



# Relentless February storms: heroic efforts and ways to help one another

By Tom Polanski

Six pallets of salt, each box weighing 100 pounds, including two truckloads of salt provided by contractors: That's what the Facilities department had used by early February, this year.

"This is the most snow we have ever had, and we're working around the clock," said Facilities director Dominick Maltese.

Every year from October to November Facilities has a meeting to assign workers to locations throughout the campus in case of snowstorms.

As students walk to class each day they'll see Facility employees shoveling sidewalks, fixing broken pipes and still taking out trash on time.

"We are all physically exhausted at the end of the day because there's so much to take care of," Maltese said.

Raymond Flash who is the Facilities manager said he was very proud of his co-workers when the first two blizzards hit. "We only had two people with plows clearing the entire parking lot, and they got it done quickly." Facilities was also prepared with two trucks, a tracker, snow blowers, a quad with a plow attachment and contractors for snow removal and salting.

Throughout the day, teams of salters would prepare

the roads and sidewalks if the snow reached two inches. This would allow students to go to class, the cafeteria and wherever else they needed to go, safely.

Students and Security staff were also assisting Facilities, sometimes informing them of a broken heater or faulty water system.

At three or five in the morning there were employees keeping an eye out for snow. Facilities staff took 12- to 15-hour shifts clearing the snow or maintaining the campus, to ensure the safety of students and faculty.

Though Facilities can do all this, after working around the clock they are strained mentally and physically. Gerald Hennig, assistant director of Facilities, suggested that maybe students can lend a hand. "The wrestling team is a good example to the community; they helped volunteer their time to clear the streets of Hackettstown." Hennig recommends that students looking to fulfill service hours should contact Facilities to shovel out snow behind and between cars.

"There are some students who need help getting out of the parking lot; what better way than to ask students to help one another?" he suggested.

## WNTI and campus TV station in new digs



Prof. Matthew Mendres and student Allison Hodgson at WNTI controls

Story and photo by Joseph Vellecamp

The new WNTI studios started broadcasting earlier this year in the David and Carol Lackland building. The three new WNTI studio rooms are equipped with brand-new, state-of-the-art equipment, according to Jon Lewis, broadcast manager for both WNTI radio and the television studio.

The previous studio, which had been located in the Seay Building across campus, had received upgrades before, but it was always mixed with old equipment. Now, with all new equipment and a climate-controlled room for the technical broadcasting equipment, "it just makes a world of difference," said Lewis. "Everything is very user-friendly."

"It has such nice buttons," said Melanie Thiel, another manager at WNTI, as she commented about the usability of the new equipment. The new broadcast sound-board comes equipped with controls to start and stop CD players, according to Thiel. "We don't have to turn our heads away from the microphone in order to start a song," she said. "We've been hearing for 10 years that we would be moving into a new studio," she added.

The space for the station has been available since the completion of the Lackland Center, but the completion of the studios took longer than expected. "There are miles and miles of wires," said Lewis. To build a radio station, "is just not that simple."

WNTI was off-air for 47-minutes during the station's move day, according to Thiel. "The listeners had lots of notice ahead of time, so there were no surprises," said Lewis. Before the move, WNTI experienced another day this year, on January 18, on which their transmission was shut down, but this time, it was because ice build-up on their broadcast tower.

This hadn't happened in five or more years, according to Lewis. The de-icer on the tower can handle up to ¼ inch of ice per hour, but the ice that day was simply forming too fast. There are stronger, more expensive heating elements available, according to Lewis, but they would cost too much to justify their purchase. "The ice just hadn't been an issue," said Lewis. WNTI was off-air for nearly half of the day, according to Thiel.

Since the move to Lackland, students can now look through interior hall

windows to see inside the station and view a live broadcast. The staff at WNTI encourages students to stop in and say hi, according to Lewis. "The door is always open."

However, WNTI wasn't the only broadcast facility that was recently completed in the Lackland Center. The new television studio has now opened its doors for classes.

The previous studio was located in the basement of Van Winkle Hall, but is now on the second-floor of Lackland. The studio had been expected to be open for classes during the fall semester of 2010, "but there was new equipment still arriving half-way through the semester," according to Prof. Matthew Mendres, who runs the television studio, along with Jon Lewis. "You need everything in order for anything to work," said Mendres.

Once all the new equipment arrived and was set-up, Mendres and Lewis still had to receive training on the equipment before teaching the students how to use it. "We had to wait longer than we wanted, to be trained on it," said Mendres.

The brand-new equipment that fills the TV studio is

(Continued on p. 4)

# Viewpoint!

## *Jersey Shore* and Self Image

By Victoria Martinez

Television, magazines, and celebrities they bring us have a big impact on how females view themselves physically and emotionally.

The media feed the idea that women should look and act a certain way. Largely, it's the reality shows on cable and how the rest of the media pay attention, that accomplish this.

Channels such as MTV target and influence a young audience. Networks decide if a show should go on based if it is entertaining enough and if it attracts enough viewers. Networks are looking to get top ratings, competing with other networks in their same time slots. Cable networks also overplay these shows to feed their message down the viewer's throat. While some of these shows are simply for entertainment and ratings, the viewer is also getting psychological messages from the media on image. It eventually turns into a domino effect when commercials, print advertisements and especially the gossip magazines start to pay attention to these reality stars whether they are engaged in positive or especially negative behavior.

There are too many reality shows that degrade and pressure women into downgrading themselves, but what media have done is send the message that it's okay to tolerate this negative behavior. As an example, the shows *16 and Pregnant* and *Teen Mom* show young teenage mothers and their struggles of taking care of a child while finishing high school, having a part-time job, and dealing with family and boyfriend situations. When *16 and Pregnant* first aired on MTV, the show did a really good job of showing these girls' struggles. The show was real because they showed regular girls who are dealing with

one of the biggest issues that can happen to a teenage girl. The show became more popular throughout the first season; a spin-off series called *Teen Mom* soon aired, showing four girls from season 1. The first season of *Teen Mom* showed the typical struggles of balancing school, work, and parenting on top of dealing with personal issues with family, friends, and boyfriends. By the time season 2 came along, the show started to seem a little unrealistic.

The four girls on the show got paid per episode. Some of them were getting their own apartments and buying brand new cars. Soon gossip magazines were treating them like celebrities, placing them on the cover, talking about these girls' personal lives.

Recently, Maci Bookout who is a part of the season 1 cast of both shows was seen out with Snooki and J-Wow from the cast of *Jersey Shore*. The picture showed off her new blonde wavy extensions. Amber Portwood, also from the season 1 cast has been in legal trouble over the assault of her ex boyfriend, Gary Shirley.

She spent 24 hours in a county jail over the charges. She was also seen going on a shopping spree right after her stay in jail.

The season 2 cast of *Teen Mom* showed the girls partying and hanging out with their friends. Since these girls are getting celebrity treatment there have been reports of girls trying to get pregnant to get on these shows, just to get famous.

This shows that the media are influencing young girls about self image and behavior.

In addition to teen pregnancy shows, there are many others that portray outrageous female behavior.

It seems as though etiquette has been thrown out the window. These shows seem to send the message that educated

and hardworking females are not people to look up to.

These days, anyone can get 15 minutes of fame or even more. A number of shows present young pretty girls who use their bodies and think that acting stupid is cute and is a way to get the attention they want.

Shows such as the *Bad Girls Club*, *Rock of Love*, *The Girl's Next Door*, *Bridalplasty*, and *Jersey Shore* give plenty of media attention to females who are hot, obnoxious, rude and party animals. At a certain point young viewers see these bad behaviors as good because of the attention that it attracts.

According to the media critic Jennifer L. Pozner who was interviewed in an article III Effects of Reality Shows, "Yeah, we can enjoy watching some of these shows. They can be hilarious, they can be compelling. But they're also telling us that women are not valuable as people if they're not perfect 10's and they should do everything they possibly can in pursuit of advertiser-approved, billboard-style hotness. These shows also tell us women can never be happy or fulfilled or even successful unless they're arm candy to rich husbands. It tells us men are not worthy of love unless they're rich, and if they are rich, they can be drunken, overgrown frat boys who can be violent and call women every name in the book."

They can also get the message that they can act this way to get through life because of what they look like.

There are positive role models that are shown on these reality shows, but the problem is the concept is a little unrealistic. Lauren Conrad, who got her start on the hit reality drama *Laguna Beach* which followed her and her group of friends living in that affluent Orange County town. She was known as the sweet young high school senior who had aspirations to become a fashion designer. MTV later did a spin-off series called

*The Hills*, following her life in Los Angeles with her and her friends. Lauren was living in a very nice apartment in a good part of Los Angeles driving around a convertible BMW. The show revolved around the girls' going out to clubs, fighting, and dealing with boy problems.

