

AQUINAS

December 7, 2023

Issue No. 3 **FREE**

Inmate Scholars: Jesuit Education Reaches Marginalized



COURTESY OF PENNSYLVANIA DEPARTMENT OF CORRECTIONS

Christopher Haw, University of Scranton theology professor, delivers a lecture.

EMMA GRAFF
EDITOR-IN-CHIEF

Nine inmates in Dallas State Correctional Institution will change from their government issued uniforms into graduation caps and gowns Dec. 20.

The University of Scranton will be awarding them an associate of arts degree made possible in 2.5 years through the Prison Education Program, PEP. Seventeen University of Scranton professors have so far taught at Dallas to a group of 22 inmate students.

Christopher Haw, University of Scranton theology professor, started planning the program when he began working at the University in 2018. The first courses were officially taught in fall 2021. His experience teaching at Notre Dame's prison program as a Ph.D. student motivated him to create a similar opportunity for inmates at Dallas.

Haw serves as the PEP director, which includes managing the inmate application process and coordinating with the professors and the University. The PEP is partially funded through grants and Federal Pell Grants, Haw said.

The following are interview questions professor Haw answered:

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COURTESY OF THRIVE STUDENT MEDIA COORDINATOR

THRIVE logo.

First-Generation Students THRIVE at Scranton

KAITLYN JOHNSON
STAFF WRITER

On Nov. 28, first-generation students involved with the program THRIVE at the University of Scranton celebrated the end of their first semester in the DeNaples fireplace lounge.

THRIVE is a club that provides support and celebrates those who identify themselves as first-generation students throughout their time at the University of Scranton.

The event celebrated the students' accomplishments and allowed them to unwind and relax with friends in preparation for finals. Students were also given THRIVE T-shirts and encouraging stickers and were offered treats like cookies and popcorn.

Mia Familetti, the student media coordinator for the THRIVE program, explained the goal of the event. THRIVE wanted to get people all in one space or just celebrate the accomplishments of people you might not know are first-generation.

According to an amendment to the Higher Education Act of 1965, a first-generation college student is defined as a higher education student whose parents did not earn a bachelor's degree. The act provides access to financial aid, including grants and student loans to qualifying students.

The THRIVE program also provides students with the opportunity to participate in the GUIDE mentor program. Ariana Flores, a senior GUIDE mentor commented on

what it is like being involved in the club.

"I became a GUIDE mentor because I wanted to make an impact on the college transition for first-generation students, or first-year students in general. As somebody who's also a first-gen student I understand the hardship and the struggle of adjusting to college. Being that reassurance and a form of support for a first-year student, I wanted to be able to be a part of that," Flores said.

GUIDE mentors assist first-year, first-generation students or students of color with their transition to the University of Scranton. The program allows mentors and mentees to meet one on one to address questions and concerns and provide tips and tricks to help navigate their new college experience.

The program does not only benefit mentees, but also has benefitted the mentors.

"Being patient and empathetic to others has been a big general lesson," Flores said. "I think with empathy you're able to accomplish so much, know so many people and interact with a variety of individuals."

The University of Scranton was named a member of the 2022-23 "First-Gen Forward" national cohort, due to commitment to improving experiencing and advancing outcomes of first-generation students through THRIVE programming.

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College Journalists Visit Professionals

SAMANTHA SONNIE
CO-MANAGING EDITOR

The Aquinas staff members visited The Scranton Times-Tribune on Nov. 15.

The Scranton Times-Tribune is the daily newspaper for the Scranton area. Some members of The Aquinas took a walk downtown to get a tour of the office, meet some of the staff, do hands-on work and get advice when it comes to journalism.

Professor Cecilia Baress, The Times-Tribune assistant news editor, who works as the advisor to The Aquinas gave the members of the club a tour of the downtown office.

Baress said the visit was important because it allowed students to see what they are learning about take place in a real-life setting.

"Visits like this allow students to see their classroom lessons in action. It's important for students to see where their studies, and extracurricular involvements, could lead them in terms of potential careers," Baress said.

