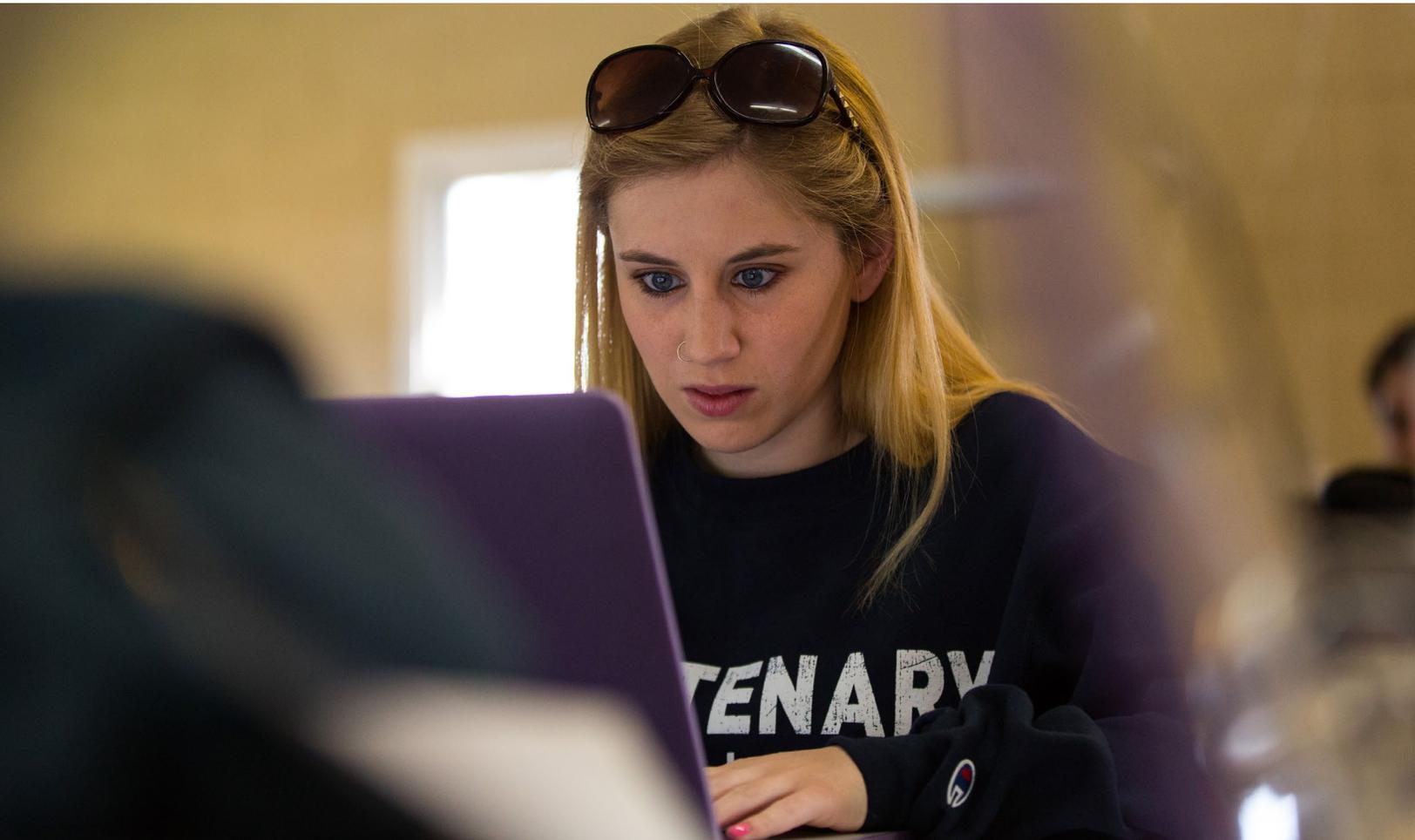
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The last four weeks of the semester are very important for a student to have a strong finish academically. Sometimes students begin to feel overwhelmed with projects to finish, exams to study for, and they can become easily distracted by end-of-the-semester activities.