Although it was nice seeing a young girl who was working hard to follow her dreams, the show played to some fantasy that was just unrealistic for some regular girls to relate to. The reason Lauren was such a positive influence to look up to, was how she handled her tough situations with poise and grace. She never got blatantly angry and cursed someone, to make a scene. She would try to talk calmly about the issue to resolve it. Lauren was also very loyal to her friends and would never backstab them as most TV shows portray with young females.

After Lauren left *The Hills*, she continued to work on her clothing lines. She was filming a show for MTV that would show the real side of the fashion industry and what goes into developing a clothing line. It would not follow her personal life as it had done on *Laguna Beach* and *The Hills*. Recent reports have said that MTV has pulled the show because "It didn't feel like a perfect fit," according to MTV's head of programming, David Jonollari. Many reports have said that it was pulled because the show was too "high brow" for MTV audiences.

This is just an example of how television shows will not portray something positive such as a young hardworking female that girls can look up to and learn something from.

It seems as if networks will continue to film and air shows that will view constant partying, fighting, and backstabbing friends to get the high ratings that they want, whether or not it is ethical to air it.

Networks should try to think about what their viewers are watching and what they are taking in, because they are influencing the future.

Since I am one of the young viewers that watches a lot of reality television, I would

have to say that there are a few shows that have influenced my self image. Over the summer, a new show called *The Spin Crowd* aired on E! which is one of my favorite channels.

I know the E! network tends to air very shallow reality shows, and this show was no different. The first episode of *The Spin Crowd* follows owners Jonathan Cheban and Simon Huck as they run their public relations firm in Los Angeles. As a person who is interested in public relations I wanted to watch the show and all of the exciting business that this public relations firm handles. I was very turned off by the first episode, when Cheban made one of his female employees get lip injections because she looked "homely." He even made the appointment himself.

This poor girl was crying when she was made to go to the appointment. When she went she told the doctor that she didn't want to get them done and was worried about the results, the doctor reassured her that she can get temporary injections to see if she would like them. When the employee came back, Jonathan's reaction was appalling. He was thrilled that his employee actually listened to him and was happy that she looked more like the females in Los Angeles. He made such terrible comments such as "Now I can actually take you to client meetings and show you off." Days after this episode aired, it continued to bother me. It even made me question whether I was good looking enough, or if this is what working for a public relations firm would be like if I didn't look "sexy" enough. I knew deep down that none of that would matter. I also knew that what Cheban had done to his employee is illegal and that she could have easily sued him. Another thing that bothered me was that the media didn't make a big deal about it. There were a few articles about it, but I thought this was worthy of an uproar. Networks need to take some responsibility on these ethical issues. They need to know that they are influencing young people, create guidelines, and think about the messages that they are sending to their young viewers.

# Op-ed page

## Editorial

*The Quill* is the student newspaper of Centenary College, 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@centenarycollege.edu](mailto:levd@centenarycollege.edu) with your full name at the bottom of the email

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(The *Quill* also welcomes freelancers among the student body who may contact Prof. Debbie Lev through campus email.)

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Let me introduce you to Ana and Mia. You may actually already know them or someone who knows them well. They should not be considered your best friends, yet there are those who would disagree. So who are Ana and Mia? They are the personified names of Anorexia and Bulimia. These eating disorders have been aptly nicknamed on the Internet, by those who consider themselves to be so closely linked to the disorders that they think of Anorexia and Bulimia as human beings and friends. This group of people chooses to live according to their “best friend’s” so-called words of wisdom. Words like: “Every time you say ‘no thank you’ to food, you say ‘yes please’ to thin” and “Anorexia is not a self-inflicted disease, it’s a self-controlled lifestyle.”

These quotes are taken from blogs that are a part of a web community that is growing at a disturbing rate. Online, the websites are referred to as “Pro-Ana” and “Pro-Mia” and they support, sponsor, and venerate Anorexia and Bulimia. I found that most bloggers that operate these sites are usually females under 20, but young men are affected by these illnesses too, and log-in to the blogs as well. The sites are used to share detailed accounts of their personal fasting and dieting experiences, their beginning and goal weights, how many times they weigh themselves daily, their minimal calorie intake (usually 500 or less), and tips on how to starve successfully. One blog on Xanga.com, titled “How to be Anorexic,” suggested eliminating all junk food and then completely avoid food after a week because it is only serves as a barrier that stands in the way of your happiness. The sites also provide a means for all Pro-Ana and Pro-Mia followers to locate each other, as well as extract and nourish constant conversation that revolve around condemning food as if it were evil, obsessing over thighs and stomach areas, praising the feeling of hunger and nausea, and even admitting to the relishing and enjoyment of the gurgling they hear in their stomach. The website StyleCaster listed one prevalent Pro-Ana standard: “I am your best friend, and you are failing me and letting me down if you eat. It shows how little self control you have. That pain in your stomach right now—that is me—and that is your fat melting away. You made a commitment to me. I am your life—your obsession. Don’t break what we have. I will give you what you want, but you have to give me what I want, which is for you to stay away from food.”

The popular Ana and Mia support sites present bloggers who treat them as if the disorders are real people, who behave and act a certain way and who also have feelings. Another Xanga blog describes a relationship with Ana and Mia:

“Ana and you have become best friends. You go to her when you look for advice about how much to eat versus drinking water or doing cardio for hours. You trust her to take care of you because without her, you would be fat. There is a sense of loneliness in your stomach, and although Ana tries to help, you end up bingeing. You think you feel satisfied, but when Ana approaches you, you feel ashamed. Looking in the mirror, you still see yourself as being fat and apologize to her for your weakness. Ana forgives you, but only if you relay on Mia as well. She tells you that Mia will help you relieve your shameful. You will soon find that Ana and Mia become your only true friends, so you isolate yourself from those who love you, and those you once loved. Ana and Mia remind you how all those people put you down and feed you lies that will make you FAT! You don’t want that.”

A friend shared with me the fact that she overheard a girl say that she was upset for consuming over 600 calories that day. These bloggers also become very disappointed if they go over 500 calories—and not only do they become upset over eating a cookie, they feel frustrated over the consumption of even an apple.

“Thinspiration” is another web-based trend occurring at a rapid pace. It consists of quotes and photographs used to inspire weight loss and a thin body image. Anorexia and Bulimia are not new issues. However, the new rise in viral support is alarming and is heightened by Internet popularity and easy access to social media<<http://www.stylecaster.com/news/10886/kenneth-cole-top-5-kennethcolepr-tweets#1>> and network sites, reports StyleCaster. Facebook contains groups and pages dedicated to Pro-Ana and Pro-Mia efforts, encouraging emaciated looks and idealizing body-types that reveal bone anatomy protruding through the skin. Blogs sanctify the Anorexic and Bulimic lifestyles, emphasizing that these habits are normal to accept and mimic. The StyleCaster site states, “Pro-Ana and Pro-Mia girls are consumed with self-esteem poison, and by exposing themselves on blogs, they become even more vulnerable. Imagine reading that guys find this stick-thin appearance attractive, interpreting a hundred commentators on a Pro-Ana blog as a sense of friendship, or viewing a blog quote that a fashion icon<<http://www.stylecaster.com/news/10810/is-lauren-hutton-this-seasons-top-model>>, such as Kate Moss, once said, ‘Nothing tastes as good as thin feels.’ When you are that fragile, it is too easy to get sucked in” to these toxic disorders. The severity of the health hazards, risks, and emotional turmoil characteristic of these disorders are hidden beneath the superficial surface of these “thinspirational” blogs and pictures.

Humans are not perfect. The goal should be to achieve health so you can enjoy and celebrate life. Do not let the idea of being super-skinny eat away at your life, especially in your young, formative years. Body changes are inevitable. Accept your body for the way it is and treat it with respect. Embrace the hips, thighs, and stomach that make you, YOU.

The existence of Pro-Ana and Pro-Mia prompts the question: What instigated this tremendous surge of online activity? The culprits could possibly be today’s fashion trends and the display of skinny models<<http://www.stylecaster.com/news/10729/model-weight-new-york-fashion-week-style-cfda-weighs-in>> or the recent swell of social media giving it a stage to become viral, but less time should be spent playing the blame game. Our effort and time would be better used if we raise awareness of this expanding issue, while removing the mask that protects the glamour and attention promoted by the media.

If you really want a slim body: eat healthy, exercise, and find a good support system. Seek and accept professional help. It is not a crime to eat more than 500 calories a day, so do not treat those calories as though they are criminals. Believe, and spread the word, that it is okay to have a cookie and still feel and be beautiful at the same time.

Michele Tomasulo, co-editor

# Campus

The New Jersey Presidents' Council, representing the colleges and universities in the state, welcomes the report of the Governor's Task Force on Higher Education. Led by former Governor Tom Kean, the Task Force has confronted the historic inadequacy of capital and operatg support, the effects of over-regulation and unfunded mandates, and the need for more rational policies guiding this very important State asset. The Task Force has also noted the very critical link that exists between investment in higher education and the future economic prosperity and social well-being of the State. The presidents look forward to working in full cooperation with Governor Christie, members of the Legislature, and citizens throughout New Jersey to explore the Task Force recommendations.