The students got hands-on journalism experience during their visit. They went through the top stories of the day, created a mock front page of the paper and put their skills to use to determine what stories were the most important for the audience to read. This gave the students the opportunity to take their skills from the classroom and use them in a professional setting.

The Editor-in-Chief of The Aquinas, Emma Graff, said that she plans to use the skills she learned in the future of The Aquinas.

"My favorite thing I learned was their layout process. Being able to observe their daily budget line meeting provided a lot of insight and tips I'm considering applying to our own layout design process here at The Aquinas," Graff said.

The students got to sit in on a phone conference and listen to the daily budget line meeting. They were able to listen to professionals discuss the front page of the paper.

The visit to The Times-Tribune did more than provide hands-



SAM SONNIE / STAFF PHOTO

The Scranton Times-Tribune building.

on experience. The students also learned critical thinking skills for real life examples such as the election and how that can be applied with what they learn about journalism.

Sophomore journalism electronic media major, Libby Dockett, who went on the visit said she learned how important it is for journalism when it comes to the election.

"I learned just how vital journalism is during election cycles. I knew that it was important, but I don't think I fully understood the depth until I went. It's especially important now due to the rise of misinformation on social media platforms," Dockett said.

The students also got to engage with some of the staff members of The Times-Tribune, one of them being Chad Sebring, the news editor of The Times-Tribune. They also spoke to the sports desk copy editor Conor Foley, as well as page designer and sportswriter Joe Baress. The different types of journalists at the office improved the experience because the students got to hear from different perspectives.

Graff said the trip gave the students the chance to see how important collaboration is for success.

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INSIDE

WRITE FOR US!

We want to hear from you. Email your story ideas to Editor-in-Chief Emma Graff at emma.graff@scranton.edu.



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NEW HOCKEY CLUB
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BUSINESS

Successful Leaders Forge Connections Through Narratives

**RYAN HANLEY,
JACK GAUDIOSO AND
CHARLES HOWLEY**
STAFF WRITERS

In a world of leaders, the ability to inspire, motivate and guide a team has fallen on those who consistently prove to be successful. However, throughout history, it has become clear that some of the most achieved leaders have one skill that stands out as a distinctive trait: the mastery of storytelling.

Some of the most prominent and productive minds in history have a remarkable ability to connect with their audience, instilling a sense of purpose while communicating their visions. This article explores the connection between successful leadership and the art of storytelling.

The success of a business is dependent on a strong and daring leader. Many firms have tried but fallen short in their operations. These failures can be attributed to the CEO and management's struggle to adapt to existing circumstances within the company's industries.

Such was the case with the International Business Machines Corporation, IBM, in the late 1990s, with the firm nearing bankruptcy as the new century approached. It was



SAMANTHA SONNIE / STAFF PHOTO
Robert McKeage is the director of the Business Leadership Honors Program and an associate professor of marketing in the Kania School of Management at the University of Scranton.

only until the actions of the newly appointed CEO, Lou Gerstner, that the company was able to experience a turnaround.

It was dramatic enough to build a strong foundation for their future as

the world entered the third millennium. Ultimately, IBM was brought back from near-bankruptcy because Gerstner was willing to take a risk by sticking his neck out to save the firm.

Gerstner's visionary leadership approach, combined with strong communication skills, rallied IBM to embrace his rather progressive ideas. This enabled him to succeed in ultimately leading one of the most remarkable turnarounds in corporate history.

Our nation's most successful leaders and activists have been impressive communicators with a special knack for telling a story. Former President Franklin Delano Roosevelt learned quickly that connecting with his audience would be nearly impossible if jargon got in the way.

So, Roosevelt practiced and adjusted his speeches often to bond with his audience as he guided the United States through the Great Depression and World War II. Dr. Martin Luther King Jr. learned how to establish a proper cadence to connect with his audience before delivering his most impactful messages. This allowed King to motivate people to fight for their Civil Rights in the 1950s and 1960s.

Robert McKeage is the director of the Business Leadership Honors Program and an associate professor of marketing in the Kania School of Management at the University of Scranton. McKeage found a common theme pertaining to the most successful world leaders.

McKeage said individuals who are able to be authentic in their stories and establish connections with their audience often excel in delivering their overall message better than those who prolong their ideas with jargon.

