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Tilly: restless?

By Ashleigh Shannon

It is nearly impossible to be a Centenary University student and not have a Tillie encounter. Centenary University will be hiring a team of ghost hunters to investigate and contact the ghost of Tillie. In April 1886, 19-year-old Tillie Smith was found murdered in a field behind Centenary. To this day, she haunts the campus. Tillie has become such a big part of the school that the cafeteria dollars are named after her.

There have been sightings of shadows in the chapel, laughing in people's ears and just strange encounters. A group of seniors are convinced that the ghost lives in their apartment in Founders. There have been times objects in their room were moved or touched with my no explanation. "One time I was in the apartment by myself getting ready to go out; I was in my room when I heard the bathroom door close; there is no other explanation besides Tillie," a student said. "We've learned to live with it; we always say she's our fifth roommate."

For ghost believers, whenever there is a ghost haunting in an area they believe the ghost isn't at peace.

Centenary will bring the ghost hunters at the end of May for a weekend; they are hoping to understand what Tillie needs for her to be put to rest. They will spend a night in the Chapel and one night in the apartment buildings. They'll be using equipment like a digital recording that is needed to record electronic voice phenomena; this will help them record any sounds they can't pick up from their own ears. They will be using a meter for detecting electromagnetic fields that shows if a ghost is present when the field is disrupted or affected. They'll also be using a thermal scanner that uses an infrared beam to read temperature. The ghost hunters will also use their expensive camera equipment to capture anything they can on camera. "I hope they can communicate with her and help her to become at peace with herself," a security guard on campus said.

This security

guard has been working at Centenary for many years and has spotted the ghost on many different occasions. "Many of the encounters with her have happened at night in the chapel when shutting off the lights," he said. "Most of the time I can just see a shadow from the corner of my eye but by the time I go to focus and look at the spot, it's gone."

Although Tillie is a ghost many of the university's students care for her. The first encounter is going to be scary, after all she's a ghost but after a while you start caring about her, according to one junior student. "We just want to make sure she's at peace; she's not evil; I think she's just bored and needs to be put to rest."

Head spinning? Small wonder. This page is our annual April Fool attack. But it raises questions, doesn't it? Got you thinking about some weird happenings around here? Or not.

Tilly, Centenary's resident ghost, still active

By Luciana Schwab

After hearing about many strange encounters, most of the student body is convinced that Tilly's spirit is alive and well! Here are some experiences that have been shared:

One late night at the book store, one of the employees claims to have seen and heard books flying off the shelves, when no people were in there with her. During an interview, she said, "Yeah, that was Tilly! She is notorious for knocking things over and slamming doors."

More stories seem to support this theory. One night at the gym, an athlete said, the door slammed shut.

"I think it was around 9 p.m., and I was the only one in there, doing my normal training. Even with my earbuds in, I could hear the door slam. When I looked up, no one was there, still just me...and probably Tilly."

A librarian said that he has also witnessed Tilly's presence. "One night around closing, I was checking the back rooms for any straggling students. When I came back to the main area, by Greene's Beans, the sink was running. I was the only one in the room, since Greene's Beans closes earlier than we do. I knew it wasn't running before I left the room, so it must have been Tilly."

Many students have shared that their things have mysteriously disappeared,

later to be found in a strange place. A student said that he printed out an assignment in the library, but then noticed that there was a mistake. On his way to the printer, he threw the old one away. "When I got back upstairs, the paper was sitting on my laptop. I swore I had thrown it away. I didn't know Tilly came to the library!"

The next day, after a student looked all around the room for her pen, her friend told her it was in her shirt, and there it was. The friends agreed that it had to be Tilly.

Later on, a student lost her ID card. After class, she went to the bathroom, and her ID card was on the floor in there. "I have never been in that bathroom before, so Tilly is the only one who could have left my ID in there!"

Finally, Tilly has not forgotten the cafeteria. One afternoon at 3 p.m., the alarms signaling the end of lunch went off. The employee at the register shared her response in an interview. "It was not over. I do not know why it went off. Maybe it was Tilly."

There you have it! Strange experiences seem to all lead to Tilly, so on those late nights, or even during midday, you may not be imagining things! It may just be Tilly dropping by for a visit!

Viewpoint!

The robotic takeover

By Luciana Schwab

In 2018, technology is part of every aspect of life. From car starters, to Amazon's Alexa, to self-check-outs, technology is everywhere. More and more people are relying on this technology to do things for them, which may be very convenient, but also could be detrimental.

In the personal world of money management, there is also no lack of technology. Recently, we were introduced to taking a picture of our checks to deposit them in the bank, and direct deposit could automatically move your paycheck to your account. Now, technology is bringing even more change, and personal control of our finances is dwindling. If technology will do everything for us, will we not feel the need to sit and balance our checkbooks or go to the bank at all?

During the 2018 PyeongChang Winter Olympics, Olympians Chloe Kim, Mikaela Shiffrin and others were featured in a Visa commercial for a tap-to-pay card. The idea is that the athletes will have more time for training and competitions, and Visa can do all the work for them. That may be perfect for these Olympic stars, but is this the best option for regular people?

The tap-to-pay idea seems simple, quick, and helpful. However, in an age in which identity theft is becoming increasingly more common, this may make that issue even easier for criminals. If all they need to do is tap-to-pay, they can spend

thousands of dollars in a stranger's account in minutes.

Another issue concerns Walmart, and probably many other stores, and online/over-the-phone ordering. When using a credit or debit card in these stores, online, or through the phone, you are not asked to produce a pin number, or sign your name. This means that anyone might access your card and go to Walmart, or shop online, under your name. This is a serious problem, which these new inventions seem to make easier.