## Getting needed college text messages on snowy days?

By Taryn Kosakowski

If you want to be in the know about delayed openings, campus closings or other emergency messages, check whether you've signed up for the e2 Campus Emergency Notification System.

This is the system through which campus Security can send emergency alerts and announcements to a mobile cell phone, email address, and/or Twitter feed.

To assure the benefits of these notifications, Security asked students, faculty, and staff members to sign up for the system through the Centenary College website. Not only does the notification system give the campus alerts as to when the campus is closed, but it also gives announcements for any emergency lockdown situations which might occur.

Students, residents and commuters rely on the text message notifications to get messages from the campus, especially if the campus is closed during inclement weather. "It's how I know if campus is closed or not," explained Danielle Bay a junior residential student at Centenary College. Bay explained that the system has worked for her since she signed up for it through the website.

Several commuter students have said that they really rely on the text messages.

"The first thing that I would look at would be my phone, definitely my phone, before the website; I need that system to be efficient," Steve Oksienik, a commuter with a long drive to campus said.

Many expressed a preference for the system because it sent a direct text message to their cell phones instead of their having to look to the college's website.

The system is beneficial when working properly, even though in the beginning of the spring semester there were some technical difficulties. With this season's having its fill of winter storms, the e2Campus Emergency Notification System was a valid way for the campus to reach students. There is a reminder on the website for members of the campus to make sure that they have answered or updated their phone information as well as the security questions.

This Notification System has also helped with snow removal from the Founders Parking Lot. Text messages were sent to students to have them move their cars to help participate in the snow removal, On both of these occasions, things went smoothly.

## On campus, the CSC Children's Theater Series is back on the Centenary Stage by popular demand this spring.

Spread the word about the events below:

- *If you Give A Mouse A Cookie:* Sat., Mar. 5 at 11 a.m., Saturday, Mar. 26, 2:30 p.m., and Sunday, Mar. 27, 2:30 p.m..
  - *A Thousand Cranes:* Saturday, Mar 5 @ 1 PM
  - *A Year with Frog and Toad:* Friday, Mar. 25, 7 p.m., Saturday, Mar. 26, 11 a.m..
- SCHOOL MATINEE Performances: Tuesday Apr. 19 through Thursday, Apr. 21 at 10 a.m.
- *If You Give a Pig a Pancake:* Saturday April 16, 11 a.m. and 1 p.m. (two performances)

## Women's soccer team members honored

Nine members of the Centenary women's soccer team received National Soccer Coaches Association of America (NSCAA) Scholar All-East Region honors, the organization announced.

Senior Jazmine Farrell was named to the Second Team, the highest mark received by a Colonial States Athletic Conference (CSAC) student-athlete.

Seniors Jen Dexter, Ashley Gerber, Bianca Santulli, Lisa Stankiewicz, and Sam Vanni, as well as juniors Mary Anderson and Brittany Overland, were all named Honorable Mention Scholar All-East Region.

They were joined on the team by Marywood's Andrea Barker, the only other CSAC athlete to receive NSCAA Scholar All-Region accolades.

Centenary had a banner year in 2010, hosting and winning the CSAC Championship for the first time in program history and competing in its first-ever NCAA Tournament, where it was downed in penalty kicks by No. 16, Dickinson, 4-2.

## WNTI in Lackland

Continued from p. 1

state-of-the-art, with high definition flat-screen TV's, HD-cameras, and a complex system of lights. The equipment is the same as is used in professional television stations, so students will get a very practical learning experience and develop the knowledge and skills they will need in the field, according to Mendres. "It's and HD world," he said.

Along with the new technical equipment, Centenary received a donation from News 12 NJ in

the form of that channel's previous news desk. When Mendres heard that News 12 was replacing all its sets, he called the studio manager, Angelo Ucciferri, and was able to pick it up the next day. The desk had been used by News 12 from 2000 to 2010.

The new studio is not yet broadcasting programming, but will soon be broadcasting across all of Centenary's campus, according to Lewis. He hopes to see students

creating daily and weekly news and talk-shows and is hopeful that broadcasting will begin by early March.

Students involved with the TV studio are encouraged to stop in, in their free time to gain experience on the equipment, according to Mendres. "As long as we are here to let you in," said Mendres, the students can spend time using the equipment out-of-class to gain more hands-on experience.

# Campus

## NAACP club organizes on campus, attends seminar

By Hayana Kim

Ten student members of the Centenary NAACP college club attended the NAACP Leadership Training Seminar held in Willingboro, NJ, in January to take an active role in creating a society of diversity.

The NAACP, National Association for the Advancement of Colored People, is one of the nation's oldest, largest and mostly widely-recognized grassroots-based civil rights organizations working for social justice.

The Centenary NAACP club, founded last September, aims to provide a learning environment for students in accordance with the NAACP's mission. "The NAACP has committed to mentoring our College chapter and has assembled a group of highly educated and distinguished individuals to take it beyond the worldly experience but through the classroom and into our corporate world as distinguished Citizens," said Oveston Cox, the President of the NAACP of Sussex and Warren Counties.

This Leadership Training Seminar was one of the direct mentoring from the NAACP.

Accompanied by Rev. David Jones, vice-president for Student Engagement and Service, and Alison Grenon, the NAACP club Advisor, the students who attended included Christian Smith, Andy Umanzor, Sherelle Phoenix, Karseen Duncan, Jaleel Ritchwood, Keitha DeJonge, Keshia Owens, Nancy Nkumsah, Carlaiah Jackson, and Bernice Blakney. There they had a chance to meet national members and supporters as well as members from other colleges.

"They were astute in their workshops, taking notes asking questions and upon returning to the college re-

flected their enthusiastic spirits through Facebook Twitter and other social networks," said Cox.

"Just the mere fact that the students attended that seminar was inspiring enough. Seeing and meeting other members from broader circles, some of them said that they now become more eager to run for this club," said Grenon.

In observance of the regulations of the NAACP, the Centenary chapter had to wait some time after being established to organize election of officers. On their regular meeting in February, they had a time for election speeches, black history month, and membership in presence of Cox and Grenon.

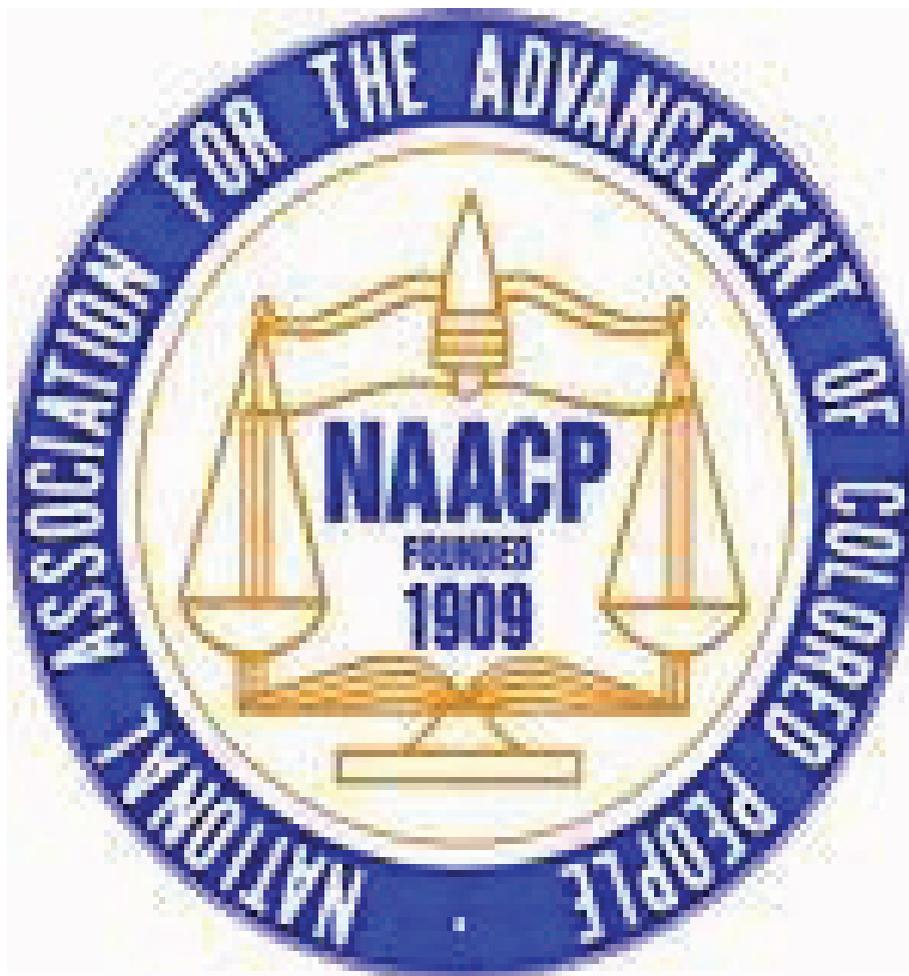
The Centenary NAACP club currently has 56 members of diverse nationalities and races like Caucasian, African American and Hispanic. The club has twice-a-month official meetings on Tuesday evenings. Those who are interested in joining the club can see Grenon for a membership application and or stop by their meetings.

