

AQUINAS

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COMMUNICATIONS CLUB HITS A HOME RUN AT RAILRIDERS EVENT

BY KYRA KRZYWICKI
STAFF WRITER

A club in the communications department recently hosted a networking trip to the Scranton/Wilkes-Barre RailRiders game to help students engage with professionals in the sports media industry.

Senior Aiden Cagner organized the trip as one of the events hosted by the Sports Analytics and Communications Club, which he founded in the 2022 fall semester.

The club also visited the Wilkes-Barre/Scranton Penguins in March to network with their employees.

Cagner was inspired to form this club and feature these events because of a RailRiders tour hosted by the student chapter of the Institute of Management Accountants last year.

The tour was only available to accounting and finance majors, so Cagner decided to expand the student base within his club.

“That was a great experience for me, and I wanted to give that to students,” Cagner said.

The club and its events are open to all students, but some majors may benefit more than others.

“The club’s mission was to give business and communication students valuable experiences in the sports field and try to help them get their foot into the door,” Cagner said.

Senior Andrew Betz attended the club’s RailRiders event because he’s interested in working in the sports marketing industry.



PHOTO BY KYRA KRZYWICKI

“I think this is a great opportunity for any student because the best way to get a foot in the door, regardless of the industry, is by networking,” Betz said.

The club also features an alumni panel with professionals in the sports industry,

an analytics workshop and talks given by professionals in the industry.

Club members have heard talks from the chief financial officer of the Milwaukee Bucks, a New York Yankees analytics associate and a marketing employee from

NASCAR.

Cagner hopes that the RailRiders and Penguins networking trips will become routine events for the club after he graduates in hopes that the Penguins visit will be scheduled for every November and the

RailRiders trip for every April.

To keep up with the Sports Analytics and Communications Club’s events, follow their LinkedIn at <https://www.linkedin.com/in/sports-analytics-and-communications-club-360491250/>.

Faculty to make pilgrimage to Spain and Italy

BY GRACE WHITTAM
STAFF WRITER

University of Scranton faculty members will travel to Spain and Rome to learn about the fundamental values that guide this campus: those of St. Ignatius of Loyola.

The trip, called “Footsteps of Ignatius Pilgrimage”, runs from May 23 to June 1. The 14 participants, including faculty, staff and spiritual guide, Adam Rosinski, S.J., will head all throughout Spain and Rome, walking in the prominent locations of St. Ignatius’ life.

The group will travel to many places of historical and religious significance to the Society of Jesus: Loyola, Xavier, Monserrat, Manresa, Barcelona and Rome, celebrating daily Mass in each location.

The trip is led by Jesuit Center Executive Director Ryan Sheehan. Sheehan has worked at the University’s Jesuit Center since 2012 and was named the executive director in June 2022.

The participants go through a nine-month preparation phase, where they learn more deeply about Jesuit values, the history of Jesuit education and the life of Ignatius. The group meets once a month. Sheehan does this to prepare the faculty for exactly what to expect when they arrive in Spain.

“When we get there, there is no question of what’s in front of us. We can just fully sink into the experience,” Sheehan said.

Sheehan wants to give faculty and staff the opportunity to go on a pilgrimage and experience Ignatius’ life firsthand.

“Ignatius was a real person; these are the places where he had these transformative experiences. It’s what built the Jesuit order and lineage our staff and faculty are a part of,” Sheehan said.

University staff member Peggy Doolittle is attending the trip for the first time. She has served the University Advancement Office as an advancement assistant since 2012. Doolittle became interested in the teachings of St. Ignatius when stepped onto the University’s campus and is hoping to continue learning while on the pilgrimage.

“My quest to understand our roots continues, and this pilgrimage provides me the ultimate opportunity to do so,” Doolittle said.

Doolittle owns a pair of cross earrings that she purchased on a past service trip that were blessed by the Archbishop of Los Angeles. She is hoping she can find similar luck while at the Vatican.

“It would be so meaningful to me to

find a second pair of cross earrings that speak to me and an amazing gift if I stumbled upon another opportunity to get them blessed,” Doolittle said.

The University’s first pilgrimage was in 2017. This year’s pilgrimage is the first one since 2019, as the past trips were canceled because of COVID-19. The group includes some participants from the 2020 trip as well as many new participants.

Bryn Schofield, coordinator of College of Arts and Sciences Academic Affairs, has attended the trip in the past. One of her favorite parts of the trip is getting to meet and grow in friendship with faculty and staff in other departments of the University she would normally not engage with.

“It’s really a wonderful thing to stretch out everybody’s branches of working with other people. It’s making us a tighter knit group of faculty and staff,” Schofield said.

Sheehan is excited to see the faculty and staff experience the pilgrimage for the first time.

“There is a really unique sense of awe and curiosity and amazement. The group loves being here and working at the University, so it is wonderful to see them really sink into the experience. It animates people’s understanding of what it means to be a part of the Jesuit education tradition.”

Meet the
2023-2024 Editors

EDITOR IN CHIEF
Emma Graff

MANAGING EDITORS
Victoria Scrusse and Samantha Sonnie

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JULIA'S FOUR YEARS

BY JULIA GAVIGAN
CO-MANAGING EDITOR

I was 18 years old when a thousand people died in New York City in one day from COVID-19. And another thousand the next day.

I was 19 years old when I was in a car to go apple picking when Kamala Harris became the first female vice-president of the United States.

I was 20 years old when my uncle, 44, tragically passed away from COVID-19.

I was 21 years old when I received an email informing the University of Scranton community that COVID-19 vaccinations would no longer be a requirement for incoming students starting in the 2023-2024 academic year.

Long story short, it's been a unique couple of years at the University of Scranton. I've loved it all the same. This is largely due to my time spent working on The Aquinas.

I became the copy editor of The Aquinas in the spring of my junior year. As a senior, I currently hold the position of co-managing editor. My largest and most time-consuming responsibility for the paper has been editing articles before they go to print.

A common question that people have asked is why I enjoy editing articles. It's a tedious process that requires meticulous attention to detail: a comma isn't required, a certain title shouldn't be capitalized, a sentence could be written better, or my pet peeve, this isn't a grammatically correct sentence.

I enjoy the process because I whole-heartedly believe concise and correct communication is vital and should be employed at every level of journalism, even in a small Pennsylvania college's student newspaper.

I recognized this importance during the pandemic, which defined my experience here at Scranton. During the absolute pandemonium, people were anxious, frightened and trepid because of the same, universal reason: **we don't know what to do.**

If I go grocery shopping today and forget to clean my items, will I get COVID-19? If I don't feel well, how many days do I have to isolate before it's safe to be around family again?