Former President Abraham Lincoln's illustration of McKeage's theory is exemplified in his famous 272-word Gettysburg Address. The speech was more impactful and memorable than the extended two-hour address delivered by the well-known orator Edward Everett that preceded Lincoln.

The world's most widely known and successful entrepreneurs, like Henry Ford and J.P. Morgan, had an uncanny ability to connect with others. Research has often proven that these titans of the second Industrial Revolution would not have been as successful without the help of their "mastermind groups." This was described by Napoleon Hill in his 1939

publication "How to Sell Your Way Through Life."

The former President John F. Kennedy, even with his unmatched communication abilities, would not have been able to guide the United States through the Cuban Missile Crisis alone. He would need the help of the Executive Committee of the National Security Council (ExComm).

ExComm was comprised of some of the nation's brightest and most experienced advisors, as perfectly depicted in Roger Donaldson's 2000 thriller "Thirteen Days." McKeage noted that especially in the case of politicians, advisors would often vet keywords and phrases to ensure their popularity with the general public. Regardless, these leaders still needed strong storytelling abilities to convey their messages properly.

Throughout our history, society has recognized that the most successful leaders possess a rather uncanny ability to connect with their audience through storytelling. This impactful attribute, combined with guidance and counsel from the best and brightest advisors, has often contributed significantly to the success of the world's greatest and most well-known leaders.

Build Campus Connections with LEGO Vibes

EMMET MITCHELL
STAFF WRITER

When you think of LEGOs, you might recall the joyful hours you spent as a child, meticulously piecing together colorful blocks to create towering structures.

Now, as a college student, the concept of LEGOs might seem far removed from your daily life. However, the principles that apply to constructing with LEGOs can also be used to build connections on your college campus.

This article will illustrate how to create a robust network at the University of Scranton using the metaphor of LEGOs.

Every LEGO creation begins with a baseplate, a flat piece that provides stability and a starting point.

In the context of university life,

your baseplate is your initial network of connections. These are the people you meet during orientation, in your first-year dorm, or in your first classes.

Just like the baseplate, these connections form a stable foundation upon which you can build. LEGO blocks come in a variety of colors, shapes and sizes, representing the diversity of individuals and experiences you will encounter in college. Each connection you make is like adding another block to your structure.

Just like in LEGO construction, building your network requires

time, patience and strategy.

Building connections on campus can seem daunting, but remember, even the most spectacular LEGO structures started with a single block. Be open to new experiences, value diversity and invest time in your relationships.

Just like LEGOs, building campus connections can be a source of joy, learning and personal growth.

Here are the ways LEGOs can help you build better connections and relationships with other people. Happy building.



COURTESY OF STAN ZYGMUNT

A new antenna will provide high-frequency, short-wave radio to University students.

Antenna Boosts Signal of Amateur Radio Enthusiasts

ALEX NUNEZ
STAFF WRITER

Construction crews added a new antenna on top of Loyola Science Center.

The large antenna will provide high-frequency, short-wave radio to students in the W3USR Amateur Radio Club. The antenna lets students talk with other amateur radio operators across the world. The two-way radio access will primarily be used for research in engineering and physics.

Nathaniel Frissell, Ph.D., professor of physics and engineering, spearheaded the effort to build the antenna.

"When I got to the University, I wanted to start an amateur radio club, and I did," Frissell said. "And in order to have a good amateur radio club, you need to have a good an-

tenna system."

Frissell requested a \$200,000 grant from an amateur radio foundation called Amateur Radio Digital Communications (ARDC). With permission from the University, Frissell used the grant money to build the antenna.

Frissell said the grant now supports research, student club activities, community outreach and teaching activities.

Crews connected the structures to the radio and installed a wire antenna for low frequency use. Frissell is already looking ahead.

"I'm very excited that we were able to do this; and I am very excited to see how this radio station is going to be able to enhance the student experience, our community outreach and our scientific research," Frissell.

Same Color Blocks: These represent people you share similarities with. They could be from the same hometown, studying the same major or have similar interests and hobbies. Building with same-color blocks is comfortable and easy, but a structure made solely of these lacks diversity and balance.