Founded in 1909, with the mission of ensuring the political, educational, social and economic equality of rights of all persons and of eliminating racial hatred and racial discrimination, the NAACP has fought long and hard to ensure the voices of African Americans to be heard.

The NAACP was involved in every major court decision that ended segregation, namely, from the disenfranchisement to the segregated classroom.



Front row, from left: Sherelle Phoenix, Karseen Duncan, Keisha Owens, Alison Grenon, Carlaiah Jackson, Nancy Nkumsah. Back row: Andy Umanzor, Christian Smith, Bernice Blakney, Keitha DeJonge, Jaleel Ritchwood



# Cultural exchange in Hope elementary school

By Hayana Kim

How can you inspire 25 fifth-grade students of Hope Township Elementary School to have broader perspective of the world? Have them meet members of the International Student Organization (ISO) of Centenary College.

In early December, Hae-Yeon Park, president of the ISO, led a special program to help them understand Asian culture better with colleague representatives from China, Japan, Korea, and Malaysia.

In order to bring an a real experience of Asia into the classroom, they put on traditional garments like a Korean Hanbok, Japanese Yukata, Kendo robes and Malaysian clothes and explained them.

"It was really nice of them to dress in traditional clothing for us! Everybody liked them, especially Motoaki Hagiwara's Kendo robes. Two of the South Korean students wore traditional wedding gowns, and they bowed to each other as if they were getting married! It was one of the coolest school days ever!" said Duncan Lysle Taylor, one of the fifth graders.

In fact, they had been studying Asian culture for six weeks, which enabled this gathering to be the culmination of their efforts. To the surprise of their Asian guest teachers, the children treated them to the best two presentations of their own classmates and another special presentation named "Asian Museum," all of which did the countries justice.

"I was so astounded to find those fifth graders being exactly aware of what they have learned so far and coming up with smart questions like how I was feeling about my family at home because of the North's recent aggression. I was impressed to see the kids taking a very active role in learning," said Eunmi Jun, an ISO representative.

In fact, the fifth-graders asked so many questions that they ran out of the



ISO visitors to Hope elementary school in traditional garments. From left: Boram Sim, HaeYeon Park, Eunmi Jun, MinGyu Kim, Ithrana Lawrence, Eri Yoshida, Hagiwara Motoaki. Photo: Hayana Kim



allotted time. Lianne Markus, fifth grade teacher, expressed her gratitude by saying that the children learned things that they could never have received from any textbook.

Also, Lynn Taylor, mother of Duncan Lysle Taylor and a Centenary professor, who had initially made the meeting possible upon Markus' request, enthusiastically thanked the International Programs office. "It was just a once in a lifetime experience for the Hope kids, as many of them have not traveled far from this area of the state. In addition, two of the 5th graders, one from South Korea and one from China finally got to see some of their countrymen in person for the first time—very special for them to be sure," she said.

In fact, as Dr. Joseph Linskey, dean of International Programs, said, it was not only the fifth-graders who benefited but it turned out to be a mutual learning experience for all of the participants.

Eri Yoshida, an ISO representative, said, "I could learn a lot about American culture from visiting the school, too. Also, I thought I was very familiar with Japanese culture myself, but when I started preparing for the presentation, I found I didn't know it very well, so it was a good opportunity for me to study, too." After their visit, all the involved faculty and staff felt so proud of this unique International Programs and the ISO students that they referred to them as "ambassadors" for Centenary College and for their countries.

In addition, the local newspaper, the Warren Reporter, put this gathering on the front page of its Jan. 14 issue.

Though it was a onetime visit, it made a huge impact on the minds of the fifth graders, the involved Centenary body, and the local community.

# Learning to live with daunting difficulties

By Elizabeth Henion

Knowing what to expect every day is something most people take for granted. Many families, however, do not have that luxury.

The Geiger family, headed by Cindy, 50, and Gerard, 57, of Mansfield are one of those families dealing with a challenging disability, but they and their children Hillary, 24, and Shawn 23, have a passion for life and let nothing get in their way.

For the past 30 years, Gerard has been living with multiple sclerosis, or MS, a disease that attacks almost every part of the body. "It's a neuromuscular and autoimmune disease in which the (myelin) sheaths around the nerves in his body are being attacked by his white blood cells," said Cindy, because it is difficult for her husband to speak. She explained that the sheaths are a protective coating. Because MS is an autoimmune disease, the white blood cells attack this coating and start to eat away at the nerves. Scar tissue then forms on top of the nerves making mobility, speech, vision, eating, drinking, and all other every day functions difficult.

Even the common cold or a pesky bladder infection has sent Gerard to the hospital because his immune system is not as strong as it should be.

Gerard, a Vietnam veteran, was diagnosed with MS when he was 25 years old.

His first symptom was a "gray-flannel" type of blindness that recurs every once in a while, said Cindy. She said that none of the symptoms are constant and can change from day to day. His vision could be fine one day and the next he could wake up partially blind.

His ability to walk varies day by day. "It depends on what kind of day it is," she said, "some days he needs his cane; others, he needs his wheelchair." Other difficulties are becoming progressively worse. Eating and drinking are

becoming more of a challenge for him, Cindy said.

"I have to make sure I cut his food into very small pieces so he doesn't choke," she said, "and liquids are difficult too." Cindy said that her daughter, Hillary, is always the first to jump up and ask "Are you okay?" to her father when he starts to cough during a meal.

Even Gerard's brain is affected by the disease, and he has trouble with his word recall, memory, and "finding his words," said Cindy. Sometimes he won't remember Hillary or Shawn's name and will call them something completely different. "It's weird when your dad doesn't really remember your name," said Shawn, "but you learn to laugh about it because there is no sense in taking it seriously."

"As a family we've learned to laugh about a lot of the aspects of the disease," said Cindy. She said sometimes Gerard will fall down, but it is a slow fall and called "elevating" as he slowly hovers downward, and Shawn will pick him up and carry him to where he needs to go. "I've found him outside sitting on the ground," said Shawn; "he'll try to take the garbage can in or get the mail and get too tired, so I'll just pick him up and carry him."

"Feeling inadequate is difficult for Gerard to cope with," said Cindy. She said he wants to be able to do more than he can, but knows that he cannot handle many things because of his disability. Another difficulty is the way the public perceives him, she said.

"People kick my cane out from under me," said Gerard; "they ask what's wrong with me, too." He said that when people rudely ask him what his problem is, his response is, very kindly, "you are going to be embarrassed when I tell you." More often than not they frantically apologize after he tells them he has MS, he said.



"You wouldn't believe how many people close doors on us, park in the handicap parking space when they have no tag, and use the handicap restrooms when they do not need them," said Cindy. The restrooms are what get Gerard very angry, she said. "MS affects his bladder control, and he can't get into a regular stall with his wheelchair or walker," said Cindy. Gerard mentioned, with a smile, that if he encounters a non-handicapped person using the designated stall, he yells at them for doing so.

Another thing that gets him very angry is when people treat him as if he were unintelligent. "Some people think I'm not smart because I don't speak well anymore," he said; "if only they knew I have a master's degree and am a published author."

Cindy said that doctors are unsure whether MS

is hereditary or if it is onset from birth. "Gerard has said he remembers being somewhat uncoordinated as a child," said Cindy, "and things like that lead doctors to believe that people have it from birth." Gerard recalled an instance in which he was playing ball and accidentally hit a woman with the ball. "I just didn't play that game anymore after that," said Gerard, jokingly.

Although there is no cure for MS, Cindy and Gerard both said that they believe that exercise is the main reason for Gerard's not having been limited to a wheelchair yet.

"On good days, we go for walks in the local parks," said Cindy, "since he does not need the wheelchair all the time, yet."

Gerard has also tried several different kinds of medicine to help his symptoms, but all of them have given him

undesirable side effects. In the next few months, however, Gerard will be trying a new medication to help make his legs stronger, she said. Because he is a Vietnam veteran and his condition was diagnosed within seven years after his service, he is fully covered by the government. "It's a good thing," Cindy said, "or else this medication would cost \$4,000 a month, and he would not be able to give it a try."

The Geigers said that they are staying positive about this new medicine and hope that it helps Gerard walk better, but are not fully relying on it because they have learned to get along without the help of medicines. "With Gerard, it's something different every day," said Cindy, "although the world of MS is a challenge, it is not impossible. Nothing is.