Furthermore, when people do not need to take as much time to handle their personal finances, it is likely they will not know how much money they have, where it came from, or where it is going. People may incur lots of dollars in overdraft fees if they do not pay attention to account balances.

Even though these new inventions may seem more convenient, they are making people less aware, even sometimes completely oblivious of their financial situation. Technology is not all bad, and in fact, banking apps make it very simple to check account balances and transfer money. However, if not used wisely, this new wave of technology can completely dismantle personal and business financial statuses. Let's not forget the impact of so much online buying and dealing: the downfall of many businesses, when currently, many popular stores are going bankrupt.

What's your pet's sign?

By Alexis Rowe

When people think about zodiac signs they usually relate them to human traits and characteristics. Have you ever thought about your pet's zodiac sign and whether it is accurate?

My dog Lucy was born on Aug.10 which makes her a Leo. Leos are said to be energetic, bold, intelligent, courageous and fun. My dog fits that profile perfectly. She has enormous energy, and all she wants to do is play and run around. She is also very smart and picks up anything you teach her within a day. She cares so deeply about her family and will do anything to protect us. Leos try to be the best partner you've ever had, and she sure does that!

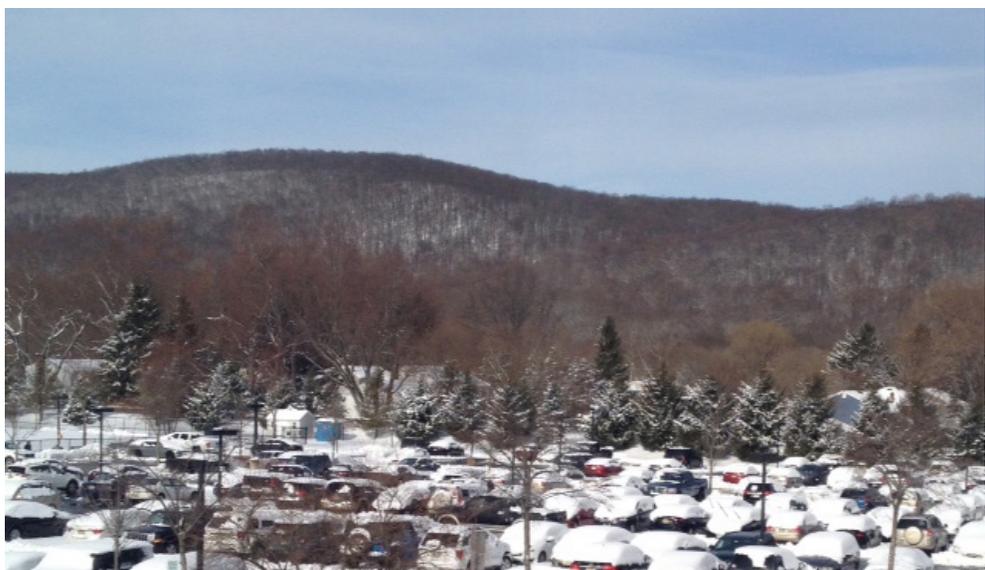
Some may think that all dogs have the same personality, but that is not true. It could be the way people treat and train their dogs. It may also be because of their zodiac signs. It is strange to think that animals and pets have zodiac signs, too, but if you take time to notice their traits and the way they behave within the zodiac spectrum, you'll be surprised.

Black Panther : a review

By Kriste McFadden

A fantastic phenomenon, that reached over a billion dollars in over a month, *The Black Panther* is the latest addition to the Marvel Universe. The movie is motivational and encourages independence and making hard decisions. It is a representation of leadership on another level because, although the main character is male, he is surrounded by strong female characters who steal the audience's heart and push the plot forward.

Throughout the movie, the graphics are stunning whether the scenes take place in a secret African country, America, or South Korea. The details of the backstory are very intriguing, such as the idea of a secret kingdom with closed borders that technologically is ahead of the rest of the world, but refuses to share its information. It speaks directly to what is happening in American culture today. This movie injects new life into the Marvel Universe and is a must-see.



Idyllic campus setting the day after several nor'easters battered New Jersey recently. Had enough snow?

Photo: D. Lev

Op-ed page

Home-schooling: the true picture

The Quill is the student newspaper of Centenary University, Hackettstown, NJ 07840.

The Quill will publish letters to the editor; however, such letters must not be libelous and must be signed and in good taste. We will refrain from printing your name if you so request.

Address your letters to The Editor, The Quill, Box 1066 or you may email to levd@centenaryuniversity.edu with your full name at the bottom of the email

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Ever hear that home-schooling is quirky, the “irregular” school system isolating kids from both a good education and social interactions? Or maybe you have heard that home-schooling is a relaxed approach to school, without a daily regimen? Here are the stories of real-life, hard-working moms, stories emerging from basements and kitchen schoolrooms, to debunk these common myths and reveal a true picture of home-schooling.

Every home-schooling parent will admit the job can be quite a chore. Staying at home all day, balancing the two jobs of parent and teacher, is not an easy choice for anyone. It is difficult to dedicate every day and your lifestyle to this full-time job. The time of back-to-school preparations means transformation: the kids push aside their racetrack constructions, doll-houses, and train sets for the desks and chairs forming the makeshift schoolroom; parents convert kitchen counter-space into a chemistry lab. As challenging as this lifestyle can be, the largest difficulty for parents is feeling validated in their choice to home-school, since there is a widespread under-appreciation of their jobs; people view them as weirdos instead of family heroes. To appreciate the real world of home-schooling, to realize the magic taking place behind the closed doors of these homes, to understand why parents subjugate themselves to this tough balancing act, one must listen to stories from home-school veteran parents.