We had so many questions and no legitimate answers. In an attempt to console ourselves over the lack of information, we turned toward the sources we thought we could trust: the news.

The pandemic taught me that journalism, even at the student level, carries incredible significance.

I'm honored to have had a responsibility that is part of a larger effort to guide people to help them make informed decisions and bring attention to events that deserve recognition.

I'm very grateful to the communication and media department for their endless support and guidance.

I have learned that unprecedented times will come and go, but the significance of the written word will always weigh the same.

Remembering Reavy



Matthew Reavy, Ph.D.

BY KELLY NEE
EDITOR-IN-CHIEF

For my last ever edition of The Aquinas, I want to finish right where I started: with Dr. Reavy.

Dr. Reavy hired me as Co-Managing Editor as a first year student. I was unbelievably underqualified for the position. I believed I didn't know enough about journalism, but he believed that he knew tons about journalism and would teach me everything I needed to know.

I owe this job, the opportunities and the experiences that have come out of it wholeheartedly to Dr. Reavy. He saw something in me that I hadn't yet figured out.

If he hadn't, I'm confident that I never would have interviewed "The Office's" Brian Baumgartner not once, but twice. I wouldn't have managed a team of so many incredible writers, editors and designers. My resume would look much different if he hadn't sought me out.

Dr. Reavy was a "hands-off" type of leader. He let the students take charge and explore new ideas, and was there to pick up the pieces if they didn't work out.

He was a patient teacher as I struggled

to learn Adobe InDesign in the communication lab. He was a friend delivering pizzas and words of encouragement as I struggled even worse on layout nights.

When I decided that I wanted to run an advice column, Dr. Reavy was thrilled. I wasn't able to get the ball rolling before he passed, but it was important to me to do it anyway, and it's been a blast to write "Keeping Up With Kelly."

The Aquinas was in chaos when he passed away last February. How are a group of college students putting together a newspaper supposed to keep it afloat after they've lost their mentor?

I didn't really have an answer, and so my default answer was to put together a different type of newspaper full of stories, photos and special memories to honor that mentor. That tribute issue was the first project I really took the lead on, and the project I'm most proud of.

His absence is also felt by fellow communication professors, particularly Dr. Pavlick and Professor Strain.

"Matthew's legacy lives on in our department. At least three times a week a student will reference something he said or taught. As humans, the best we can hope

is that something in our lives resonates with others, and Matthew's existence had a deep impact on so many of our students," Pavlick said.

"There isn't a day that passes that I don't think about Matt and what we lost when he passed. I still look up from my desk at times waiting for him to pop in to talk about some political issue or sports game from the night before. He's dearly missed," Strain said.

As graduation looms for myself and other seniors, we remember our time in the communication department and the amazing classes we took. Many of them were Dr. Reavy's.

I ultimately picked up a business communication minor because I liked taking his classes. I took this job because I liked working with him. I can't imagine how different my college experience would have been otherwise.

Thank you to The Aquinas for an incredible run, and thank you to Dr. Reavy for putting me here. I'll always look back on this great experience and my great professor fondly.

KEEPING UP WITH KELLY (FINAL)

BY KELLY NEE
EDITOR-IN-CHIEF

I feel like my new friends don't really like me anymore, but I could be possibly overthinking. I don't want to start an argument or anything.

I'm sorry to hear that, and no one deserves to feel that way. It's definitely possible to be overthinking the situation; I do this myself frequently. This could be the case since you said these are new friends, so maybe this is the first time you've experienced something like this with them. I understand not wanting to start an argument because I also really don't like confrontation, but I think that you would feel much better about the situation if you had an open and honest conversation with your friends. There absolutely is a way to have this conversation without it becoming a full-blown argument. Sometimes putting things out in the open can clear things up for everyone, and you can all learn how to be better friends to one another. Maybe try to ask your friends if there's anything going on that you should know about, or anything that they want to talk about. Or try doing some activities together that you know you all like to boost morale.

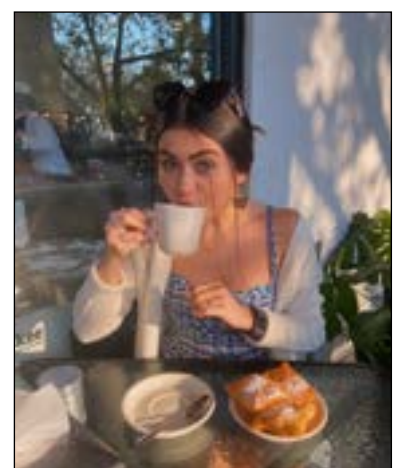
My final piece of advice is something I try to tell myself often. Even if the absolute worst-case scenario is true, and even if everything you're worried about is really happening, what negative things will happen to you physically in that moment? The answer is nothing. You'll still be standing, and you'll make new friends, and you'll know the truth. Good luck and keep your head up.

As graduation gets closer, I am beginning to get nervous because I have no career plans right away. How can I ease my anxiety about grad and finding a job afterward?

I'm in the same boat! It can be really stressful trying to figure out what comes next after college and solidifying career plans. Try to remember that although it would be nice to graduate with a job lined up, it's not a requirement and it's not a bad thing to have a little time after graduation to sort things out. Be genuinely happy and present for your friends who have career plans but resist the urge to compare. Everyone is on a different timeline, and this will all feel silly once we're in the safety of that first job. The job that is meant for you will come your way at the time that you're ready to receive it.

What are some of the best shows to watch when you need to unwind and take a break from finals studying?

It all depends on what streaming platforms you have, but my absolute favorite comfort show is "The Vampire Diaries." I could watch it every single day for the rest of my life. If you've never seen it, lucky you for getting to experience that show for the first time. If you want an easy laugh to put on in the background, "The Office" is a perfect show to unwind with. I've also been watching tons of reruns of "iCarly" on Netflix lately if you're feeling nostalgic for old shows. "New Girl" also has some of my absolute favorite comfort episodes of TV ever, and it was just moved from Netflix to Hulu!



Bella's Book Reviews (Final)

BY BELLA BARBERIO
STAFF WRITER

Throughout my years on the Aquinas, I spent all of them writing book reviews. I have been an avid reader my whole life and loved recommending books to others, so when I found out I could write my reviews in the Aquinas, I jumped at the opportunity.



During my time as a staff writer for the Aquinas, I have written nine book reviews. Known as "Bella's Book Reviews", the headline was adapted during my senior year for consistency throughout articles and as a fun headline for all my future book reviews.