# Health

## How to stay healthy when all about you...

By Quing Lin

What are the most common health issues in March? Allergies and viral infections.

What steps can you take to try to stay healthy?

1. Frequently washing of hands (decreases bacteria and viruses, guarding us against diseases).
2. Eating a diversity of natural foods--a diet rich in vegetables, fruits and grains.
3. Drinking around 8 glasses of water daily, for preventing dehydration, regulating body temperature and maintaining the body's fluid balance.
4. Exercising properly every day for weight control, building up the body's immunity, improving body tone, dispelling mental pressure and tension, and reducing the risk of some diseases.
5. Changing clothes accordingly because there is still a chill in the spring air.
6. Taking deep breaths of fresh air and an appropriate amount of sunshine to nourish our bodies, reduce stress and elevate mood.
7. Getting sufficient sleep and relaxation to aid in brain protection, physical strength restoration, and fatigue elimination.
8. Keeping a positive attitude.

### What should you do if you become ill?

Try to avoid spreading the infection to others. Wash hands frequently and use a towel that is separate from any used by others. Go to the Health Services Office on the third floor of Seay Building to see Nurse Jean Robert, Nurse Suzanne West, or Dr. Ann Falbo, when you do not feel well. The office is open Monday through Friday 9 a.m. to 3 p.m.

### Need more specific information?

As you may know, the flu can be spread easily from person to person. Therefore, the Health Services Office needs your help in trying to prevent the spread of flu. Here's what you can do to help:

1. Practice good hand hygiene by washing your hands with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners also are effective, but not as effective as washing your hands.
2. Practice respiratory etiquette by covering your mouth and nose with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands. Avoid touching your eyes, nose, or mouth; germs are spread this way.
3. Know the signs and symptoms of the flu. A fever is a temperature taken with a thermometer that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius. Look for possible signs of fever: feeling very warm, being flushed, or are sweating or shivering
4. Talk with your health care providers about whether you should be vaccinated for seasonal flu. Also if you are at higher risk for flu complications from 2009 H1N1 flu, you should consider getting the H1N1 vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm)

[www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm).

Centenary College has a plan to protect the community and limit the spread of the flu. Although we hope the flu does not come to Centenary here are the procedures if you or someone at Centenary is ill.

5. Stay home if you have flu or flu-like illness, for at least 24 hours after you no longer have a fever (100 degrees Fahrenheit or 38 degrees Celsius) or signs of a fever (have chills, feel very warm, have a flushed appearance, or are sweating). This should be determined without the use of fever-reducing medications (any medicine that contains ibuprofen or acetaminophen).
6. Don't go to class or work.
7. If you have the flu, report your illness to the Office of Student Services (call 908.979.4291). As part of the state health requirements we need to track the number of individuals that have flu-like symptoms
8. The Health Office is available to assist you with all your Health Care needs.



## Centenary safeguards students' security

By Hayana Kim and Gil Shavit

The recent killing spree connected to a former student at Pima Community College in Tucson, Arizona, has alerted many colleges, causing them to have their safety policies re-examined and strengthened.

At Centenary, safety concerns are addressed by the Student Engagement office, under which two teams, the Security Office, and the Student Counseling Center work cooperatively.

According to Rev. David Jones, vice-president for Student Engagement and Services, that role is rather extensive, in order to "create a high quality experience for students outside the classroom, which accompanies many responsibilities regarding safety and security of student activities and campus life."

Some of the new security improvements on campus include installing free phones in dormitory hallways to call for help.

"The main role of the Security office is to provide a safe and comfortable environment for the entire campus community. We respond to any and all problems regarding campus safety issues, anything from parking, lighting, building safety, fire suppression systems and fire escapes, to practicing an emergency response process. If police should be involved, we call the police," said Leonard Kunz, assistant dean for Campus Safety.

To ensure collaborative work, every Monday, Jones meets with the director of Resident Life, the director of the Counseling

Center, the head of Campus Safety, and the director of Campus Life to discuss whether there are any issues or students that they should be concerned about.

In the past 10 years, there were some cases in which students were suspended or dismissed because of continued behaviors that might have resulted in injury to themselves or others despite help and advice that had been provided by the school.

However, before reaching the point of suspension, there are mainly three ways of handling disruptive students.

"Most of the inappropriate behaviors within the dormitory are handled by the RDs and RAs. (In a situation that both RDs and RAs have handled once before and still continues, Neil Andrito, the director of Resident Life, would be next response) and then passed to the Student Engagement Office if traditional hearings are needed. Any issues that occur outside the residential buildings rest within the realm of the Security Office. If some serious breaking of the rules is witnessed, we call the police," said Kunz.

However, according to Jones, Centenary generally has very good students and only infrequently has had any problems, but should they loom, the school is ready to step in. For example, the college can mandate potentially risky students to go through psychiatric evaluation. If a student were mandated to have an evaluation and refused, the college could suspend or expell the student.

Continued on p. 9

## College safety

Continued from p. 8

Kunz said that the administration has the resources to carry out what is needed to ensure safety.

Both Jones and Kuntz say they are confident in the state of security on campus.

“Before Kunz came here, he was chief of police for the town and has more experience than anyone else I know. With that experience, he takes everything in stride,

and I am surrounded by great staffs. Also, Centenary is small enough for us to get to any issues earlier than larger schools might be able to,” Jones said.

Centenary College has a total population of 2,000 students. The college has a Student Life office, a counseling center and well run 24/7 security to ensure that all students on campus are safe and evaluated properly.

## Global Politics class collects shoes for the shoeless, world-wide

By Alex Schoenfeld

Deciding on a project for her Global Politics course, Prof. Anjie Desai wanted something that had global impact, but was easy to promote and run. When she found Sole4Souls she knew she had found what she was looking for. “The Soles4Souls initiative provided my students with a way to contribute to a humanitarian effort as well as build their teamwork skills,” said Desai.

It is a non-profit organization that facilitates the delivery of shoes, which are used to aid the less fortunate worldwide. “It’s simple; just donate any shoes you having lying around. No matter what size, type or quality of shoe, everything is accepted even if it isn’t paired with another shoe,” said Desai. Shoe companies, retailers, and individuals all can participate and donate shoes. Soles4Souls has distributed shoes to over 125 countries on five different continents, including the U.S.

Regarding the class’ project on campus, “Everything has gone relatively smoothly,” said sophomore David Lab. Some of the problems Desai’s class faced were easily fixable. “We would like to have had more exposure around campus, as with Midnight Run, but our campus-wide email has been deleted. Also, on occasion I’d find pieces of garbage in the shoe receptacles, but it wasn’t really an issue,” said senior Joe Palka.

“Our class is mainly about globalization and international policy. Through this project we learned that we can all make differences on a global level and how to work and organize ourselves in a team environment,” said senior Andrew Stephanic.

Prof. Desai’s class has collected over 200 pairs of shoes. If you would like to donate or help the cause, you can contact her or the Soles4Souls website for further information.

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# GI bill helps veterans and their dependents gain degrees

By Krystina Conroy

Living up to its own greater expectations, Centenary College helps those who have already gone above and beyond to help us.

Centenary is home to just over 50 veteran- and veteran-dependent students among graduate, undergraduate, and CAPS, the college's accelerated program for adults.

Those finishing their military service and deciding they would like to attend Centenary, are directed to the office of Margie Pavlichko, the college certifying official for the Department of Veterans Affairs, who acts as a go-between for all things involving the new students and the government's Veterans Affairs office.

Students can be eligible for veterans' benefits if they themselves served in the military or if they are the dependent of a person who

has served. Pavlichko says the college has always been an option for a veteran or veteran-dependent student to choose to attend. The newest bill coupled with Centenary's drive for greater expectations has made the college a very helpful place to choose to enroll.

The newest bill issued in the summer of 2009, the Post 9/11 GI Bill, allows for new veteran- or veteran-dependent students to have a greater amount or even all of their college education expenses offset by the Veterans Affairs office. Through the addition of the Yellow Ribbon Program, students who are eligible can even have the costs of books and supplies paid for.

This part of the benefit is split 50/50 between the college and the Veterans Affairs office. The amount of tuition that will be covered is determined by the

length of time served in the military. If a person has served long enough for tuition to be covered 100 percent, they will also be eligible for their supplies and books to be covered 100 percent.

If an incoming veteran student doesn't qualify for full tuition, there are still programs at Centenary to offset their education costs. In addition to what coverage the Veterans Affairs office grants them, the college will also help cover a portion of books and supplies.

Being a smaller, private college, Centenary can offer a much more personal and individual experience to student veterans choosing to continue their education. Unlike the larger universities, Centenary has an environment in which students are more than just numbers. Pavlichko knows the students by name, and when they have a question,



she is on top of it, getting them the answers they need.