One close-knit group of home-schooling mothers in Northern New Jersey, all with their own boisterous bunch of children, offers their stories to set the record straight. “Home-schooling is not easy,” says one mother of eight, “but the work is well worth the effort.” These mothers do not wish to cover up the difficulties of home-schooling; they do not promote this grueling lifestyle by dancing around the truth that their lives are sometimes chaotic whirlwinds. These moms are simply here to clear up common misconceptions and showcase the hard-earned rewards of their efforts:

Home-schooled children do not have friends? Home-schooled children are socially awkward because they have lived in a bubble and never learned to socialize?

“A common question I get asked when I tell people I home-school, is if my children ever socialize or if they have friends,” said one mom. The expert moms’ response: Home-schooling does not give the chance for their children to socialize during school time, but there are other times and places for social interaction. There is no shortage of potential for social interaction, as long as one is willing to look.

A typical day for Dawn Brizek is never-ending bustle. The instant her alarm-clock’s familiar chime, “Beep, Beep, Beep,” rings at 5:30 in the morning, she dedicates every moment of her day to her eight rambunctious children. From breakfast till lunch, Brizek is traveling into the past with history stories, exploring new vocabulary words, and deliberating over mathematical problems as school periods pass by. The fast -approaching 3 o’clock hour may mark the end of the school day, but the action does not stop for Brizek. She spends her afternoons in the family’s 12-passenger van, swinging between soccer practices, wrestling matches, Irish-step sessions, and piano lessons. Brizek never spares any energy when it comes to making sure her children do not turn into isolated, home-buddies.

Brizek’s solution is an active lifestyle. Home-schooled children do live lives outside of the house. Socialization does not occur only in the classroom; children can make friends by joining town sports-teams, getting involved in town or church events, or joining a local home-school group offering field trips, group events, sports, and clubs.

“You are home-schooled, so you don’t have to wake up early for school, and you can do your schoolwork in your bed, in pajamas?”

This question inevitably follows any first meeting between a home-schoolers and someone unfamiliar with home-schooling. Without ever hearing the true story of a home-schooling daily routine and schedule, it is easy to believe this myth. “My children always woke up early to eat breakfast before heading off to do their schoolwork,” says one veteran home-schooling mom. These mothers do not slack off in their jobs; they prepare a daily class schedule, allotting a period for each subject from their accredited curriculum.

Home-schooling is not a relaxed approach to school; this group of home-school moms ensures that their children take school seriously. So, home-schoolers wake up at a reasonable time and change out of their pajamas before treading down the stairs to their kitchen/schoolroom to attack a new math lesson. “They are just ordinary kids heading to school every morning, a day of routine and hard work. The only difference is the walls that make up their schoolroom” as one seasoned home-school graduate put it.

Homeschoolers goof off all day instead of learning? Parents are not qualified to teach, so home-schooled children slack off and do not learn?

“No one is more dedicated to tailoring education methods for children than their parents,” says one mother from New Jersey who taught her four children from kindergarten through high-school. Most parents are not certified teachers. But they are 100 percent devoted to find the best school curriculum tailored to their child’s needs. Parents can provide one-on-one attention, focusing on the best possible educational methods at the proper pace for their children.

A parent’s knowledge and expertise do not limit the level of home-school education. One of the advantages to home-schooling is the vast network of support and resources. Online courses, co-ops, and accredited school programs with curriculums, with detailed lesson plans and prepared tests, are all available resources to assist teaching parents. The New Jersey group of moms relies on each other for support, sometimes offering concentrated classes on their expertise: one mother taught sewing lessons; a French-born friend of the group taught French as a language. Each of these moms also uses an accredited school program; these programs have licensed teachers, online classes, and grading programs (the moms send in finished assignments for grading), so the moms are not alone. “Home-schooling is not the job of one parent,” says one home-school mom; “there are countless resources that help form a well-rounded education. I home-school so my children receive the best education possible.”

Maria Brizek

Campus

Science program makes plans for campus greenhouse

By Alexis Rowe

The science department will soon be using its new greenhouse, between the Trevorrow and Ferry buildings. The greenhouse will be used to grow plants for the community garden and biology classes, said Tammy Quasius, Science Department lab technician.

Students are doing labs that require over 100 plants and plan to grow generic plants such as mosses, ferns, and cactus, as well as some exotic plants such as orchids.

The science department is also hoping for a solar heater to help maintain plants over the winter. They are currently keeping all plants in the lab but can't wait to get them into the greenhouse so they have easier control for stable conditions, said Assoc. Prof. Krassi Lazarova. We plan to have the greenhouse up and running in the beginning of spring, she said.



The campus greenhouse. Photo: Alexis Rowe

Lucy, a Horse of the Year, rides again, and again



By Luciana Schwab

In November, 2017, Lucy, one of Centenary's therapeutic riding horses, won honors in the national Horse of the Year competition.

After seeing the article about Lucy's success, multiple people reached out to Dr. Octavia Brown, who administers the campus therapeutic riding program, with cards and money, offering congratulations and support for Lucy. Lucy the horse is not your average horse; she is

beloved by all who meet her. For some, that support has taken the form of becoming involved in the program.

Dr. Brown recently offered some anecdotes about Lucy's importance in the riding program on campus.

One of Lucy's biggest fans is a young girl who is blind. She often visits Lucy after school, especially when she has had a rough day. Talking to Lucy seems to ease many of these issues for her. Lucy is there to listen,

and offer no judgement--just what many people need after a bad day.

Pictured on this page is another of Lucy's friends, who passed away a few years ago. He was a wounded war veteran. By spending time with Lucy, he learned a lot about himself. He reveled in Lucy's warmth and attention, was known to call her "his horse" and would get frustrated when people would come by and distract her.