I don't know if I would be able to pick a favorite book, but I can definitely pick a favorite review. My favorite review was Bird Box, one of the most recent books I've reviewed. Although it wasn't my favorite book, the organization and storytelling aspect of the review makes it my favorite piece that I have written.

I didn't always write reviews and when I joined the Aquinas, I never pictured myself writing opinion based pieces. I started writing a couple because I loved reading, but once I saw the headline "Bella's Book Reviews" in print, I became obsessed.

Journalistic writing was never my strong suit, but the more I wrote reviews for the Aquinas, the more skills I learned to improve my writing. I soon branched out to other types of stories, such as news stories and stories focused on the arts but no matter how many news and arts pieces I've written, book reviews have always been my favorite.

Throughout my time writing reviews, I have developed a writing style commonly used in opinion based writing. It was a difficult start finding a style and writing technique that would display my reviews the best, but during my senior year I had found it.

I had multiple goals to accomplish when writing each review. I wanted to tell the beginning of the story, drawing the reader into my review and giving them an interest in actually reading the book beyond my review. I wanted to add a fun

aspect that you couldn't get from just reading the back of the book by adding details from within the book. I normally picked my favorite details that add to the storyline and make it super interesting. I never spoil the ending of the book because it isn't my story to tell, but the author's story. I also love adding in where you can purchase or find the book because my pet peeve is reading reviews that don't include information on where to purchase or find the book!

I write reviews to share my love of reading with our student body. When everyone is so worried throughout the semester, reading textbooks and assigned class readings, the students rarely have time to read for their own enjoyment. I hope my reviews can give students the inspiration and resources to read for enjoyment, and show them it is possible while being a full time student.

Overall, writing reviews has changed my outlook on journalistic writing and introduced me to a new style of writing I never knew that I would enjoy. I had a new found love for newspapers and sharing the joys of reading with our student body! As this is the final review of Bella's Book Reviews, I wanted to share my love of writing reviews and my writing process. I'm grateful to have my stories published in the Aquinas and hope they serve as an inspiration to future Aquinas opinion writers.



Urban Beats Crew Performs In Byron

BY VICTORIA SCRUSE
STAFF WRITER

On April 28, the Byron Complex was filled with members of the community to watch the Urban Beats Crew, a group composed of students performing dance choreography on hip hop and promoting diversity and hip-hop culture through music and dance.

The event was hosted by Aaron Asideu-Wiafe and Michael Trought, both seniors at the University of Scranton.

Performances included dance choreography from Urban Beats and the Pleasant Valley Step Team. The event included two acts with an intermission in between where audience members were free to mingle with each other, take photos at the photo booth, and enjoy snacks at the concession stand. With each dance choreography performed, members of the Urban Beats Crew created their own dance choreography.

In addition, there were two members on the team given a chance to sing their hearts out to the crowd. One of the soloists, Kendra Robles, a current first year student answers the following interview questions.

Q: How does it feel during your first year being a part of this club?

A: "I personally felt that the best moments that I had while being a part of the crew were when everyone fully polished a dance routine, and the satisfaction that came out of hours of practice would be worth it when we would perform."

Q: What are some best moments and challenges you've had?

A: "The toughest challenge I believe I had was scheduling. The amount of commitment it takes to be a part of the team is 110%, and it really takes someone who can give their all and more to really keep up. Luckily, I can safely say that I am one of them."

The Urban Beats Crew represents core values at the University. Even from a first year perspective, the club is an enjoyable experience that is worth it.

The sense of community it gives it welcoming and warm. Motioning that when Urban Beats perform, they aren't just a club full of students dancing and/or singing for fun, but they are a family that bonds through music and experience.

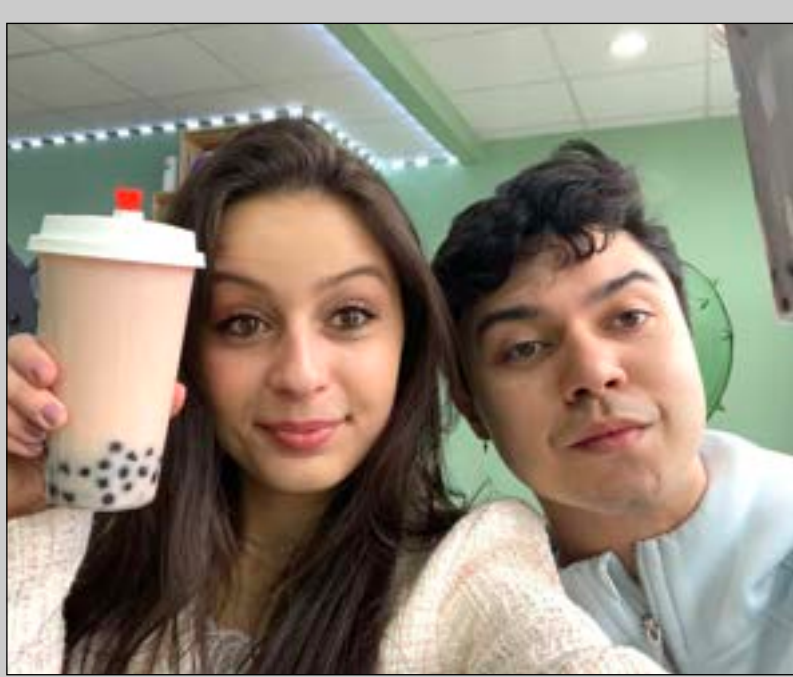


PHOTO BY MARILENA KUMBIOS, PRESIDENT OF UBC

INTRODUCING IGGY'S CORNER



JACK OLONOVICH STAFF CARTOONIST



SPILLING THE TEA ON KOALA TEA

BY EMMA GRAFF
STAFF WRITER

A new Scranton family business has opened its doors to the community for almost two months. What's their specialty? Boba drinks with a twist.

The shop is called Kola Tea. Owners' son and worker, Hanson Truang, 24, explained the name is a play on words meant to highlight the quality or Kola Tea of their tea-based drinks.

And the people seem to agree with the brand's message, as I walked into a crowded shop Tuesday to try a drink for myself.

Kola Tea is different from other boba shops because they give you the ability to customize your drink. This means you build your order in four steps: select the flavor, tea, toppings and the sugar and ice level you want, Truang said.

The most popular menu items are the milk tea flavors taro, strawberry, tiger and mango, Truang said. I tried the strawberry flavored milk tea with green tea, brown sugar bubbles and ice after Truang's suggestion.

The shop has received a lot of attention because of its location, novelty drinks and unique cartoon decorations. Truang explained why the family had the idea for a boba shop in Scranton.