Students should be encouraged to **PLAN YOUR WORK** and **WORK YOUR PLAN**.

### Some suggestions to share with your students:

- Make a list of all things you need to complete by the end of the semester. This includes: papers, projects, presentations, and finals to study for. Next to each item list: the date due, the amount of time needed to complete this task, and where and when you will do this. A helpful form for this is available [here](#).
- The Pomodoro Technique: Pomodoro means tomato in Italian, the Pomodoro technique is a time management method developed by Francesco Cirillo using a tomato shaped timer set for 25 minutes. During this time you focus on a task without distractions – no texting, Facebook, etc. Then take a few minute break and work another “Pomodoro” - 25 minutes. He feels maximum focus takes place in that timeframe. He encourages students to decide how many “pomodoros” a task will take. Check out this quick video: a time management method developed by Francesco Cirillo.
- Find a distraction free place to study. For some students it is their room; the library has a large quiet room and other study areas; the Lackland Center also has some spaces students like to study in. A place to study makes it easier to get down to work.



- Utilize academic support services as needed:
  - o Faculty office hours for questions specific to a course
  - o Tutoring [see schedule](#) and offerings
  - o The Collaboratory – the College Writing Center
  - o The Academic Success and Advising staff for success strategies
  
- Create a schedule to accomplish work and include some discretionary time for participating in those campus activities that allow a student to relax, spend time with friends, and enjoy the anticipation of the holidays and break.
  
- Remind your student that doing their best work means living a healthy lifestyle – healthy diet, sufficient sleep, and exercise. The Student Activities Office schedules some stress release activities like the Midnight Breakfast served by Faculty and Staff. Participating in these activities can help a student connect with others and get refreshed.

## » Office of Student Activities

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On November 17th, the Office of Student Life collaborated with the International Department to coordinate the 4th annual International Thanksgiving. The program is a part of International Education Week and serves as their capstone event of the week. It is an opportunity for our traditional students, international students, and community members to share a meal together. Admittance to the event is to bring your favorite dish! Those who just want to enjoy the meal were encouraged to bring a canned good to be donated to our local food bank at Trinity Church. Pictured below are our hungry students and community members waiting for the ceremonial cutting of the turkey!



To end the semester, Student Activities will be sponsoring a Stress Free Week which include DIY Zen Gardens & Lucky Bamboo, Poetry Slam, Yoga, Mediation, & 5 Minute Back Massages. We also will be celebrating the season with Photos with Santa, Hometown Holiday, and Santa's Workshop.

## >> A Message from the Student Billing Office

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For many years, Centenary University has accepted credit and debit cards for payment of tuition and associated fees, including room and board, and has always paid the processing charges imposed by the credit card companies on those transactions. As the use of these cards has increased, these charges have become expensive for the University.

As a service to our students and parents, we will continue to accept credit and debit cards for the payment of student account balances. The University, however, can no longer afford to absorb the additional costs associated with these transactions – more than \$250,000 a year. A convenience fee program to minimize these costs will be implemented beginning November 7, 2016. This change aligns with the standard practice across most institutions of higher education.

### **This will include the following:**

- A 2.65% non-refundable service fee will be added to all credit and debit card payments to offset the processing fee the University must pay to the credit card processor. For example, a \$1,000.00 payment to the University will result in a \$1,026.50 charge to your credit card.
- Credit card/debit card payments can be made both online, by mail, or in person in the Student Billing Office (located on the lower level of the Seay Building), in Hackettstown. The service fee of 2.65% will apply to these payments.

### **The University continues to provide the following payment alternatives which will not incur the convenience fee:**

- eChecks – An ACH transfer from your bank account can be processed online [here](#).
- Paper checks – Paper checks may be mailed to:  
Centenary University, Attn: Student Billing Office, 400 Jefferson Street, Hackettstown, NJ 07840.
- We will continue to accept cash, checks, money orders, and cashier's checks in person in the Student Billing Office, in Hackettstown.
- International Student payments can be made online through our third party vendor: Flywire.