Different Color Blocks: These represent people with different backgrounds, perspectives and interests. Engaging with these individuals can broaden your horizons, challenge your beliefs and enrich your college experience.

Specialty Blocks: These are people with specific skills or roles that can help you navigate college life. They could be academic advisors, career counselors, or student leaders. These blocks add unique features and capabilities to your structure.

Interlocking Blocks: LEGO blocks stay together because of the way they interlock. Similarly, shared experiences, common goals and mutual support strengthen the bonds between you and your peers.

Experimentation: Do not be afraid to rearrange your blocks. Join clubs, participate in events and take classes that interest you. You never know what connections you might make.

Reach Higher: As your structure grows, so does your perspective. Senior students, professors and alumni can offer valuable insights and open new opportunities. Do not hesitate to contact them.

TUNE IN TO
SCRANTON'S
ROYAL RADIO

CONTACT STUDENT MANAGER
SAM DURANTE AT
SAMANTHA.DURANTE@SCRANTON.EDU
FOR MORE INFO!

Liva Arts Company Kicks Off their Sunday Shoes



COURTESY OF JULIE ROBINO AND LOREN GLOVER

Liva Arts Company recently performed the musical “Footloose.”

MORGAN RYAN
STAFF WRITER

The Liva Arts Company opened its fall production of “Footloose” on Nov. 16.

The classic musical tells the story of Ren McCormack, played by Willmarr Saint Surin, a bold and fun-loving teenager who moves from Chicago to the tiny midwestern town of Bomont. There he finds a deeply religious community seized by fear and grief after a tragic accident that rendered dancing illegal in the town.

Ren, encouraged by his new friends Ariel, played by Madi Borys, and Willard, played Kyle Denron, challenges the authoritarian Reverend Moore, played by Thomas Kennedy and the town council. They want to lift the ban and return dance, love and rock n’ roll to the

community.

This was the first Liva production managed by a three-person directorial team. This included senior journalism major Robert Correas-Rivera as director, sophomore occupational therapy major Lily Guidetti as music director and junior early/primary education major Margaret Shairer as choreographer.

Senior nursing major and secretary of Liva Arts Company, Jeremy Dickinson, said that the directors did more than they ever could to make this show.

“The directorial team went above and beyond with teaching the material, supporting the cast and crew throughout the rehearsal process, and making sure we were ready for the performances,” Dickinson said.

The production boasted four sold-out performances over the weekend

of Nov. 16 to 18.

“It’s a familiar show that everyone loves, Footloose is a show that resonates with audiences,” Dickinson said. “It reminds people to be open-minded and that there’s a time to laugh, a time to cry and a time to dance.”

The show attracted theater enthusiasts and the general public alike. Some people attended “Footloose” despite having never gone to musicals before.

First-year kinesiology major, Dominic Faeb, said that seeing this production of “Footloose” makes him want to go see more productions in the future.

“This is the first play I’ve ever seen, actually. I’m inspired to go see another play,” Faeb said.

The Liva Arts Company is a musical theater organization on campus

that allows students to explore their talents with fellow thespians in an entirely student-run environment.

“All of the directing, choreography, music directing, stage management, costume design, sound design and lighting is created by students. There are so many ways students can get involved in Liva to showcase their different talents,” Dickinson said.

This supportive, peer-driven community provides a unique opportunity for first-year students looking to get involved and meet new like-minded people.

First-year criminal justice major, Madison Gilchrist, said that she felt more confident after joining the Liva community.

“As a first-year student, it really helped me find myself,” Gilchrist said.

Gilchrist portrayed the character of LuLu Warnicker. Gilchrist said she realized how welcoming everyone was at Liva.

“They all made me feel so much more confident in my abilities. At auditions I was terrified but at call-backs I really started to see how kind and amazing these people were,” Gilchrist said.

Liva is one of the many organizations on campus that provides a loving and enriching community for students to pursue their passions.

“I think the main takeaway from ‘Footloose’ should be that no matter how complicated your life is, whether with family or friends, there is always a person or place where you will find that you belong. You have every right to find that place and purpose,” Gilchrist said.