"We needed something like this in this area. There has never been one around here, so it was just right for everybody," Truang said.



Located on 523 Wyoming Ave., Koala Tea is near different schools, colleges and universities with interested students, Truang said. This includes the University of Scranton, where students have about a 15-minute walk or five-minute drive from campus to



reach the shop. A student tip for a direct route is to take Vine Street down to Wyoming Avenue.

University of Scranton students Julia Kourpas, junior, of Long Valley, New Jersey and Ethan Connors, junior, of Nutley, New Jersey frequently go to the shop. They think boba tea is trending because the drinks taste delicious and look cute as well, Kourpas said.

The atmosphere of the shop also contributes to the fascination with Kola Tea. The shop design and layout provides an aesthetic spot overall for social media posts, Connors said.

"The space is extremely welcoming from its cute Boba themed squishmallow stuffed animals, adorable wall murals, to comfortable seating," Kourpas said.

The most notable of the wall murals is a large Kola named Kona, the shop's mascot, drinking boba. It was drawn freehand and painted by artist Bonnie Edwards, Truang said.

The attention to detail reflects the effort of the owners to create a brand for Kola Tea, Connors said. It is a clean place with affordable drinks where friends can do work or talk about their day, Kourpas said.

Maybe these reasons explain the crowd I saw Tuesday in the new shop on Wyoming Avenue. Truang commented on Kola Tea's success so far.

"Very, very, very busy. A lot of new people coming in, I love the support," Truang said.

Scranton Scope

BY AMELIA SEMPLE



Up Here

This series is a musical romantic comedy telling the story of both creative Lindsey and practical Miguel. Lindsey wants to leave her place in her small town and go to the big city to pursue a writing career. Miguel wants to find his place in the high-stakes white world of investment banking, as a Latino man. They end up having a "meet cute" at a local bar and the rest falls into place. According to Hollywood/IMDb, they slowly fall in love but realize that the only issue of theirs might be the personified voices in their head. The two lead roles are played by Mae Whitman and Carlos Valdes, with the music written by the Lopez couple who wrote the music for "Frozen" (Hollywood Reporter/IMDb). If you like musical theater, this would be a great series to watch on Hulu when doing homework.



Swarm

This series is a new show featuring how far obsession can take you and has the same feel as "You" or "Fresh." The main character Dre loves the Beyonce-like artist, Ni-Jah, more than any other character in the series. Being caught in her fanbase, the "Swarm," means doing anything to be close to her, even committing murder and stalking to stay in her favor. The main character Dre is played by Dominique Fishback with a star-studded supporting cast of Chloe Bailey, Kiersey Clemmons, and even Billie Eilish (Hollywood/IMDb). This would be a great series to watch if you are interested in true crime or murder mystery television. If you want something darker and grittier to watch, this would be that show.



SENIORS TELL ALL IN SENIOR SURVEY

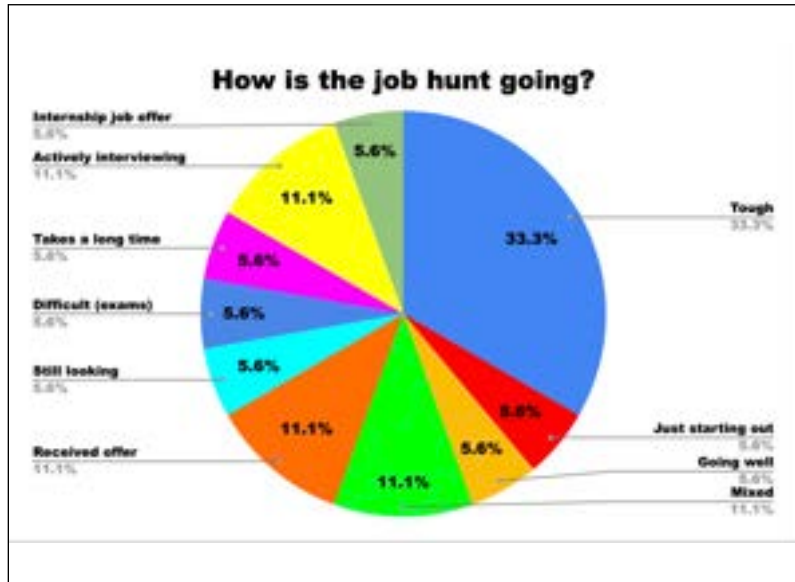
Seniors Say Goodbye

BY KELLY NEE
EDITOR-IN-CHIEF

The Aquinas surveyed members of the class of 2023 through a volunteer Google

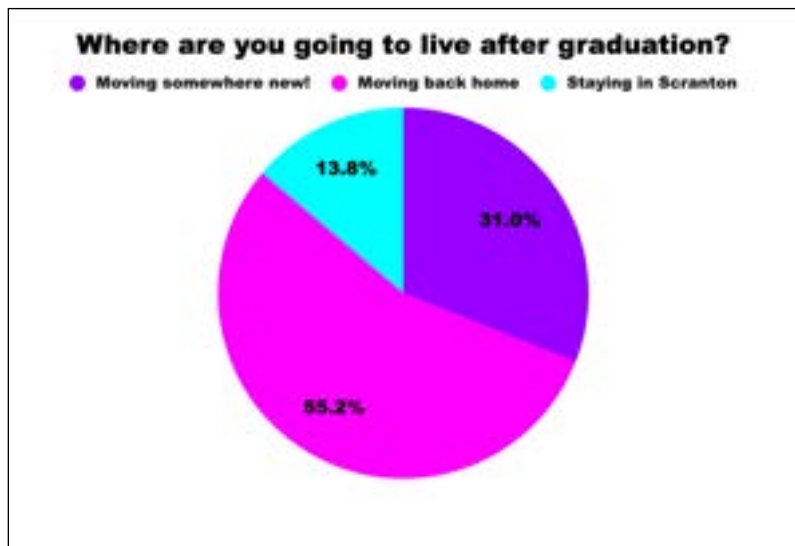
Form to find out where the senior class is off to next, and what they have to say about their past four years. Here are the responses from 29 participating seniors.

BY FAITH O'SULLIVAN
STAFF WRITER



The 18 respondents who selected "entering the workforce" were asked to describe how their job search is going. Most seniors looking for a job are having a tough time

at 33.3%. However, 11.1% have already received an offer and another 11.1% are actively interviewing. Answers were consolidated into major categories for clarity.