At his memorial

service, there were many photographs of the two pals. For people in situations like his, it is important to have a companion, and a peaceful, furry one can be even better!

Also pictured on this page is a woman with mobility issues, who enjoys the reassuring and steady company of Lucy, something that has become very important to her.

Having recently turned 27, Lucy is a mellow horse, who touches

everyone she meets. Lucy is living proof that animals and humans can share special bonds, relationships that do not need verbal communication to show love.

Pictured above, left: a wounded veteran who bonded with Lucy. Photo courtesy of George Paffendorf. Above: A Lucy friend who has mobility issues. Photo courtesy of Dr. Octavia Brown.

Campus

Short-film festival soon to celebrate 37th annual free screenings on campus

Centenary University will soon host a free screening of the 37th Annual Black Maria Film Festival in the Sitnik Theater of the Lackland. The third nor'easter this area endured required postponing the March 21 date. Stay tuned to campus announcements for a new date.

Since 1981, the Black Maria Film Festival has been celebrating and preserving the diversity, invention, and vitality of the short film.

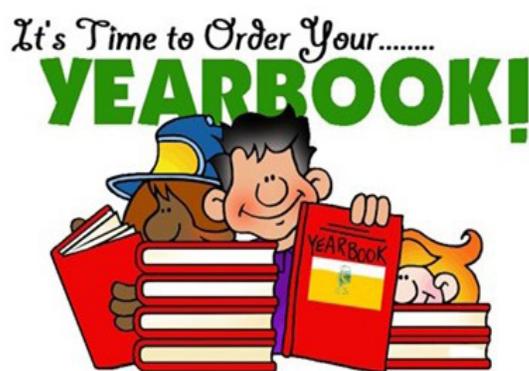
The Festival's home is New Jersey City University in Jersey City, NJ and is named for Thomas Edison's original West Orange film studio. That studio was dubbed the "Black Maria" because of its resemblance to the black-box police paddy wagons of the same name.

Black Maria is an international juried film competition which has embraced its mission for 37 years by focusing on short films including those which shine a light on issues and struggles within contemporary society. Black Maria's touring programs always include provocative works. It advances and exhibits the work of diverse filmmakers from across the US and around the world. These artists often represent an under-served constituency who might not otherwise have the opportunity for live public exhibition nationwide or abroad.

For information about future Black Maria Film Festivals, contact Boris Gavrilovic, assistant professor of Communication, Centenary University at (908) 852-1400 x2256.

The annual 37th free screening of the Black Maria Film Festival at Centenary University is made possible by the generous support from the Warren County Cultural & Heritage Commission.

Centenary University Faces Closeout!



Online yearbook ordering is closed, but you can still reserve a copy if you act fast. If you are interested in reserving a copy of The Hack 2018, please send a message to:

yearbook@centenaryuniversity.edu

Campus

Laser therapy introduced in Centenary study of equine soft-tissue injuries

By Cheyenne Lord

Is there a way to reduce inflammation, repair soft tissue damage, and perform minimally-invasive surgery on animals?

Can one machine treat a variety of chronic conditions, such as arthritis, degenerative joint disease, and nerve damage?

The answer lies in laser therapy, which has existed in the veterinary world for years, according to Centenary University veterinarian Jesslyn Bryk-Lucy. The only pitfall of laser therapy is that the heat of the laser can accidentally burn a patient.

Epica Medical Innovations has developed technology to provide the same benefits of other lasers without the harmful levels of heat. Known as Artemis, this laser pulses energy instead of using a constant stream, creating a pleasant heat instead of burning.

“Most of our horses like it,” Bryk-Lucy said. “They just put their heads down and relax during treatment.” With the increased blood flow and reduced inflammation, the horses seem very comfortable with the laser, according to work-study Equine senior Lindsay O’Donnell.

The Centenary Equestrian Center recently partnered with Epica to conduct a study on how the laser affects chronic soft-tissue injury. Ten horses suffering from various ligament and

tendon injuries in their legs are part of the study, which will last for two months. Bryk-Lucy and the Centenary veterinary team began treating six horses with the Artemis laser on Feb. 9, with treatment scheduled for three days each week. The remaining four horses are the control group, she said.

Dr. Michael Fugaro, the previous veterinarian at Centenary, evaluated the horses’ injuries through ultrasound on the first day, and will reevaluate after the first 30 days and on the last day of the study. To make it a blind procedure, Fugaro does not know which horses are among the control group.

The Artemis laser essentially “wakes up a cell” by vibrating its carbon bonds, according to Bryk-Lucy. Cells heal with less scar tissue after the laser therapy. In an ultrasound, seeing better fiber patterns in the horses’ tissues after two months, is the goal at Centenary. The laser’s use could also have farther-reaching effects.

“If the tendon or ligament has less scar tissue and more elastic properties, it will function more normally,” Bryk-Lucy said. “Tendons with a lot of scar tissue are not as elastic and are prone to reinjury. Hopefully, down the road, these horses will be less likely to reinjure the same tendon or ligament.”

Centenary students are involved in the entire research process, including use

of the laser itself. They are responsible for data collection, upkeep of the equipment, and being attentive to the horses during treatment.

“We are so lucky to have the opportunity to work with such a nice and highly advanced machine that not only helps our horses, but also teaches us more about the growing therapeutic techniques in the equine industry,” O’Donnell said. “Learning about laser therapy was interesting, but actually getting the chance to use it personally is amazing.”

Additionally, safety is a vital part of working with horses. Using a laser has increased risks; for example,

the laser can burn the retina of the eye. Centenary has safety equipment, such as special glasses, to protect against it.