Navigating any government program can be daunting and difficult, and the Veterans Affairs office is not much different. Pavlichko readily steps up and helps each student with anything they need to make their experience at Centenary as positive as possible, she says. Pavlichko is also constantly continuing her education about Veterans Affairs by attending programs, lectures, and being a member of the New Jersey Association

of Veterans Program Administrators.

The college and Pavlichko acknowledge and understand that the time after military service can be a difficult new chapter in a person's life, and are committed to helping make it a good new chapter.

If you or someone you know may be eligible for benefits through this program or would like to know more, contact Margie Pavlichko at pavlichkom@centenarycollege.edu or 908-852-1400, ext. 2353

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**CENTENARY COLLEGE**  
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# The Arts

At Centenary Stage, shoes, food, and the Romanian mob star in Theresa Rebeck's

Rebeck's

Six hundred pairs of shoes, haute cuisine and men, all converge for a comic evening in Theresa Rebeck's play "Bad Dates" which opened at the Centenary Stage Company on Feb. 18, and will run through March 6 in the new David and Carol Lackland Center in Hackettstown.

In "Bad Dates," transplanted Texan Haley Walker tries to balance the pressures that come with her new career as a fashionable New York City restaurateur, raising a teenage daughter, and the too-close-for-comfort relationship with the Romanian mob, all, while never neglecting the opportunity always to find the perfect pair of shoes. Chanel, Jimmy Choo, and Blahnik all are represented, as Haley jour-



Liz McConahay Wanfried is "Haley Walker" in "Bad Dates" by Theresa Rebeck at the Centenary Stage Company in Hackettstown, Feb 18- Mar 6, 2011

neys through a motley array of suitors, looking for the man who will fit her like a great pair of shoes.

"Bad Dates" will star Broadway veteran Liz McConahay Wanfried. McConahay Wanfried's Broadway credits include "The Full Monty" (Estelle), "Cabaret" (Fraulein Kost), and "Titanic" (Alice Beane), and she has appeared in numerous commercials and television episodes, as well as the CSC World Premiere of Neena Beber's "The Dew Point."

"Bad Dates" will be directed by Prof. Carl Wallnau, who originally met McConahay Wanfried when they both performed in the first national tour of "Titanic."

Tickets for "Bad Dates" range in price from \$20 to \$25, with special discounts for seniors, students and groups.

As a special tradition locally for the economically-minded, Thursday evenings at CSC are "Family Nights" with two-for-one "rush" ticket prices available at the door on the evening of the performance. Tickets are available online at [www.centenarystageco.org](http://www.centenarystageco.org), and at the CSC box office 908-979-0900, Monday through Friday, from 1-5 p.m. Performance times are Fridays and Saturdays at 8 p.m., Sundays at 2:30 p.m., Thursdays at 7:30 p.m., with additional matinee performances on Fri, Feb. 18

at 2:30 p.m. (Preview), and Wednesdays, Feb. 23 and Mar. 2 at 2:30 p.m..

BRUNCH: A special Centenary brunch is now open to the public on Sundays, in the new dining hall of the Lackland Center. Serving from 11-1:30 p.m., the brunch includes a traditional Breakfast Buffet, plus a Carving Station, Deli Counter, Luncheon Entrée, and is priced at \$8, with no advance reservations required. Luncheon Buffets are available through CSC for weekday matinee performances for groups of 20 or more.

# Bad Dates



## Sanctum review:



# Cave diving with James Cameron

By Anthony Lusardi

In 1997, James Cameron went into hiding after he broke record charts with *Titanic*. Twelve years later, he broke records again with the mega comeback hit, *Avatar*.

What's next? A 3D man-versus-nature action thriller! Having opened in February, the film allows viewers to go cave diving with Australian director Alister Grierson (Kokoda) and stars Richard Roxburgh (*Mission Impossible 2*, *Van Helsing*) and Ioan Gruffudd (*King Arthur*, *Fantastic 4*) in Cameron's executive-produced movie, *Sanctum*.

Inspired by a near-death experience by co-writer Andrew Wright, *Sanctum* follows the struggle of scientists who are trapped in an unexplored system of underwater caves.

And in any film in which man is trying to survive the wrath of nature, there are always twists and turns, including new tunnels to explore, constant darkness, and, of course, the rising desperation of crew members.

With batteries running low and oxygen diminishing, *Sanctum* will be have you forgetting to breathe as you're too focused on seeing every diver struggle for whatever bubble of

air they can suck in.

But the big thing *Sanctum* brings is not the action, but new technology.

Described by biographers as part-artist and part-scientist, James Cameron contributed to underwater filming and remote vehicle technologies; a fascination he first worked with in his classic hit *The Abyss*.

*Sanctum* has employed the digital 3D Fusion Camera System and 3D photography techniques that Cameron that used for *Avatar*. But there are no aliens in this flick. Yet, the actors glow in their own way as they swim through tunnels. The camera follows the divers' every movement as though they were unknown fish from the depths of the ocean.

While you hope that nothing goes wrong, you can't help but take your focus from the actors and gaze at the cave interior. As film character Jude says as she enters a cavern with huge ceilings, it's "like a cathedral."

This March, grab your goggles and 3D glasses because when you get into theaters, you go cave diving with James Cameron, and the only way out is to go in!

## TV journalist rivets audience of students, professors, and staff

By Hayana Kim

Vivian Lee, anchor and video journalist of Time Warner Cable's New York 1 News, visited Centenary College last month and gave students a first-hand glimpse into the world of broadcast news reporting. Her articulate and vibrant talk was spiced with humor and stark reality bites. Dr. Joseph Linskey, Dean of International Programs, Hyo-Chong Yoo, Associate Director of International Programs, and Hye-Jin Lee, Administrative Manager of International Student Affairs, made this special lecture possible.

Also, Deborah Lev, Associate Professor of Communication, who joined Lee before her talk, shared some thoughts on journalism with her.

Lee's natural speaking style grasping had a strong hold on the audience that filled the Blackbox Theater of the Lackland Center.

During the one-hour-long lecture, students and professors asked diverse questions ranging from personal questions like her role model, which she said to be her mother, to current issues of the press such as the emergence of alternative media like blogs, WikiLeaks, and the media's possible misrepresentation of information.

She shared her thoughts as frankly as she could, based on her extensive experience as a journalist. She has been in this field for 17 years.

After completing her bachelor's degree in journalism at Carleton University in Canada, she was a primetime anchor on A-Channel, continuing to work as an anchor and reporter on CityTV/CablePulse-24. Then she moved to NBC in New York, where she spent six years as a general assignment reporter.

There, she reported and investigated such stories as the disastrous collision of the Staten Island ferry at

St. George Terminal, Eliot Spitzer's sex scandal, which resulted in his resignation, and the death of a nursing home patient in Mount Vernon.

"An old lady died with her neck caught in the bar by her bed, but the nursing home which wanted to hide the accident and avoid the investigation, tried to cover that up as if she had died naturally, and they even put her arms across her breast," said Vivian Lee. Her investigation soon spurred a state health department to delve deeper into the incident and eventually revealed the truth.

Having had one of her grandparents in a nursing home, she said she felt more connected to this story.

"In fact, news is all about people and human connection. As long as we are able to relate, stories are everywhere. So I always try to put myself in every one's shoes and interests as much as possible, so, I believe my job to be a public service," said Lee.

Dealing with life situations, she is bound to be faced with dynamic and often demanding moments, she said. For example, she once had to telecast five straight hours of NY1's uninterrupted live when a chopper and small plane crashed in the air.

There was a time when she had to report in the midst of tear gas clouds on the G7 Finance Conference spot, using soda water and baby powder to help get rid of the searing effects of the gas.

She also once saw a tiger, in upper Manhattan, which people had complained about for years until it finally attacked the owner of the house, jumped from the window and had to be shot by the police who had been called to the scene.

But, always, she competes with finite time.

"Everything is about time. It's not what happens on the stage so it is always chal-

lenging to get the very scene and the immediacy of life," said Lee.

She often faces the need to catch the essence of an interview in very limited minutes, having to move to other interviews, not only because the respondent is busy, but also because she will miss her next interview if she doesn't.

Frequently she fights for, say, six more seconds for the news report with her boss and argues over two synonyms that she feels makes a real difference to the story.

In this context, she granted that there is no glamour in her job though some may think there is, but she said it was in her nature to devote herself to her work.

Stressing her strong "curiosity" towards "every little fabric that weaves itself into society," she added "empathy, and a sense of fairness," to be the three important qualities of a journalistic mind, but, at the same time, the easiest to forget, especially when put under extreme pressure like having to meet only a few hours' deadlines.

She has reported on and investigated too many stories to be named, but stressed that "success is not a goal, but a process."

Born a child of immigrant parents from Korea who moved to Canada, and raised in a disciplined and inspiring family, having to do well in everything she engaged with, she had a dream of being a journalist, and has always created opportunities for herself.