New Club Promotes Conservation

SHANNON PARKER
STAFF WRITER

The society for Sustainability and Conservation brings to light environmental issues and encourages students and faculty to help protect the planet.

Founding member Emily Burgers says the society is “a student-led club that teaches others about environmental issues and how to work toward a more sustainable future while hosting numerous fun events.”

The club does activities on and

off campus to see the surrounding area’s beautiful nature. Burgers said, “My favorite club event was when we went kayaking in the spring because we were surrounded by green mountains and fresh air. It was a very grounding moment for me because I had the opportunity to reconnect with nature and all its beauty.”

Next semester, the club will continue doing events, including, another kayaking trip, a clothing swap and tree planting.

The club planned to work with

the Knitting Club to recycle plastic bags into “plarn,” or plastic yarn.

When asked what the University can do to be more environmentally friendly, Burgers said, “The University is avidly working toward becoming more environmentally friendly ... but they can do better at advocating to the Scranton community about the role we have in the climate crisis and how our individual actions matter.”

To learn about meetings and events, visit their Instagram @UofS_SSC.

PROGRAMMING

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“The most rewarding thing about being a mentor is probably sharing my experiences with the mentee. Also, helping them relate to someone else who isn’t another first-year or a friend from home or any family. I think having that new perspective and giving somebody else that perspective has been so rewarding,” Flores said.

Colleges selected as “First-gen Forward” institutions receive professional development, community building experiences and have ac-

cess to research and resources from the Center for First-Generation Student Success. These resources help to further improve opportunities for first-generation students.

Familetti had advice for those looking to become involved as a mentor with the GUIDE program.

“Value your experience and don’t be afraid to share it,” Familetti said.

To learn more about the club and to follow any upcoming events next semester, visit the THRIVE Instagram page, @scrantonthrivr.

ANSWERED

From Page 1

Q: Why should the students and faculty care about the program?

A: Part of our Jesuit mission is to extend care and education even to those who are at the farthest margins, to those who are at the very end of their rope.

Even though it is quite an extension, to go out of our way to such an odd, inhospitable place, it is an act of Christian love. I think it imitates the unconditional love that Jesus showed us, where you love others even before they seem “loveable.” People would criticize Jesus for going to the wrong people, the people they thought were undeserving. But Jesus said it is the sick who need a doctor. This type of love encompasses our Jesuit mission and can have a transformative power.

Q: What are nontheological reasons students and faculty should care about the program?

A: Because we are “created,” you can say we are “loved” before we even existed. To exist is to have been loved before we are lovable. In other words, because the universe is here instead of nothing, I see this unconditional love as built into the structure of reality itself. Unconditional love, therefore is not merely a “pri-



SUBMITTED

University of Scranton professors Christie Karpiak, Will Cohen, Christopher Haw and Declan Mulhall, who have taught inside Dallas, and graduate from the Bard Prison Initiative, Darryl Byers-Robinson, during a panel discussion event last year.

vate religious” matter but a public, reasonable, even natural thing.

To offer blander public reasons: for every dollar spent on expanding college into prison, the public charge saves about four or five dollars. If you observe the usual recidivism rates for prisoners, about half of those released end up back in prison.

They return to the community and may have no intellectual train-

ing or cognitive tools. This becomes very taxing on the public, exacerbating policing and incarceration.

College in prison makes us all — the public, the common good — safer, and in a sense, even wealthier. It also makes prisons themselves safer, including much more palatable, quiet and sane conditions for the guards.

Q: In your opinion, how have you seen the students’ progress?

A: The guys, who I regularly talk to, have deeply loved this education and the rigorous coursework. Some have emphasized its profound spiritual and psychological effect.

Many of the guys say, ‘Yourself and the University professors are the only people who treat us as human.’

In their day-to-day life, they are dehumanized and this can radically deform everyone involved with the system.

I’m seeing guys who light up when they receive respectful course feedback or proudly accomplish a speech on a text — something they couldn’t have done a year ago. They are genuinely more capable and confident.

The inmate students must complete 20 courses to earn their associate degree. Courses range from covering general education requirements to more niche topics like business statistics.

Class material is even being discussed by inmates who are not enrolled in the program, Haw said. Their class readings are being shared in the “day room,” a place inmates can congregate during the day.