The savings realized from the convenience fee program will be redirected to support the academic mission of the University and help ensure the quality of the educational experience for our students. If you have questions about this charge or any of the payment options available, please contact the Student Billing Office at 908-852-1400 ext. 2245.



## >> Health Services

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College is an exciting time when your student meets and interacts with new people from all over. But did you know close-quartered living, such as living in dorms, could put them at an increased risk of contracting meningococcal group B disease (also known as meningitis B)?(1) Cases of meningitis B were reported at numerous colleges in the US in 2015.

Typical teen and young adult behaviors—such as living in dorms, sharing drinks, utensils, cigarettes, and kissing—can promote the spread of this disease. These factors place college students at an increased risk of contracting meningitis B in comparison with the general population. (1)(2)

Meningitis B accounts for 50% of all cases of meningococcal disease among teens and young adults in the US. (3)

Early symptoms of meningococcal disease may seem like the flu, and may be ignored, but meningitis B can lead to permanent disabilities, or death in just 24 hours. (1)(4)

On average, 1 in 10 teens and young adults who develop meningitis B will die from it. (3)

Until 2014, available vaccines your student may have received, such as MCV4, (commonly known as Menactra, Menveo, or Menomune) only protected against 4 of the 5 types of bacteria that cause meningococcal meningitis, leaving him or her unprotected against meningitis B.(5) Centenary University currently requires MCV4 vaccine for all students residing in campus housing. Although Meningitis B vaccine is not currently being required, it is highly recommended that your child receive this vaccine.

Since the incidence of meningitis B peaks at 19 years of age among teens and young adults, it is extremely important that you and your student understand the risks, signs, and symptoms of this disease, and that you take the necessary steps to get him or her vaccinated against it.(3)

We ask that you talk to your student about visiting campus health services, a pharmacist, or a healthcare provider to discuss getting vaccinated against meningitis B.

Should you have any further questions regarding this vaccine, please feel free to call us at (908)852-1400 ext. 2206

**Theresa Lord-Stout, RN, MSN, APN-C**  
**Director of Health Services and Advanced Practice Nurse**

#### References:

1. Centers for Disease Control and Prevention. Meningococcal disease. Centers for Disease Control and Prevention website.<http://www.cdc.gov/meningococcal/index.html> Updated April 19, 2015. Accessed September 28, 2015.
2. Bruce MG, Rosenstein NE, Capparella JM, et al. Risk factors for meningococcal disease in college students. *JAMA*. 2001;286(6):688-693.
3. Centers for Disease Control and Prevention. Epidemiology of serogroup B meningococcal disease, United States. Advisory Committee on Immunization Practices, October 30, 2014. Centers for Disease Control and Prevention website <http://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2014-10/mening-02-MacNeil.pdf>.
4. Thompson MJ, Ninis N, Perera R, et al. Clinical recognition of meningococcal disease in children and adolescents. *Lancet*. 2006;367(9508):397-403.
5. Centers for Disease Control and Prevention. Prevention and control of meningococcal disease: recommendations of the Advisory Committee on Immunization Practices (ACIP). *MMWR*. 2013;62(RR-2):1-28.

## » Athletic News



### **Men's Soccer Captures 2016 CSAC Championships; Earns Automatic Bid into the NCAA Tournament**

Head Coach Keith O'Connor and the Centenary University men's soccer team won the Colonial States Athletic Conference Championship with a 3-0 defeat of Cabrini University on Nov. 5th. Junior Justin White was named MVP, as the Cyclones earned an automatic bid into the NCAA Tournament.

### **Women's Soccer Reaches CSAC Final**

Head Coach Kevin Davies and the Centenary University women's soccer team reached their second Colonial States Athletic Conference Final in three seasons with a 3-0 defeat of the six-time defending champion Cavaliers of Cabrini University on Nov. 2nd.

### **Ortiz Caps Off Stellar Season**

Cross Country Senior Priscilla Ortiz captured the 2016 CSAC Women's Cross Country Championship as she took first in the women's race at the CSAC Championships on Oct 29th. Ortiz earned a spot on the All-CSAC First Team and was a six-time CSAC Runner of the Week during the season. Most recently, she placed 59th out of 304 runners at the NCAA Atlantic Regional on Nov. 12th.