With glasses on, students like O’Donnell hold the laser directly against or a few millimeters away from the horse’s skin during treatment. Doors are closed at the end of the barn aisle where the machine is set up, so that other students and faculty members know to avoid the treatment area. The therapy lasts for several minutes per horse. Although some students are trained to treat the horses themselves, Bryk-Lucy and/or veterinary technician Jessica Colantuono are always

there to supervise.

Not directly involved in the project, sophomore Keara Brazzel said that with over 100 horses, each has a mind of its own, and some being pulled from the program because of injuries seems inevitable. It is nice to help those horses and make them more comfortable whenever possible, since they do so much for the students.

“Soundness is such a big thing here,” Bryk-Lucy said. “The whole point is to keep these horses going so the students can ride and learn. If we have something to make it easier on them, that’s even better.”



One of last month’s Artemis laser sessions. Photo courtesy of Jessica Colantuono, Centenary vet technician.

Campus

Studying off-campus, abroad or not: a gateway to maturity

By Kriste McFadden

Students study abroad to learn in and about a different culture and environment. Those who opt for more nearby off-campus learning experiences also expand their level of awareness.

For students who want to travel, but have not had the opportunity, studying abroad can finally be the chance to travel. Studying abroad is a life-changing experience, according to many who have done it, potentially one of the most important activities while attending college. Studying abroad opens many doors for students, and the studying may provide only part of the benefit; students will have travel adventures and learn about new cultures.

Ameer Copper is a senior at Centenary University majoring in Communication with a focus on TV & radio and minoring in Theater. In his first semester of his senior year, he studied in London where he took classes in dance and theater.

Copper recently said that the experience he had was very different from life at home. He had to get used to having less money in London, compared to the spending power of the dollar in America. As a Theater minor, he noticed different customs in theater. The audience has more respect and is more polite during performances; the audience does not laugh as loud and claps only at certain times throughout the show. A person might say that the audiences are sophisticated or classy, he suggested

Copper mentioned several advantages of being

in England, including the lack of a language barrier. He valued the gained independence in being further away from home, and he learned how to fend for himself.

Copper offered some advice to students who would like to study abroad. Go with an open mind, he stressed; he went to London with no information, just thoughts of learning and having fun. Also, go by yourself because being solo means no compromise on activities or limits on experiences. He just says, "Go for it," because this is an easy way to appreciate what life really is.

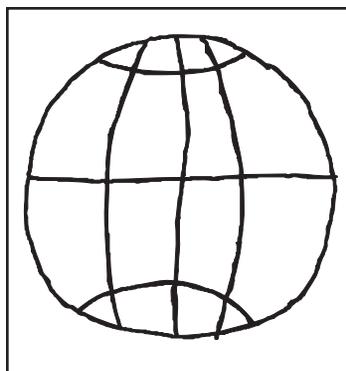
Tatiana Garcia is a sophomore at Centenary University majoring in Dance. She had an opportunity to intern in Disney's College Program. Garcia was introduced to the program prior to being a student at Centenary University by a Theater professor, Stephen Davis. She already had a love for Disney, so being in the program was the perfect door-opener for her.

She took a Disney theater course while in the program, but also worked. Many days were about 13 hours long, and at times there were 16-hour days. However, she was paid for the time she worked, so she was able to save a pretty penny, she said. One major benefit of studying at Disney was that she had the opportunity to network with people that can help her later in pursuing her career. Her favorite part of being at Disney was hugging the children. Garcia noted that there were not any bad days because hugging kids makes any day better.

Being homesick was not an issue because she had constant contact with her family and she felt it was like taking them on the adventure with her.

Garcia would advise people to pursue the program only if they are ready to work. If she could change one thing she would change the entrance prices, so that more families could experience the Disney magic. When asked who she would have liked to have shared the experience with, Garcia said she would have liked to bring her mom.

As Copper and Garcia illustrate, every off-campus studying experience is different, which is really the point. Even though everything was not perfect for them, both students would take the opportunity again and recommend other students do, as well. It is a way for students to gain independence and fend for themselves; it extends and improves the college experience.



Earth Day: April 21

By Alexis Rowe

This year is Centenary's 11th Earth Day celebration. This year's theme is recycling, and the annual recycled materials fashion show will be held as usual. There will be a bounce house donated by "Bounce Around Rentals," which has been a big hit with the kids in past years. Lisa Baldwin, Pres. David Haney's wife, will do a "Music and Motion" program with the children. There will be vendors and student organizations with activities promoting earth-friendly living. There will be an 8 a.m. bird watch at the hatchery behind campus. This is an opportunity to bring together the university and local community. With other things such as a DJ, demonstrations and an exotic pet petting, it should be a great day. Come on out to the front of the Seay Building April 21 for Earth Day fun. For more information contact Dr. Lazarova at lazarovak@centenaryuniversity.edu

Take advantage of benefits the Career Development Center can offer

By Luciana Schwab

The Career Development Center is located upstairs in the Seay building by the SAC, Student Life, and the VIBE.

Josh Walker and Jonathan Lopes work in this welcoming office to provide numerous services to students. It is a completely free service, and is open for contact at any time, and in any form. They work to answer student needs, and will speak to classes, student groups, over the phone, or through any other format.

Lopes recently described their offerings as a buffet, where you can take as much or as little as you like. Some of the programs they offer are resume and cover letter review; mock interviews for jobs, internships, and graduate school; dress for success; and consistent programming and career fairs. Appointments are not needed for many of these resources.

Students can be connected with internships beginning in the sophomore year. These internships can provide students with hands-on experience in a field they would like to work in. Some internships are paid, while others offer academic credit. Walker advises students not to wait until senior year to get started. He adds that the more work you put in, the more you get out. Lopes warned that when you wait until the last minute, you feel overwhelmed, and produce poor quality work. They recommend 30-minute sessions with them at a time, spread out over the years at Centenary.