After housing closes and leases end, where will the seniors live? 55.2% of respondents are moving back home, while

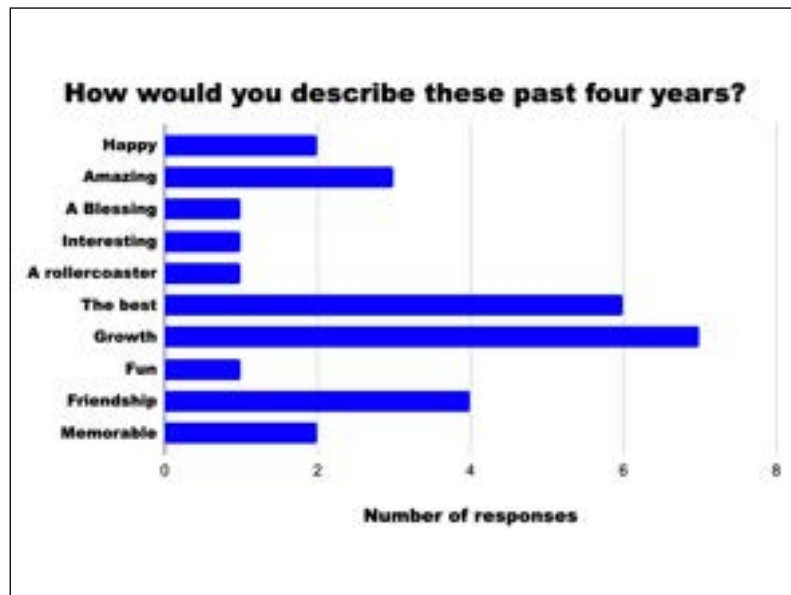
31% will move somewhere new and 13.8% will stay here in Scranton.

Seniors were asked to leave advice for undergrads. These are a few responses that stuck out:

"Don't take the culture of kindness at Scranton for granted. It's a hidden gem that I don't think many other college campuses have," - Kyra M. Krzywicki, Kingston, PA

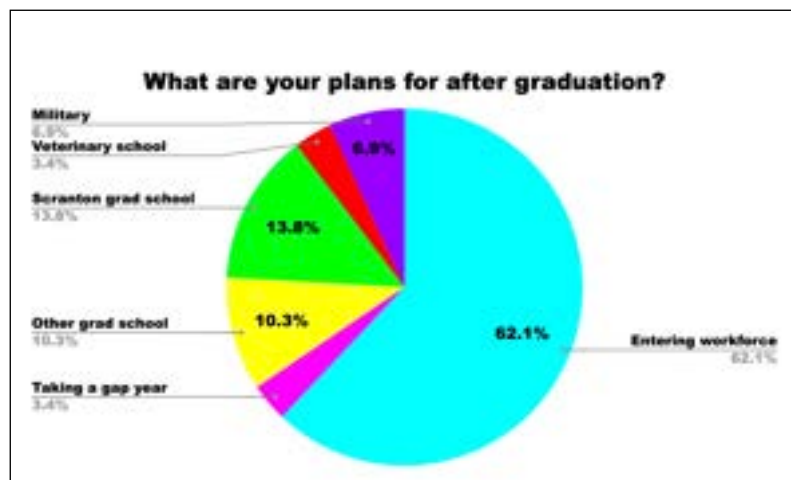
"Don't be afraid to be the first one to say hi. Everyone is just as nervous as you," Elizabeth Flewelling, Voorhees, NJ

"Surround yourself with people who want the best for you," Jeanna Gailius, Milton, MA



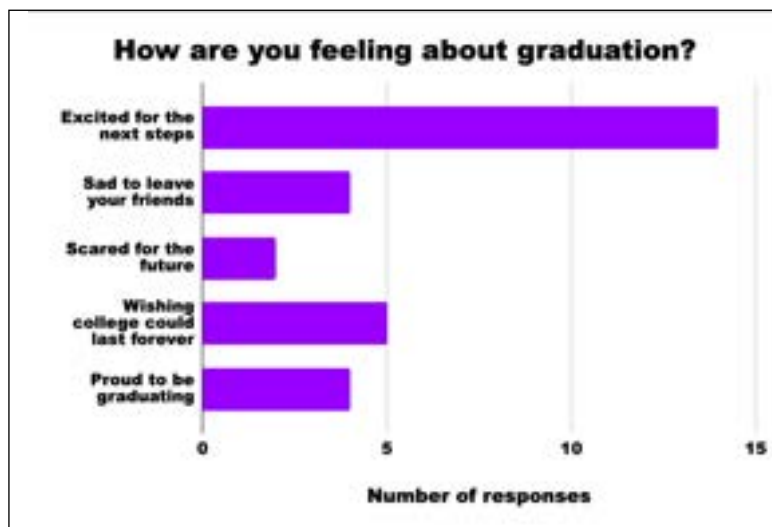
Looking back, what did the class of 2023 think about their time here? Most participating seniors found their college experience to be a period of growth with

seven votes. The six seniors who recorded their time in Scranton as "the best" came in at a close second. Answers were consolidated into major categories for clarity.



What are seniors doing after graduation? The vast majority of the class of 2023 is entering the workforce at 62.1%. The next most popular answer shows that

13.8% of respondents will stay here at The University of Scranton for a graduate degree, while 10.3% will pursue a graduate degree at another university.



How do seniors feel about graduation? The most popular response was "Excited for the next steps" with 14 votes. However,

five seniors reported wishing that college could last forever.



Alexa Cassese doesn't know how she is going to move back home after living in "the happiest place on earth" for the past four years.

"This place is my second home I don't want to leave" Cassese said.



Jessica Cronin feels like a different person now, compared to when she first arrived to The University of Scranton.

"This place turned me into a person I didn't even know existed. Being here makes me so happy and I am going to miss it so much" Cronin said.



Karen Degnan couldn't be more grateful to have spent her last four years at The University of Scranton.

"This place gave me my best friends and I'll never be able to thank this place enough for that" Degnan said.

First-Years Reflect on First College Lessons

BY SAM SONNIE
STAFF WRITER

The class of 2026 at the University of Scranton has finished a quarter of their college career. It seems like just a second ago the class was hanging up their pictures on their dorm walls and looking at their class schedules for the fall.

The first year of college is definitely a learning experience. Many takeaways can be used going forward as the class moves into their second year. Learning how to be on your own is tough but helps you achieve independence.

First year student Grace Quick, advertising major, says she learned problem solving skills this year.

"I think as more issues came up for me, and different challenges, and I didn't have my family to lean back on I became more independent and learned



how to work through those issues on my own," Quick said.

College also gives first-year students more free time than they are used to. It requires students to adapt to different schedules and manage their time wisely, which is initially difficult to manage.