## »» The Centenary Fund

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A new era is dawning at Centenary University as we approach the 150th anniversary of our founding. Centenary is the institution it is today because of the loyal and steadfast commitment from parents like you. Our innovative academic programs continue to meet the evolving needs of our students and the marketplace, while attracting and retaining the best and brightest faculty and staff, adding value to your Centenary student's degree.

Your philanthropic gifts to Centenary will help to shape our future. Unrestricted contributions to the Centenary Fund provide the most flexibility to respond to the University's greatest needs. Your philanthropic gifts allow Centenary to allocate resources strategically and take advantage of unexpected opportunities to fund new educational initiatives and strengthen existing programs.

Please make your important gift conveniently and securely online, or you may contact Emily Russell, Director of Annual Giving at (908) 852-1400 x2336 or russelle01@centenaryuniversity.edu.

We are grateful for your continued support of Centenary's first 150 years. As we mark this important milestone in our history, we look towards Centenary University's bright future with your help. Thank you.

## »» Centenary Professors Receive the Bright Idea Award

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Centenary professors Dana Benbow and David Perricone were recently presented with a Bright Idea Award on behalf of the Stillman School of Business at Seton Hall University and the New Jersey Policy Research Organization (NJPRO). Benbow, an Assistant Professor of Finance, and Perricone, an Assistant Professor of Sports Management, were honored for their scholarly research entitled "What Do Tom Brady, Peyton Manning, and the NFL Have to Do with Finance: Creating an Integrated Sports Finance Class." As one of the top manuscripts of 141 total submissions, the piece was selected for the fifteenth annual volume of the Publications of New Jersey's Business Faculty, a collection of research works that were published in 2015.

Professors Benbow and Perricone collaborated to design a cross-disciplinary course in Sports Finance focused on demonstrated and practical application of finance across the sports management industry utilizing multiple experiential projects including a simulation game where students own and run a Fantasy Football franchise. The teaching note discusses the genesis, construction, and results of an approach to course development for a deeper, cross-disciplinary understanding of applied finance in the sports industry.



"Dana Benbow and David Perricone are tremendous innovators who are dedicated to the art of teaching," says Cheryl Veronda, Professor of Business and Chair of the Business Department at Centenary University. "Their decision to develop and co-teach this course brought the best of two worlds together. It allowed their students to gain a wealth of knowledge from their expertise that they will be able to bring to the business world. The Bright Idea Awards are very competitive among the hundreds of business professors across New Jersey."

## >> Tis' The Season of Giving

Cyclones,

For those looking to uphold Centenary's proud tradition of service to the community and the world, below is a list of events, drives, and donation opportunities compiled from across campus. While money is welcome and helpful, there are so many other ways in which we can impact our world. Please take a moment to consider giving your time or unused items that might be laying around at home...



### **Veteran's Donations Drive**

The Office of Veteran Services and the Student Veteran's Organization (SVO) along with the Psychology Club, and the Lion's Club will be accepting donations to be delivered to the VA-Lyons Hospital in NJ. Seeking New Men's/Women's Slipper Socks (All Sizes), New Crossword/Word Search/Sudoku Books, Boxed K-Cup Coffee Pods, and 2017 Wall Calendars. This collection will run through Thursday, December 15th. Items may be brought to the Veteran's Services office located in the Library Annex.

**Contact:** Margie Pavlichko, pavlichkom@centenaryuniversity.edu for more information

### **Midnight Run Collection**

For over a decade Centenary Students have maintained an active program where once every month approximately 15 students sacrifice a Friday night to hand out clean clothing, freshly made food, and travel-sized toiletries to those in need. With at least 4 more runs for the spring semester we are in need of donations including gently used clothing (especially women's pants any size), new socks, and underwear, any travel sized toiletry items such as deodorant, toothpaste, tooth brushes, shampoo, body wash, razors, and shaving cream. In addition, with the arrival of the winter season there is also a great need for blanket and coat donations as these items are in high demand. Please feel free to drop off items to the Student Life Suite in the Seay Building. Collections for Midnight Run are welcome for the Season of Giving and beyond.