The Career Center is hosting two events in April. There are workshops every Monday at 3 p.m. that last a maximum of 45 minutes. On April 11, there will be a graduate school fair from 2-4:30 p.m. Ten graduate schools will be in the gym at this time.

For more information about the Career Center, you can contact Josh Walker or Jonathan Lopes, or you can just walk right into the office!

Campus

International students share successes and challenges faced and met at Centenary

By Ashleigh Shannon

“I would like to say studying abroad at Centenary University itself is my most important and meaningful experience,” Shoko Shima, an international student said recently.

For most Centenary University students, home is only a couple of hours away; for others, home is on the other side of the world. Centenary has a huge population of students from mostly Asian countries like China, Japan and South Korea. Most of these students end up staying at least a year living in Hackettstown, but many students stay longer.

Although English is a second language for these students, they take regular classes and have the same expectations from faculty as an American student. This means if they are struggling in a certain class they need to reach out to their professor or a tutor and ask for help. International students do not get special treatment and are expected to do the same work as an American student.

The first semester at Centenary was a challenge for another international student, Hyebin (Hannah) Lee; she was having a hard time in one of her classes. She was able to get through and succeed and finished the class with an A. “It was a life experience for me, because I did my best throughout the semester,” said Lee, a South Korean native.

What are some of these students’ challenges? Not only do students need to know how to speak, write and understand a completely different language, but they also need to adjust to a new culture. “I learned a lot about American culture, during my first year. I was always surprised on how different American culture and Japanese culture were,” said Shima.

It is also their first time living by themselves, so they need to learn important life skills like cooking, cleaning and grocery shopping, according to Liangtong (Will) Hao.

The American culture class that is offered during the Summer Culture Language Program, helped a lot when adjusting to the American life-style, Lee said.

All three students mentioned the Summer Culture Language Program (SCLP), which is a six-week program in which international students take classes, travel to different cities and experience American culture. In the summer program students are forced to only speak English, a rule that seems harsh at first, but it makes a huge difference at the end of the program, according to Lee.

Although Shima didn’t get to participate in the SCLP program as a student she was a Resident Assistant for the past two summers. “It was a very good experience that I could help new international students, whose first time was visiting the USA to study a different culture and language,” said Shima.

According to Hao, this program also helps students get adjusted to the American culture and allows them to make friends with American students which helps them become a part of the big family that is Centenary University.

Communication is the main thing that both Shima and Hao have improved the most. For Shima her improved communication skills with American friends and classmates have helped her succeed not only in the classroom but outside it. Group projects in classes have helped improve Hao’s English and adjustment to America; before coming here he had never worked on a group project before. For Lee, her attitude has changed completely; she now takes on challenges head-on. Whenever she sees a difficult obstacle she pushes through. “If you try, they are worth it,” Lee said.

“At Centenary everyone is always kind and friendly, so don’t be afraid to talk to Americans and make friends,” Shima says.

Staying here on campus? Making Dorm Life Better

By Kriste McFadden

Living on campus can be a life-changing experience. It is a new life that does not involve parents being around to clean and cook. Living in the dorms, however, may not be the best, at times. There are ways to improve or make the most of of living in the dorms without breaking any rules.

Based on the Student Handbook, there are many items that are not allowed in dorm rooms. In order to make your dorm room a home, students need to find other options. Example? An alternative to candles may be aromatherapy humidifiers. Students can relax and have the room smelling nice. Instead of big posters to crowd up the wall, hang multiple small ones; this will create more room and ensure that the posters are not too close to the ceiling. Another option might be to put up pictures of friends and family; this can be a coping method for being homesick. Hanging up LED lights is not allowed, even though it is a common decoration for students; glow in the dark stickers or glow sticks, however, can be a good substitute.

All students know that hot plates, toasters, toaster ovens, and electric frying pans are not allowed in the dorms so there are limited food options unless the student lives in the apartment dorms. An electric water kettle, microwave, and up to two refrigerators are allowed in a dorm room. A student in a standard double or single room has limited options on what food to bring to campus. A student that has a refrigerator and a microwave can get foods that are small and convenient. Some foods to buy are cereal and milk, TV dinners, microwavable beef patties, yogurt, popcorn, cup noodles, macaroni and cheese, to name a few. If a student does not have either a microwave or a fridge, he or she can still have foods in their room. They could have bagels, fruits, chips, granola bars, cookies, muffins, and some other foods. There are lots of options so that students can find something to eat that they can keep in their rooms for late night snacking

Even though college is not home, there are ways to make it like home. There are many alternatives that are not in violation of the student handbook. Making a room cozy will help a student feel like he or she is at home after class. Always having snacks on hand is a good way to avoid late night trips to QuickCheck or the cafeteria.

Campus

Students' health, safety, and connectedness on display

By Cheyenne Lord

There are many concerns that families have when looking into higher education. Tuition costs and the quality of academics are two of the first things for many people, but the overall environment is also a major factor. At Centenary University in Hackettstown, N.J., students' health and safety is everyone's responsibility, chief of Security Leonard Kunz said recently.

With a 42-acre campus only 1.5 miles from the Mars Chocolate Factory which occasionally flavors the air with chocolate, Centenary is always open to the community beyond its iron gates.

Students are only a short walk from the bustle of downtown Hackettstown with its many stores and restaurants, and town residents are welcome on campus for events such as Hometown Holiday and Centenary Stage Company productions. Students and outside residents alike often walk their dogs around campus, bringing complete strangers together, with something to talk about.