Even in the middle of economic recession, she found work, and though, at first, she was hardly paid, she gained a lot of experience which later gave a firm grounding. And now she finds herself in the middle of the most competitive and fast-paced city in the world.

After the lecture, she enjoyed lunch with Centenary professors and students in the Lackland dining hall.

# Sports

## Trio admitted to Centenary College Athletic Hall of Fame

Diane Finnan, Mona Ressaissi and Robert Quade, were recently inducted into the Centenary College Athletic Hall of Fame.

Between men's and Women's basketball games against Rosemont, in the Folkner Family Gym, the event marked the contributions the three honorees have made to the college.

Finnan, with a successful playing career in the Big Ten Conference at Northwestern University behind her, began her coaching career at George Washington University, where she received a graduate degree in Human Development in Education. As an assistant coach, she helped guide the team to a Sweet Sixteen appearance. Finnan became the head coach of the Centenary women's basketball team in 1995 after the squad won five contests in 1994. She led the team to a 15-8 mark her first year and finished her tenure with double-digit victories all five seasons as head coach, including a program-best 22 wins in 1997-98.

Finnan led the Cyclones to four-straight Women's Intercollegiate Athletic Conference (WIAC) Championships from 1996-97 through 1999-2000 and was a three-time WIAC Coach of the Year, winning three consecutive years, from 1996-97 to 1999-2000. She coached an ECAC Metro Rookie of the Year (Mona Ressaissi, 1995) and a WIAC MVP (Mary Christy, 1999-2000).

In 1997-98, Finnan guided the team to the National Small College Athletic Association (NSCAA) Championship game and a 22-6 overall record. For their efforts, the

squad was named New Jersey College Basketball Coaches Association (NJCBA) Team of the Year. The following season she led Centenary to a 20-5 record, including a 10-1 mark in the Women's Intercollegiate Athletic Conference (WIAC) and a conference championship.

In 1999-2000, Finnan's team won 17 games and received the program's first-ever NCAA Tournament appearance. She finished her coaching career with an impressive 89-36 overall record, which at the time put her in 37th-place in the NCAA in winning percentage among active coaches.

In 1998, Finnan became the Director of Athletics at Centenary and stayed in that position through 2005. During that time she was instrumental in the rise of the school's athletics programs including a significant increase in recruitment and retention of student-athletes. In addition, Finnan implemented required study hall, transitioned the coaching staff from part-time to full-time positions, and championed for facility improvements that meet NCAA regulations.

Finnan now serves as the Vice President for Enrollment Management and Strategic Branding at Centenary. She has built the College's enrollment from under 500 students in 1994 to over 3,000 students, while actively working to ensure that the athletic programs obtain everything they need to be successful.

Prof. Robert T. Quade came to Centenary College in 1986 as the Chair of the Business Division, where he served for 15 years. Quade attended the College of the Ozarks (now

University of the Ozarks), in Clarksville, Ark., where he was a member of the wrestling team. In 1990, he was approached by a few Centenary students who knew he had wrestled, and asked him to start up a wrestling team here. That year there were seven wrestlers, and they managed to win Centenary's first dual meet, defeating West Point Prep, while establishing the squad as a club team.

After graduation, when transfers and military enlistments left the team with one wrestler, Centenary was forced to drop the club team. However, in the spring of 1993, then college resident Bennett-Smith asked Quade to reinstate the wrestling team the following year.

Quade convinced the administration to hire an experienced coach, and in the fall of 1996, the College brought on Joe Gomez as the program's second head coach. Gomez, who recently passed away, established the Cyclones as an NCAA Division III wrestling program in 2000.

Even after handing over the coaching reigns, Quade has remained dedicated to Centenary athletics. He has traveled with and supported the wrestling team for 17 years and has seen it grow from a club team practicing on wall mats, to seeing the team become nationally ranked and now practicing in a brand new 5,000-square foot facility.

In 1990, Quade founded the Centenary men's cross country team and served as the team's first head coach. He coached the men's team for two seasons and was also the head coach of the women's cross country program during

their 1991 season.

Quade received an honorary doctorate degree from the College in 2006 and is currently a Professor Emeritus. Quade is the school's NCAA faculty athletic representative and recently accepted the position of director of Business Student Development at Centenary.

His support of Cyclone athletics extends beyond wrestling and cross country, as he makes an effort to attend many Cyclone contests throughout the year, encouraging other members of the faculty and staff to join him. Many consider him to be Centenary's No. 1 fan.

In 2010, Quade was inducted into the Hackettstown Senior Hall of Fame for his commitment to community service.

Mona Ressaissi was a three-sport athlete at Centenary, competing for the basketball, soccer and cross country programs. She was a member of Centenary's women's basketball team from 1995-98 and currently ranks third in the program's record book with 1,216 career points.

Ressaissi was the first Centenary women's basketball player to surpass the 1,000-point mark since becoming a member of the NCAA DIII. She was a three-year starter for the Lady Cyclones, earning ECAC Metro Rookie of the Year as a freshman and National Small College Athletic Association (NSCAA) All-American honors as a junior. That same year she led Division III in three point shooting, hitting at a 53.0 percent clip.

Ressaissi received New Jersey Association of Intercollegiate Athletics for Women (NJIAW) Woman of the Year honors in 1997-98 and was a two-time New Jersey College Basketball Coaches Association (NJCBCA) All-State Team honoree.

Ressaissi recorded eight triple doubles in a single season, still a school-record for both the men's and women's teams, and was a two-time NJCCA All-State Team honoree. As a soccer player, she earned Second Team All-WIAC accolades in 1997.

Ressaissi graduated Summa Cum Laude from Centenary in 1998 with a BA in Political Science and a BA in International Studies. She played overseas for two seasons with the Eos/Malbas Women's semi-professional team in Sweden before returning to Hackettstown to take an assistant coaching position with the Lady Cyclones from 2000-02, where she also served as athletic academic advisor.

Ressaissi earned her law degree from Rutgers School of Law-Newark in 2005 and served as the graduation speaker of her class. She has worked at Margolin & Neuner in Hackettstown since 2006 and has been an adjunct instructor at Centenary since 2000. She is currently in her first season as co-head coach of the Centenary women's basketball team.

Ressaissi is married to Devon Vialva, Class of 1997, a member of the College's admissions staff. Their children Naya, Kai, and Soleya are frequent visitors to campus, and cheer on their mom at every home contest.

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## Women's basketball team plays hard on court, in support of and in memory of David Heard

By Bridget McCann

The Centenary women's basketball team helped raise over \$1,500 for St. Baldrick's Foundation for Pediatric Cancer by hosting "Day for David" during its home game on February 8. "Day for David" was in honor of David Heard, son of Susan Heard, who is Centenary's Director of Enrollment Operations and Strategic Branding at Centenary. Since October 2008, David had been battling neuroblastoma, a cancer that attacks the nervous tissue.

In order to help Ms. Heard reach her monetary goal of \$25,000 for St. Baldrick's by September 2011, the Centenary College athletic department donated all admissions from both the women's and men's basketball games that day. The women's basketball team sold bracelets and shirts, and many generous donations were also received en route to \$1,500 for St. Baldrick's.

But on Feb. 10, just two days after "Day for David," David lost his two and a half year battle with cancer. In his honor, glitter was spread throughout campus as well as across the state and the country to celebrate the life of a wonderful boy who lit up every

room he entered.

The women's basketball team continued to fight on the basketball court in honor of David who had fought cancer for so long. The team began wearing sweatbands with a green "D" emblem during their games. At press time, the team was 13-9 overall, and 10-4 in the Colonial States Athletic Conference, tied for third place. Should the team hold third or fourth place in the conference going into playoffs, it will receive a home playoff game. Playoffs are slated to being on Monday, Feb. 21.

Over 20 members of the Centenary Athletic department and the campus community shaved their heads after the women's basketball game to show their support for children fighting cancer: wrestling coaches John Garriques and Joe Olivo, LaToya Day, Cassandra Olivo, Owen Vernon, Russel Boardman, Rickey Jorge, Chris Burdge, Nick Marchiafava, Daniel Carbone, Kyle Thompson, Alex Walters, Andrew Neeld, Craig Montgomery, Tyler Laski, Tim McDonagh, Tom Sterno, Eddie Medow, and Colin Aldino.



## Men's B-Ball pushes for playoffs

By Matt Mercurio

As disappointing as the beginning of winter might have been for the Centenary men's basketball team, things seem to get a little better once the calendar changed to February. After suffering through a rough 4-10 record from December through January, the club has gone 4-1 in February thus far. One of the issues the team had to deal with was a lack of students attending games during winter break.

"Having games over winter break is tough because there is a lack of fans at home games, so that is sometimes a factor," said guard Rob Urie. "We also had to compete against some of the top level opponents in the conference and just fell short in some of those games."