First year student Isabella Genao, a biochemistry major on the pre-med track, says she learned how to prioritize her time

"Just being able to compartmentalize everything I have to do on the day and not letting anything get ahead of me,"

Genao said.

Learning how to handle college is an experience that has its ups and downs. Being independent and learning how to be efficient are great skills to practice. But college can be lonely at times, and this is something the class was able to overcome through the sense of community at the University.

As the year draws to a close, these takeaways from freshman year can be carried with the class for the rest of their college careers. Each day provides opportunities to be better at adapting to college life, even when it feels tough to do so. Prioritizing things such as sleep, self-care and mental health are important to remember as the class moves into the future.

The class of 2026 can use the positive lessons they learned as they continue their college careers.



Grabbing your favorite drink from Starbucks is a nice way of taking a break from studying. Getting Starbucks will get you up and moving from the chair you have been sitting in for hours.

Playing your favorite video game is another great way to unwind during finals week. After a productive study day, grab your friends for a relaxing night of gaming.



University of Scranton Programming Board hosts Stress Less Week. During the week, there are free give aways and late night events. This week long event is a great way to take a break and destress during dead week.

Catch up on your favorite show. Reward yourself with an episode or two between subjects and assignments. You can also grab some friends and host a movie night to unwind after a long day of studying.



Take a break and go on a brief 10 minute walk. Taking a walk can help clear your head while you are studying. This is also another way to get some exercise in during finals week.

DIFFERENT WAYS TO GROUND

BY LEANDRIA HERCULES
STAFF WRITER

What is grounding? Grounding is a self-soothing, therapeutic technique that helps you reconnect with what is really happening. For example, grounding can be used if you are working on an assignment and all of a sudden it feels too overwhelming to the point where you're panicking or even going to a new place and you begin to feel anxiety about your surroundings. There are many different types of grounding techniques; some require managing your breathing, others require a physical element. If you're having too much stress from your workload and feel anxious about meeting deadlines, then some of these grounding techniques may be for you.

5-4-3-2-1 Coping Technique.

The 5-4-3-2-1 technique requires you to focus on your breathing and your surroundings. It's a physical method where you use your senses. The five steps are listed below.

- 5- Five things you see
- 4- Four things that you can touch
- 3- Three things you hear
- 2- Two things you smell
- 1- One thing you taste

Boxed Breathing

Boxed breathing is when you inhale for four seconds, hold it for four seconds, and exhale for four seconds. The technique continues until your muscles feel relaxed and feel less tense overall.

Holding an object

Whether it's a comfort object or even a rubbing stone or a fidget, holding an object in your fingers and recognizing the feeling

of it helps clear your mind.

Slowly drinking/eating

When you begin to chew or drink slowly, you recognize the taste and texture you are feeling. Even if it's slowly drinking water, recognizing your gulps and just slowing everything down can help you ground.

Ask yourself questions

It helps to ask yourself questions, simple ones that are quick to answer but then some that you need to think about for a second. The consistent questioning such as "Coke or Pepsi? Coke... Summer or Winter? Summer... Dogs or cats? Dogs... etc." can really help shift your mindset from negative thoughts to answers, even if they are random. If you are unable to think of questions, they have books like that which can be helpful to carry around.

Overall, it can be scary when you can't recognize your feelings other than feeling panic and/or anxiety. Acknowledging those feelings and figuring out how to help yourself is important. Most grounding techniques can be done in public; nobody will notice if you're counting your breaths or asking yourself questions. Other than the ones listed, there are many more different techniques out there, and not each one works the same for everyone. It's important to know what works for you. If needed, you can also always reach out to somebody close or a professional about your feelings and thoughts, but in the meantime, while you're alone, these techniques will be helpful in recognizing how you can calm your inner well-being and physical.

Getting 'In Tune' With The Scrantones

BY MAGGIE HOERZ
STAFF WRITER

Meet the members of the Scrantones, our men's and women's capella group. Here they discuss what each voice part contributes to the group.



Soprano: Katie Olafson, junior
"Sopranos sing the melody and the parts in the song you recognize the most (ie the lyrics)."



Alto: Grace Nitowski, sophomore
"Altos add depth and harmony to the music. Without any altos, the song doesn't sound the same. It's very obvious when we're missing."



Tenor: Rachel Raftis, senior
"Tenor is a combination of laying a foundation and keeping tempo. It's not as low as bass, so it adds more depth and harmony to the sound with 'dos' and 'dums.'"



Bass: Michael Friedman, Ph.D., English professor

"Bass is the foundation of everything else. Everything gets built up from the bass. We sing a lot of rhythm, different lines than the rest of the group and often don't sing any words. We sing 'dos' and 'dums.'"

SPORTS

Scranton Baseball Gets Win In Thriller

BY BRYSON ELDRIDGE
CO-MANAGING EDITOR

The University of Scranton baseball team won a thrilling game against Elizabethtown College, 12-11, on Sunday afternoon.

Freshman Logan Mason secured his first career save as he worked around a two-run single in the top of the ninth, striking out Robbie Bertucio to end the game with the tying run at first base.

The Royals took the lead in the eighth inning when freshman Conor Campbell walked, stole second and third, and scored on a wild pitch.

Later in the inning, junior Sean Zientek hit a two-out, two-run single to make it a 12-9 game. Elizabethtown fought back with two runs in the ninth, but Scranton held on for the victory.

Junior right-hander Ryan Walsh picked up his second win of the year, allowing one run on one hit and striking out one in two innings of work. Garrett Schwartzbeck took the loss for Elizabethtown after giving up three runs on one hit, walking two and striking out two in 1 2/3 innings.

The game saw both teams trade punches throughout, with Elizabethtown taking an early 5-0 lead before Scranton clawed back with two runs in the third. The Blue Jays got both runs back in the fifth and led 7-2 until Scranton plated four in the fifth to make it a one-run game.

The teams continued to exchange runs until the Royals took the lead in the sixth inning with RBI singles from junior Chris Lisicky and freshman Patrick Breithaupt.

Senior Patrick Reposa and Zientek led the way for Scranton with multi-hit games, while Campbell scored two runs and Beyer drew two walks.

The Royals match up with Cortland in a non-conference battle on Wednesday.



PHOTO BY BRYSON ELDRIDGE

SCRANTON MEN'S LACROSSE GETS ROAD VICTORY

BY BRYSON ELDRIDGE
CO-MANAGING EDITOR

The University of Scranton's men's lacrosse program secured a 10-8 win over Catholic to improve to 11-5 overall and 5-1 in Landmark Conference play.