**Contact:** Cary "CJ" Lawson, lawsonc@centenaryuniversity.edu for more information

### **KDE Blanket & Coat Drive**

KDE is hosting a blanket and coat drive for donation to the Salvation Army in Hackettstown. Items will be collected through December 19th.

**Contact:** Catherine Klingener, klingenerc@centenaryuniversity.edu for more information and drop off locations

### **EOP Toy Drive**

Donate a new or used, unwrapped toy to support local Hackettstown and Mansfield families. Donation boxes can be found throughout campus in the Student Life Suite, Mailroom and Admissions Office in the Seay Building or outside of the Cafeteria. This collection will run through December 16th .

**Contact:** Devon Vialva, vialvad@centenaryuniversity.edu for more information

### **Blankets of Love**

The ladies of Alpha Theta Psi Sorority are accepting donations of clothing, blankets, shoes, toiletries, and feminine care products to be distributed to those in need at Newark Penn Station. Items will be collected through December 20th.

**Contact:** Gianna Ross, rossg@centenaryuniversity.edu for more information and collection locations.

## **Centenary Fund: Help us to Imagine the Future.**

Your year-end gift to Centenary University will help to shape our future. As we celebrate our 150th anniversary, your financial support has never been more important. Unrestricted contributions to the Centenary Fund provide the most flexibility to respond to the University's greatest needs. Your philanthropic gifts allow Centenary to allocate resources strategically and take advantage of unexpected opportunities to fund new educational initiatives and strengthen existing programs. Please make your year-end gift to The Centenary Fund by visiting the [Centenary Alumni website](#) or call (908) 852-1400 x 2379.

**Contact:** Emily Russell, russelle01@centenaryuniversity.edu for more information.

## **Adopting a Family**

Admissions will be adopting a family through Trinity Church, items and donations can be dropped off in the admissions office until Dec 21st. Keep a look out for their candy reindeer fundraiser coming soon outside the cafeteria during lunch time.

**Contact:** Shannon Jonas, jonass@centenaryuniversity.edu for more information and a list of items for the family.

## **Coat Drive**

The Centenary Theater Department with Centenary Stage Co. will be collecting coats outside of the theater doors during the run of Mary Poppins through December 11th.

**Contact:** Lea Antolini-Lid, antolinil@centenaryuniversity.edu for more information.

## **Donations Drive sponsored by STOP**

Our Students Taking On Prevention are seeking donations of books, CDs, DVDs, and games to benefit clients of DASACC (Domestic Abuse and Sexual Assault Crisis Center) of Warren County. Donations are welcome for the Season of Giving and beyond.

**Contact:** Tiffany Kushner, stop@centenaryuniversity.edu for more information.

## **Magic Show to benefit Habitat for Humanity**

Come and see student, Sean The Magic Man and help raise money for Habitat for Humanity. Come be amazed and mystified by Sean's brilliant magic, perfected over years of experience as a street magician and President of The Society of Young Magicians. The magic will happen during the Santa's Workshop event on December 2nd in the Student Activities Center (SAC) in the Seay Building at 9:00pm. All monetary donations collected will go toward building a home for a local veteran.

**Contact:** Jonathan Villegas, villegasj@centenaryuniversity.edu for more information.

## **Christmas Toy Factory Event for Randolph Animal Shelter**

The Pre-Professional Club will be making dog chew toys out of old and donated towels for Randolph Animal Shelter. Event is open to everyone and there will be pizza! December 8th from 5:00pm - 6:00pm in the Ferry Building, Room 12.

**Contact:** Samantha Frosch, froschs@centenaryuniversity.edu for more information.

## **Alternative Spring Break (ASB)**

The Community Service department is looking to collect your time and interest! Consider joining our Alternative Spring Break Trip this March. Location of this year's trip TBD but fun, memories and the joy of giving back to others are guaranteed. More information coming soon.

**Contact:** Caitlin Giordano, Giordanoc01@centenaryuniversity.edu if interested.