On Dec. 30 the Cyclones (9-14) competed in the Grand Canyon Classic in Phoenix, Arizona. The first game of the tournament was scheduled to be played on the 29th against Alvernia University but because of travel complications, the squad played against the Husson Eagles, instead. The Cyclones came out strong and took a 30-26 lead going into half time. They couldn't hold on to the lead, though, ultimately losing 72-65.

The Eagles were led by guard Jay Uhrin who had 19 points in 35 minutes and forward Josh Jones who had 18 points and 18 rebounds in 38 minutes.

A day later, on New Year's Eve, the team played against the Messiah Falcons in the second game of the Grand Canyon Classic. Both teams wanted to make the most of the trip, considering Messiah had lost 53-65 to the Wheaton Thunder the day before. Although the Cyclones trailed by just nine to close out the first half, they gave up 52 points in the second half, giv-

ing the Falcons the victory by a score of 83-53. Guard Josh Hartman led the Falcons with 11 points, four assists in 25 minutes of action.

Next, the team suffered three straight losses. On Jan. 10, the Cyclones traveled to Rosemont, Pennsylvania to play the Rosemont Ravens. The Cyclones lost in overtime, 72-68. The following two losses were played at home, the first on Jan. 13, losing to Cabrini Cavaliers 95-82, and then again the 15th, losing this time to the Keystone Giants 78-64.

Once students started arriving back on campus, however, the team's level of play picked up. From Jan. 17 until Jan. 29 the Cyclones won both home games and went 3-3 overall during that time period. Through all the weather issues Centenary has had to deal with lately, the weather has yet to affect the team in any significant manner.

"January was a tough stretch for us in a few ways. However, our team fought weather conditions and were able to attend the first ever men's basketball trip to Arizona," said Urie. "This was a great accomplishment for our program and was a great experience for the team."

The team ended the month on a positive note by beating the Rosemont Ravens on Jan. 29 by a score of 66-58. As February came along, the team seemed determined to make the best of what was left in the season.

"The reason that our team did not have much success in January was solely that we were going through a rough patch in the season; every team does," said senior guard Will Atkinson. "But we all knew it was important to play our best basketball at the end of the season."

On Feb. 3, the team played the Baptist Bible Defenders at home to begin the first of a three-game home stand. The Cyclones won a close back and forth game 57-52, led by forward Larry Lenahan who scored 21 points,

and grabbed 10 rebounds, which were both game highs, and Urie, who scored 20 points as well.

The next game came against the Philadelphia Biblical Crimson Eagles on Feb. 8, which Cyclones dominated from start to finish. The Cyclones were up 42-28 by half-time and kept it rolling in the second half winning by a final score of 74-57. Forward Corey Kearny led the way with 15 points, and Lenahan had 12 points and led the team with 10 rebounds. Urie had 13 points and senior guard Will Atkinson contributed 12 points off the bench.

Two nights later, on Feb. 10, the Cyclones won 75-53 against the Immaculata Mighty Macs. The win marked the first time the team had scored over 70 points in consecutive games since their first two games of the season. Urie scored a game high 20 points, and Atkinson continued his stellar play off the bench scoring 18 points in 25 minutes. Guard Warren Murphy led the team in assists, dishing out nine in 25 minutes.

With just two regular season games remaining as of press time, the Cyclones are tied for the final spot in the conference tournament with the Immaculata Mighty Macs. The team's final home game of the season took place on Feb. 14th against the Gwynedd-Mercy Griffins.

"In the past month, our team has taken advantage of playing at home; we won four straight games at home, and we realize we are a very tough team to beat when we are home," said Atkinson. "If Larry Lenahan and our veteran players continue to play at a high level we will be a very dangerous team towards the end of the season and hopefully in the playoffs."

# Experienced baseball team ready to hit the field

By Matt Mercurio

Last season ended in disappointment for the Centenary baseball team. Entering the Colonial States Athletic Conference (CSAC) Tournament as the fourth seed, the team suffered a heartbreaking defeat to Neumann University by a score of 8-5, after going 20-22 in the regular season.

In his first two seasons as head coach, Scott Kushner has guided the team to a 35-42-1 record; entering his third season, Kushner believes this team has the ability to improve yet again. But everyone on the team is aware that it will take a combined team effort to do so.

"Recently, we have been a playoff team, but not a championship team. Earning a higher seed in the playoffs, making the championship game and finally winning the conference are goals we will strive for all season," said Kushner. "These are ambitious goals, especially since the conference is only getting better. In order to ascend to a #1, 2 or 3 seed will require a great deal of improvement in all facets of the game."

The team this year features a steady balance of upperclassmen looking to take a leadership role and underclassmen trying to make their presence felt. The seniors returning to the team this season include outfielder JP Palmer, outfielder Lou Penna, catcher Brian Lemay, and pitcher Dan Chapman.

Palmer was a CSAC Sportsmanship Award winner last season, and also made the CSAC All-Academic Team after appearing in 31 games, and starting 15. Palmer hit .288 for the season, with seven RBIs, and 10 runs.

Penna appeared in 35 games, and started 21 games. In those appearances Penna had 15 hits, 11 RBIs, four doubles and 2 triples. Penna is second on Centenary's all-time triples list with 12 triples.

Lemay made the CSAC All-Academic team after starting 23 games and appearing in 28 at bat. Lemay hit .246 last season, with three doubles and 10 RBIs.

Chapman started four games last season, and appeared in 13 while finishing with a record of 2-2 for the year. He pitched 35 innings for the Cyclones, with 37 strikeouts, which was good enough for third on the team and also recorded one save.

Also returning for the Cyclones are juniors Donny Bruce, Mark Tanis, Randy Castillo, Matt Andrews, Shane Solimani, Garrett Meagher, Jordan Wright, Chris Smith, Anthony DeSomma, Chris Campbell, and Chris Sisco.

DeSomma played in 39 games and started 33 of them, splitting time at designated hitter and catcher. DeSomma finished second on the team with a .391 batting average, led the Cyclones with 42 RBIs, which is the second highest for a Centenary player all-time. DeSomma was also second on the team with seven home runs, hit nine doubles and ranked first in the CSAC with six sacrifice flies. At the end of the season, DeSomma made the ESPN The Magazine/Cosida Academic All-District 2 First Team, All-CSAC Second Team as a designated hitter and the CSAC All-Academic Team as well.

"Last year's awards and accomplishments are now in the past and the goals I have set for myself this year are personal goals, but the main goal I have is a team goal and that is to win a conference championship, which I would like to lead this team too before I leave Centenary College," said DeSomma. "So in the offseason I played with some of my teammates in the summer to build more chemistry as we move into this season and I also worked on cutting weight, getting stronger and faster to be more of a complete and impact player for the team."

"Last year, we had a lot of talented players on our team but we didn't have chemistry on our team which unfortunately held us back. Even though we have lost seniors like Michael Fasano, Mark DeMaio, and Andrew



Granozio, we have brought in other guys to fill their stops and make another run at the conference championship," said DeSomma. "This year we have a lot more depth to our team which helps us mix up our lineups and it get a balance throughout the year if we need help in certain areas.

With players like Smith, Wright, Solimani, Andrews, and other key players coming back to our lineup, I figure that we will have a better year than last year and expect from this team nothing less than a conference championship," DeSomma said, adding, "It feels great knowing we start off a long season with so many games at home. I think it will help our team start off on the right foot because we get to play on a field that we are more accustomed to playing on and we get to start off our season in front of our own fans, cheering us on."

Chris Smith hit .311 last year in the 39 games he

appeared in, which was good enough for fifth on the team. He also had three home runs, 17 RBIs and seven doubles. Though no captains were elected this season, it wasn't because no one was deserving of the honor. Rather, it was because the team is full of leaders who will set an example on and off the field for the Cyclones all season, Kushner said.

"We are fortunate to have a number of guys who, through their play, words and actions can lead, so limiting the responsibility of leadership to a couple of captains would not be fair to those few captains or those who were left out from being a captain," said Kushner. "Leaders are in charge of, among other things, quality control. They do what should be done, how it should be done, when it should be done, even when the coaches aren't looking over their shoulder, and they hold their teammates up to the same high standards."

The sophomores returning to the team this season are Patrick Williams, Steven Taggart, Chris Zaneski, Dylan Kemmerer, and Kyle Bayse. New to the team this season are freshmen Alex Braunstein, Sean Cody, Mike Crowe, Phil Diaz, Anthony Herrera, and Mark McCullen.

Chemistry is important if any team hopes to be successful. Since there aren't a lot of new players on the team this year, this should play a huge role in the team's quest for success. But something every team has to deal with is making sure there are no problems among one another. Kushner does not foresee this becoming an issue for the Cyclones this season, though.

"The best way to get everyone to cooperate is for them to understand what is being asked of them individually and collectively and then getting them to buy into that unified vision," said Kushner.