The inmates demonstrate an educational perseverance amid an anti-educational and anti-care context, Haw said. One prisoner recently delivered an astonishing and in-depth analysis on feminist hermeneutics while beating cancer in prison, Haw said.

Inmates will be allowed two family guests at their graduation ceremony. Their accomplishment marks a success for the Prison Education Program and a success for the inmate scholars.

Temple Hessed Offers Student Warm Welcome

LYDIA GROSSMAN
STAFF WRITER

Last Friday night I went to Temple Hessed for my first Jewish service and am happy to say that it greatly exceeded my expectations. In just 90 minutes, I felt completely comfortable. The warm and loving nature of everyone I met made my experience much more than an observation. I entered the temple seeking new knowledge and understanding, but left feeling enlightened and inspired.

As a follower of Christianity, I have experienced a variety of Christian services, Catholic, Methodist, Presbyterian, non-denominational, etc. Until Friday, I had yet to engage in a religious service of a faith other than my own.

In my search for a synagogue I came across Temple Hessed, otherwise known as “The Temple of Loving Kindness.” The Scranton temple is a Union for Reform Judaism member synagogue and is known throughout the community for its acceptance of all. For a beginner like myself, it sounded like the perfect place to start.

Given the current war conflict between Israel and HAMAS, I knew I had to be delicate with my approach to joining a Jewish service. Before attending, I contacted the listed email to be sure the Rabbi was aware of my plans to partake in his service. I also did some light research into what to wear and to expect, for both my own awareness and the respect of mem-



LYDIA GROSSMAN / STAFF PHOTO
A view of the inside of Temple Hessed.

bers. I learned that Temple Hessed has no strict dress code, but simply requests appropriate clothing.

I did not know what to expect as I entered the synagogue but am pleased to say I received the friendli-

est greeting I have ever experienced at a religious service. I was immediately greeted by Rabbi Daniel J. Swartz, who ran over and shook my hand. I explained that I was a student from The University, but he didn't seem to care where I came from, he was just happy I was there. He quickly handed me the prayer book, which I learned to be the Mishkan T'filah, and some handouts for the service. He seemed extremely excited by my presence and asked one of the members to with me and guide me along in the service. The woman I sat with was just as welcoming.

I was surprised to see that the Mishkan T'filah was backwards from a regular book, so it took me a second to figure out. To my convenience, all the Hebrew had an English translation. However, even without a translation I would have felt comfortable simply because of the warm dispositions of each member I spoke to.

We sang many songs throughout the service, although I did not understand all their meanings, each one had a joyous tone. The service was overall very uplifting, even with the moment of silence and consideration for those impacted by the war. It seemed that the members of the temple truly cared for one another and remained hopeful and gracious despite the state of the world and the impact it has had on their religion.

After the service concluded, I was invited and encouraged to try the

Challah bread with the rest of the members. Everyone stood in a circle and enjoyed cookies and bread, but it didn't take long for Rabbi Swartz and my new friend to pull me aside so they could show me the inside of the temple and explain its history.

As I walked along the sides of the temple, they pointed out various engravings, markings and symbols. I learned about the scrolls held in the temple and about its architecture, which the woman was particularly interested in telling me. The building itself was structured to look like the inside of a coal mine, so it could symbolize Scranton's involvement with the old coal industry. I also learned that Temple Hessed is Scranton's oldest Jewish congregation.

Although I was informed all about the architecture and history of the temple, what I really took from my time there was the quality of its people.

I would recommend this experience to all people, regardless of religion. I believe it is especially important for students to experience a different faith, for as young adults there is no better time to learn and grow, spiritually and emotionally. No matter what religion or spirituality, it is crucial for humans to try to understand each other, even if that means simply observing or listening to another's beliefs.

As for my own experience, Temple Hessed, “The Temple of Loving Kindness,” proved to be just that.

Campus Ministries Celebrates its 100th Search Retreat

BRENNA PARKER
STAFF WRITER

Search, a University of Scranton retreat, had its 100th retreat this semester, and all those who have attended, past and present, were celebrating.