Families sometimes join students and faculty in the dining hall, paying relatively little for an all-you-can-eat buffet.

For some, the openness of the campus raises questions about its safety, but security guards patrol day and night to make sure nothing is out of the ordinary. Having a visible presence on campus is important for students to feel secure, according to Kunz.

"People say, 'Oh, I went to the guard shack,

and there was nobody there.' There shouldn't be," Kunz said. "We want [our guards] to be out, be seen, and get to know the students."

The key part of that presence is to have guards who are approachable. Almost all of the security members have had or still have children who are students at Centenary, giving them "a parental perspective to make sure the campus is safe," according to Kunz. No matter how minor something may seem, he encourages students to speak up about it. "If anything, you get to know the security guards better," he said.

Security also assists Residence Life with emergency drills, but for the most part, they try not to patrol residence halls. Students should be able to live as young adults while also feeling secure, Kunz said. Doors and windows are locked behind them when checking for compliance with drills – students who do not evacuate for the fire alarm do get written up – and an emergency response plan is posted online. When necessary, security even works with the local police department, from which Kunz has retired as chief.

Residence Life is another major presence at Centenary University, one that goes beyond fun events offering free food in the dorms and writing people up for breaking the rules.

On another front, imagine wind gusts over 50 mph during a blizzard, turning the world white and any exposed skin red as people huddle into their coats against

the snow.

Now imagine that in the recent nor'easter: They carry bags of clothes and other necessities, sometimes pillows and blankets as well, and need to trudge through the biting weather, afraid of ice underfoot. They need to be outside for that little journey, heading for the warmth of another building while the one they left behind is left dark and cold. One of those gusts of wind knocked out the power, and there is no backup generator.

For thousands of people in the path of Winter Storm Riley, including students living in the apartments on Centenary's main campus, this was the reality in early March. Some of those affected were trapped in their homes due to the weather, but others were able to find shelter elsewhere. Nearly all Centenary residential students were relocated to a building of their choice as their friends on campus stepped up to offer help.

"Thank you for your flexibility and patience," was a common phrase in the students' emails, sent every few hours from Residence Life, after parts of campus lost power for nearly three days. The kitchen opened its doors for students to salvage their refrigerated and frozen foods. Security and Residence Life both worked to give students access to the apartments for emergency or forgotten items.

In an email following the storm, President David Haney thanked the students for being the kind of community they are. "As I noted to the prospective students and parents during

this past weekend's Open House, 'It takes a lot to stop a Cyclone,'" he said, referencing the school's mascot in the email.

Along with crazy weather, winter often brings sickness to a community, especially one living in as close proximity as a college dorm. Whether it is the shiver-inducing, full-body-ache fever of the flu, or pain ricocheting up and down one's leg from a tendon injury, the Wellness Center for Counseling and Health can help students in need.

A bright yellow, two-story building sits within walking distance of the main campus and houses various health services for illnesses, injuries, and counseling. Some of these include preventative services, immunizations, gynecological care, and contraception, according to Theresa Lord-Stout, director of Health Services.

"The health center focuses on disease prevention," Lord-Stout said, adding that there were many efforts to prevent the spread of the flu this year. "Students who are seen at the Health Services center with suspected flu or other contagious diseases are isolated in a private waiting room. If diagnosed with a contagious disease, patient education regarding reducing the spread of disease through self-isolation, handwashing, and respiratory etiquette are reviewed."

With basic health-care offered at the Wellness Center, some students would still rather visit the Urgent Care Center downtown for their health needs. "For some things, like getting an X-ray

or MRI of an injury, they just don't have the equipment to help," one student said.

Open Monday through Friday from 9 a.m. to 5 p.m. during the school year, the center's hours are not the best for some students, but others agree that it is convenient to stop by between classes if they need to. Both student-athletes and non-athletes can visit for the services offered, and procedures are changed as needed to meet the needs of all students, according to Lord-Stout.

To improve general health on campus, "it is important for students to know what they can do to improve their health," Lord-Stout said. "Good nutrition, regular exercise, adequate sleep, and stress reduction are important measures to healthy living." She also recommends avoiding recreational drugs and using some safety practices such as wearing seat belts and having designated drivers.

Counseling services are also offered "in overcoming difficulties that may interfere with defining and accomplishing educational and personal goals," according to the university website.

Although these are useful to those students who need it, some find it difficult to get in touch with counselors to schedule an appointment. One sophomore in particular expressed a wish for more support.

As with campus Security and Health Services, however, counseling services are constantly reevaluated with students' best interests in mind.

The Arts

Centenary Stage Company announces cast of world premier play *Hitler's Tasters*



In the cast, from left to right: Emaline Williams, Brianna Morris, Ally Borgstrom and Jennifer Robbins (photo credit: Chris Young)

Imagine knowing that every mouthful of food you ate could be your last. Inspired by the true story, Michelle Kholos Brooks' *Hitler's Tasters* will make its world premiere at Centenary Stage Company April 6 through April 22 in the Lackland Performing Arts Center. Directed by Sarah Norris, the play features Jennifer Robbins, Emaline Williams, Ally Borgstrom and Brianna Morris.

Jennifer Robbins will be making her Centenary Stage Company debut as Liesel. Robbins has appeared Off Broadway in *Stiff* and multiple incarnations of the original musical *Dear prospective Student*. New Jersey Theatre credits include *Rabbit Hole*, *Collected Stories*, *Five Women Wearing the Same Dress*, *What We're Up Against* (The Company Theatre Group), *Anton in Show Business* and *Little Red Riding Hood* (Alliance Repertory Theatre).