Catholic scored the game's opening goal but freshman Kyle Holmes quickly evened the score at 1-1. The teams traded goals in the latter part of the opening period, and the game remained tied at 2-2 heading into the second.

In the second quarter, senior Matt Solleder started things off for Scranton with an assist to junior Matthew McAree who found the back of the net.

The Cardinals then took a 4-3 lead after scoring two back-to-back goals at the 10-minute mark. The Royals answered with two goals from Crapanzano and junior Joe Boyle, taking a 5-4 lead with 5:27 left in the half. Catholic scored a late goal, tying the game at 5-5 going into halftime.

Crapanzano broke the tie at the start of the second half on a man-up sequence, and the Cardinals regained the lead with two goals, taking a 7-6 advantage with just over six minutes remaining in the third quarter. Senior Mitchell Kozak then found the net off an assist from Crapanzano to tie the game at 7-7 heading into the fourth quarter.



Junior Jack O'Connell scored the first goal of the fourth quarter, followed by another Scranton goal from freshman Jason Kozak, giving the Royals a 9-7 lead with 7:40 left in regulation.

Catholic cut Scranton's lead to just one with 4:14 left, but a late goal from Crapanzano and some key saves from freshman goalkeeper Declan Allen secured the 10-8 win for the Royals.

Crapanzano led the way for Scranton with three goals and one assist, earning four points, while McAree and Solleder each had three-point performances.

Allen made 11 saves on the day, earning his ninth win of the season in goal for the Royals. Senior Colin Pierce recorded three caused turnovers and three ground balls defensively, while Crapanzano also won 9-11 face-offs in the win.

LACROSSE PLAYER POSTING HISTORIC SEASON

BY BRYSON ELDRIDGE
CO-MANAGING EDITOR

Scranton men's lacrosse is putting together a historic season after breaking some long-standing records and leading the team to multiple victories.

Senior midfielder Christopher Crapanzano has 49 goals on the year, which broke the single season goals record for Scranton men's lacrosse previously set by Connor Kirkwood with 45 goals.

Crapanzano's 2.88 goals per game is in the top 100 in the country and is in the top 20 for the midfield position.

During his historic season Crapanzano has reached 100 career goals in two full seasons with the Royals and leads the team in goals, shots on goal and ground balls. Crapanzano has won Landmark Athlete of the Week two times this season.

Crapanzano will look to continue to lead the Royals as they match up with the Catholic Cardinals in the semifinals of the Landmark Conference playoffs.

WOMEN'S LACROSSE WINS SEASON FINALE

BY BRYSON ELDRIDGE
CO-MANAGING EDITOR

The University of Scranton women's lacrosse team dominated Susquehanna on senior day, finishing with a 13-3 victory at Weiss Field on Saturday afternoon. With the win, the Royals improve to 8-9 on the season and 5-2 in conference play.

Sophomore Molly McCarren opened the scoring for the Royals at the 13:44 mark, giving Scranton an early 1-0 lead. The team added four more goals in the first period, taking a 5-1 lead into the second period. Senior Maggie Smith netted a hat-trick in the first half as Scranton dominated the scoreboard, leading 10-1 at the break.

Junior Erin Reich picked up where Smith left off, scoring her third goal of the game at the 11:55 mark of the third period, extending Scranton's lead to 10 goals. The team added two more goals in the final period to seal the deal.

Sophomore Grace Lane had a standout performance, scoring three goals and assisting on one for a game-high of four points. Senior Caroline Miller also contributed a goal to the winning effort.

Junior defenders Grace Dabulas and Nicolina Mauro each recorded three caused turnovers in the win for Scranton.

Scranton Golf Takes Home Hardware

BY BRYSON ELDRIDGE
CO-MANAGING EDITOR

Scranton men's golf took home the team and individual Landmark Conference title after a strong team showing.

Sophomore Danny Harding birdied the final hole of the day to win the individual title while the men's golf team edged out Drew by two strokes to capture the team title Saturday afternoon at the Landmark Conference Championships hosted at Mountain View Country Club.

This marks the first conference championship for the men's golf program since 1988 when the Royals won the Middle Atlantic Conference.

Head coach Ed Karpovich's squad finished the two-day tournament with a team score of 613 while Drew placed second at 615. Catholic and Moravian finished in a tie for third at 624.

Harding dropped a 30-foot putt on the 18th green to win the individual title. The Vestal, New York, native fired off the best

round of the tournament with a 70 (E) and finished with an overall score of 147 to edge out Myles Cherry (149) of Drew by two strokes.

Harding became the first conference champion since Michael Boland in 2018.

Senior Matthew Fleming capped off his final day at the conference championships with a round of 74 (+4) to finish in a tie for fifth at 153. Fellow senior Ethan Zawatski also had a strong round as he carded a 76 (+6) to finish in a tie for tenth at 157.

Freshman Jack Novis matched his round one score with a 79 (+9) and finished in a tie for 13th while sophomore Liam Burtis bounced back with a seven-over round of 77 to finish in a tie for 19th.

The men's golf team will get set to compete in the 2023 NCAA DIII Men's Golf Championships which will be held at Keene Trace Golf Club in Nicholasville, KY on May 16-19.



PHOTO BY BRYSON ELDRIDGE

Royal sports need their fans

BY EMMA GRAFF
Staff Writer

Seven University of Scranton athletes voice their desire for a crowded student section. Students: it is time to bring the pep back to the stands by supporting our

Royals from the golf course to the Byron Center pool. Here: is the information you need to attend their games.

All team schedules can be found at the university's athletics website.

FIELD HOCKEY



Junior Cori Davis keeps the ball from an opponent

COURTESY OF TIM DOUGHERTY

- **Season:** fall
- **Home Game Location:** Weiss Field
- **Address:** 100 Broadway St.
- **Student Transportation Options:** personal car or the Iggy shuttle
- **Student Entry Fee:** free
- **Key Scranton Player to Watch:** sophomore Gianna Travia
- **Team's Biggest Rival:** Catholic University

"When we have a big audience, it creates more encouragement and drive on the field. The greater the support for Scranton field hockey, the more success we have as a team."
— Cori Davis, junior

MEN'S GOLF

"We would love if our classmates and friends came and supported us at our matches."
— Martin Stivala, junior