Search focuses on discovering who you are and who you want to be. Giving attendees time alone and in small groups, the retreat is designed to get you thinking about your faith and your past.

Campus Ministries runs a Search Retreat three times a year, once in the fall and twice in the spring. Many Scranton students have attended Search and celebrate their experiences with the program often. Monthly renewals in which past attendees can reflect on their time spent on Search have created an even greater sense of community.

Cathy Seymour, director of retreats and spiritual programs at The University, was the leader of the 100th Search Retreat. She explained some of the questions one might approach while on Search:

“This is much more peer-to-peer, and talking about real life events,” Seymour said. “(Asking) questions

like: ‘Who do I want to be?’ ‘Who do I think God is?’ ‘What kind of relationship do I want to have with God? And how can I live that out every day in my real life?’” said Seymour.

Although it has been many years since her own experience, Seymour remains inspired by Search. She explains how she hears attendees admit they thought they were alone in their struggles, only to find a community of people who understand. That has been the most valuable aspect of Search for her.

Search 100 has been years in the making according to Seymour. Campus Ministries created a committee to plan the event. Sept. 30 was a notable day for the Search community. On that day, past attendees, going back to the very first search in 1984, were invited to celebrate at the Chapman Lake retreat center.

“We had a huge response and even alums who couldn't come themselves ... were happy to donate so that our students could participate,” Seymour said, admittedly satisfied with the turnout.

Seymour suggests that everyone should consider the idea of Search

and what it has to offer. Anyone who is open to reflecting in terms of their own perspective on life and their choices should sign up and take a leap of faith.

One of the Search group leaders, Morgan Lynn, cannot imagine life without Search. After attending the retreat on a whim, she came out feeling fulfilled in a way she never had before. Inspired by the sense of community she felt, she became a group leader and was able to be there for Search 100.

“I can honestly say this has been one of the most fulfilling and amazing experiences in terms of self-growth that I've ever had at college ... it's given me a community where I feel accepted,” Morgan said.

Junior Tori Lewis is grateful for her experience on Search, and believes it gave her the tools to answer questions she was having about her life. Having attended the Sept. 30 get-together, she reflected on her first experience with the retreat:

“I went in completely blind,” Lewis said, “It taught me what parts of my life I was avoiding and what ones I was able to face head on.”