Emaline Williams joins the cast as Hilda. An Ohio native and familiar face to CSC audiences, Williams has been featured in several readings as part of CSC's Women's Playwright Series. Williams was most recently seen in the Bickford Theatre's production of *Accomplice* and is currently workshopping Darrah Cloud's new play *Turning* which is being presented by Centenary Stage Company as part of the New Jersey Theatre Alliance's Stages Festival. She's worked Off Broadway with *Vampire Cowboys Theater Co* (*Alice in Slasherland*, *GEEK!*) and in New Jersey at Alliance Repertory Theatre and *The Growing Stage* in addition to her film work.

Ally Borgstrom is also making her Centenary Stage Company debut as Margot. Borgstrom has most recently appeared at *The Growing Stage*, *Disney's Beauty and the Beast* (Babette) and many more.

Centenary University student Brianna Morris returns to the CSC stage as Anna. CSC audiences may remember Morris as one of the unruly maids in CSC production of *The Learned Ladies* or as a Bowery Beauty in the CSC production of *Disney's Newsies The Musical*. Morris is a junior at Centenary University majoring in Theatre Studies with a concentration in Musical Theatre. Past roles include: Elizabeth Benning (*Young Frankenstein*), Dorothy Gale (*The Wizard of Oz*), Carrie White (*Carrie: The Musical*), Pippi (*The Great American Trailer Park Musical*), Linda (*The Wedding Singer*).

Winner of the 2017 Susan Glaspell Award, *Hitler's Tasters* is an alternately engaging and compelling play that tells the story of the young women who were charged with tasting Hitler's food so that he would not be poisoned. Three times a day, every day, the young women have the opportunity "to die for their Führer". But while they wait, like all girls throughout time, they gossip, they dream, they question and dance, until the door opens and the guard appears with each meal.

Hitler's Tasters runs April 6 through April 22 in the Kutz Theatre of the Lackland Performing Arts Center. Specific performance dates are; Fridays April 6, 13 and 20 at 8 p.m. ; Saturdays April 7, 14 and 21 at 8 p.m.; Sundays April 8, 15 and 22 at 2 p.m.; Wednesdays, April 11 and 18 at 2 p.m. and Thursdays, April 12 and 19 at 7:30 p.m. Tickets are \$27.50 for adults on matinee and Friday evening performances and \$29.50 for adults on Saturday evening performances. Thursday evening performances are \$27.50 for all seats with a buy one / get one rush ticket special when purchased in person at the Centenary Stage Company box office beginning at 5:30pm. BOGO offer is not valid for advance ticket sales by phone or online.

Centenary Stage Company's production of Michelle Kholos Brooks' *Hitler's Tasters* is sponsored in part by Heath Village Retirement Community, The House of the Good Shepherd and Zonta Morristown Chapter.

For more information or to purchase tickets visit centenarystageco.org or call the CSC box office at (908) 979 – 0900. The box office is open Monday through Friday from 1 – 5 p.m. and two hours prior to every event.

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Sports

Should Division III, Division II and Division I athletes be paid?

A personal reflection
By Justin White

The question is why do college athletes not get paid to play sports? This has always been a thorny argument. Maybe it will never be solved, though it has been a hot topic, especially with regard to Division I athletes.

As we all know there is often a different attitude in division athletes.

In division I sports is the reason they go to school, sports may often come before academics at any Division I school.

When it comes to Division II sports, their sport is very important but school work may take on greater importance. For division III school comes first before the sport; we play it for the love of the game. If you think

about it Division I athletes put a lot of love into the game that they love.

As athletes we love the game, and here's an argument that seems fair to me. All of these athletes should be paid some sort of salary. There should be a descending order of payment, with the greater amounts going to Division I schools.

It just seems like

the right thing, to pay those athletes who play sports. Just think about it; if it were not for those athletes then there would be no sport teams, and those teams bring a lot of emotional, financial, and value-building to the colleges they play for.

Look at Duke senior Grayson Allen, Daniel Krutzen from Albany and Baker Mayfield from Okla-

homa: these athletes are the best at their sport, and they do not get paid. They're such big names in our country who are putting their entire life into the sport they love.

Everyone should be getting paid to play college sports.

What's your take on this?

Get to know Eric Nugent, from Ireland, a freshman on our soccer team

By Justin White

Eric Nugent is a freshman at Centenary University as a Sports Management major. He grew up here in the United States until he was two years old, then moved with his family to Dublin, Ireland for about 16 years. At that point, he decided to move back to the United States and go to college.

Nugent is a soccer player here and grew up playing the great game of soccer. He says soccer is a lot faster here, but in Ireland it is a much tougher sport. When it comes to passion for soccer Ireland is the best for that, he says. All the fans get really into the games, starting chants and just showing how much the sport means to them and their country. His favorite classes so far at college would be his Business classes.

However, in predicting his future, he says that in the next 10 years he wants to be living in California, coaching soccer, but if he had the chance to move back to Ireland for good to reunite with his family and friends he

definitely would.

School in Ireland, he said, is completely different from what most of us know. In Ireland, he and his classmates wore uniforms, while here you are able to wear anything that you want to. Here in the United States graduating classes in high school are huge; in Ireland he had 60 people in his graduating class.

He really misses all of his friends and family in Ireland. Something that he is still trying to learn is how life works here in the United States. After experiencing the different food here, he would have to say steak is his favorite.

If there were one word to explain his life so far here at Centenary, it would be *different*. Finishing up his freshman year in college, he says it was far from what he expected. If there was a part of the Irish culture that he would share with us Americans it would have to be the passion they have for their country in Ireland, and of course, for soccer.



Eric Nugent lived in Ireland for 16 years before coming to the U.S. A freshman at Centenary, he is on the soccer team. Photo: courtesy of Justin White