Glenmaura National Golf Club

COURTESY OF MARTIN STIVALA

- **Season:** fall and spring
- **Home Game Location:** Glenmaura National Golf Club
- **Address:** 100 Glenmaura National Blvd., Moosic
- **Student Transportation Options:** personal car; no Iggy shuttle provided
- **Student Entry Fee:** free
- **Key Scranton Players to Watch:** senior Matt Fleming, senior Ethan Zawatski, sophomore Danny Harding, first-year Jack Novis and sophomore Liam Burtis
- **Team's Biggest Rivals:** Goucher College and Catholic University

WOMEN'S SWIMMING & DIVING



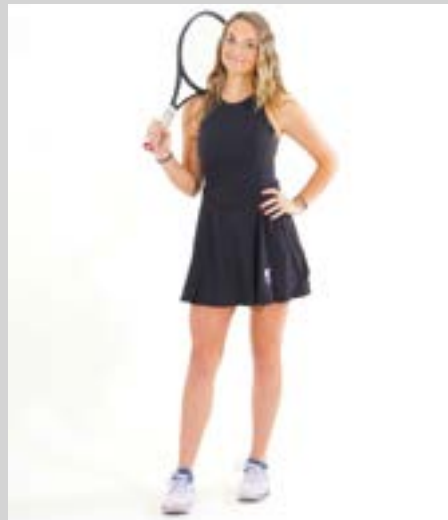
The Byron Center's pool before a meet

COURTESY OF ROB MONACO

- **Season:** fall and winter
- **Home Meet Location:** Byron Center
- **Address:** 1200 Ridge Row
- **Directions:** between the Loyola Science Center and Redington Hall
- **Student Transportation Options:** walking distance
- **Student Entry Fee:** free
- **Key Scranton Players to Watch:** senior Danielle Pikulik and sophomore Alanna Kelly
- **Team's Biggest Rival:** Catholic University

"It is so important to bring the energy and right mental state to the meet. Our fans are a huge part of this as they help keep our energy up"
— Nicole Kenny, junior

TENNIS



Junior Lydia Grossman

SUBMITTED PHOTO

- **Season:** fall and spring
- **Home Match Location:** the University tennis courts
- **Address:** 1300 Ridge Row
- **Directions:** past Condron and Redington and over the train tracks
- **Student Transportation Options:** walking distance
- **Student Entry Fee:** free
- **Key Scranton Player to Watch:** senior Lily Nowak
- **Team's Biggest Rivals:** Drew University and Moravian University

"It would be nice to receive more support for home matches. Having even a small fan base makes a difference, especially in conference play when we need all the confidence we can get."
— Lydia Grossman, junior

SOFTBALL



Senior Catherine Bryceland and team

COURTESY OF Z.J. MOORSE

"The fans bring so much energy and change the game so much for us. There is nothing better than knowing we have the support of the Scranton Wolfpack behind us!"
— Catherine Bryceland, senior

- **Season:** spring
- **Home Game Location:** Magis Field at the Kevin P. Quinn, S.J. Athletic Campus
- **Address:** 100 Broadway St.
- **Student Transportation Options:** personal car or the Iggy shuttle
- **Student Entry Fee:** free
- **Key Scranton Players to Watch:** first-year Emmie Feltenberger, junior Sarah Stepnowski and junior Jessica Stadler
- **Team's Biggest Rivals:** Moravian University and Susquehanna University

MEN'S SOCCER

"Fans at the games is a big reason why playing soccer and playing at home is a special feeling."
— Nicholas Addamo, junior



Junior Nicholas Addamo

COURTESY OF BRYSON SCOTT

- **Season:** fall
- **Home Game Location:** Weiss Field
- **Address:** 100 Broadway St.
- **Student Transportation Options:** personal car or Iggy shuttle
- **Student Entry Fee:** free
- **Key Scranton Player to Watch:** sophomore Ciaran Corr
- **Team's Biggest Rival:** Catholic University

WOMEN'S VOLLEYBALL

"Having fan support is very impactful to our performance because it shows that we have people there to root for us, which pushes us to play at our very best level."
— Caileigh Cox, senior



Senior Caileigh Cox

COURTESY OF BRYSON SCOTT

- **Season:** fall
- **Home Match Location:** John Long Center
- **Address:** 1200 Ridge Row
- **Directions:** between the Loyola Science Center and Redington Hall
- **Student Transportation Options:** walking distance
- **Student Entry Fee:** free
- **Key Scranton Player to Watch:** sophomore Erin Keaveney
- **Team's Biggest Rival:** Juniata College

Humanities Research Underway At Slattery Center

BY KYRA KRZYWICKI
STAFF WRITER



Emily Sanchez
Class of 2023

Title: "Does Liberal Education Belong in Elementary Schools?"

Description: This project analyzes the benefits of liberal education in elementary schools and its effects on the interior lives of students.

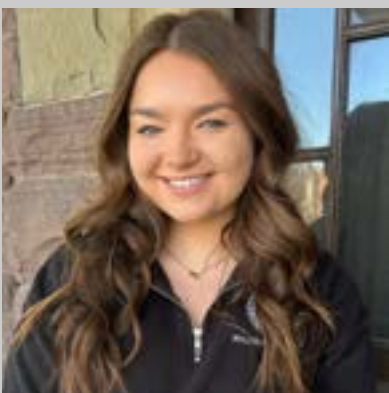
Mentor: Dr. Darryl DeMarzio

Joshua Vituszynski
Class of 2023

Title: "Faulkner's Frankfurter Voices: Navigating the 'Humbug' Narration of Absalom, Absalom!"

Description: This project analyzes the relationship between Harry Frankfurt's "humbug" philosophy and William's Faulkner's Absalom, Absalom! from an Ignatian perspective.

Mentor: Dr. Joe Kraus



Clara Downey
Class of 2023

Title: "Missing and Murdered Indigenous Women"

Description: This project analyzes the "epidemic" of missing and murdered indigenous women in the United States.

Mentor: Dr. Adam Pratt

John Nelson
Class of 2024

Title: "The Robotic Iconographer"

Description: This project uses iconography, an art form popular in Christianity, to analyze Scranton's history with religion, while utilizing a robot to recreate icons discovered in the city.

Mentor: Dr. Steven Dougherty



Emily Amershek
Class of 2023

Title: "Collateral Damage: Analyzing the Harmful Effects of America's Cash Bail System and Common Media Misconceptions About Bail Reform."

Description: This project analyzes the effects of pre-trial, criminal detention and media portrayals of bail reform movements in the United States.

Mentor: Dr. Jason Shrive

Nicholas Jonas
Class of 2024

Title: "God, Courage and Covid"

Description: This project analyzes the relationship between the theological virtue of courage and the coronavirus pandemic through the teachings of St. Thomas Aquinas.

Mentor: Dr. Patrick Clark