Lewis believes Search taught her

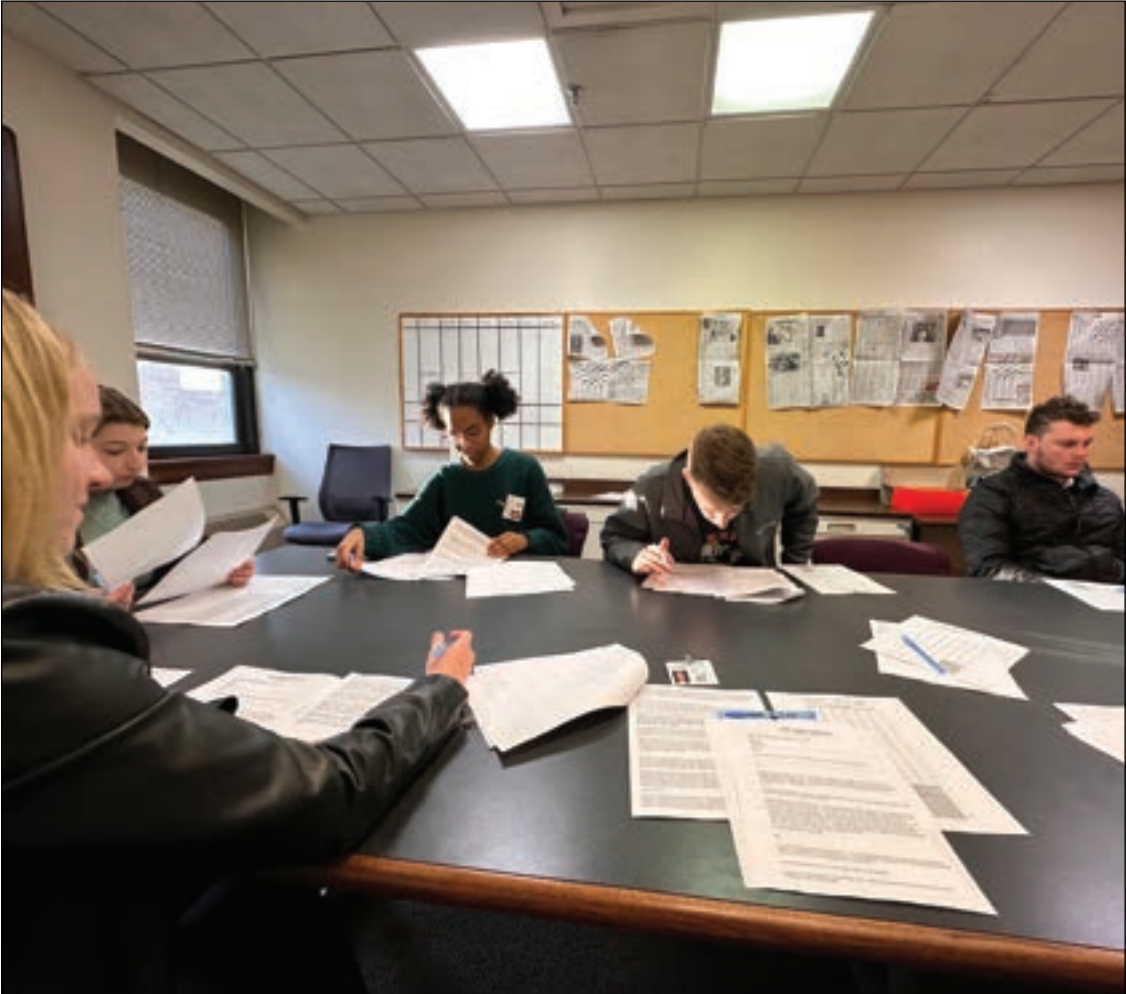


UNIVERSITY OF SCRANTON FACEBOOK
Lakefront view at Search Retreat.

to love in a new and beautiful way. It showed her to appreciate her friends and family through the hardships of

life, and herself as well.

“Search is something I will carry in my heart forever,” Lewis said.



EMMA GRAFF / STAFF PHOTO
Aquinas staff members review the top stories of the day during a news meeting at The Times-Tribune newspaper in Scranton.

MEMBERS

From Page 1

“Members were able to ask their questions to experienced reporters and really see the big picture of how

everyone's efforts and collaboration makes a paper possible,” Graff said.

The experience will contribute to the staff members' success in journalism even outside of the Aquinas.

“I think it was an important trip because it immersed our staff writers in the work environment of a local

newspaper in action, which helped them gather a more developed understanding of journalism beyond our student paper,” Graff said.

The Aquinas staff members' visit to The Scranton Times-Tribune is a learning experience they can look back on as they move forward.

Divinely Women's Retreat Creates a Safe Space

BIANCA TLATELPA
STAFF WRITER

Twelve years ago, a group of students approached Campus Ministry to create a women-only retreat to talk about issues that matter most to them through the lens of faith and spirituality. Today, Campus Ministry continues to host the Divinely Designated Retreat for Women.

Amy Hoegen, campus minister for retreats, shared some information. “The retreat is led by a team of students who have previously attended the retreat. The topics reflected upon during the retreat include fining and using your voice, body image, relationships, self-care, sexuality and how all these topics connect with faith and spirituality.”

To encourage empowerment in women, there must be places where they feel protected and safe to openly express themselves. It is easy to feel judged and intimidated in a patriarchal society, but having a support system that brings together a group of women can feel freeing.

Jenna Kotlar '25, a student who has attended the retreat since her freshman year, shares her experience. “I think it is important to have a safe space for women so that we are able to talk about difficult topics while connecting with each other and realize we are not alone in our struggles.”

When asked why she decided to go on the retreat, Kotlar said, “I knew I wanted to go on one, but none of the dates worked with my schedule during the fall semester. This was my first opportunity to get to the lake

and I jumped at the chance.”

“I felt nervous going into the weekend since I did not know anyone going on the retreat,” said Kotlar. “I also did not know what we would be doing throughout the weekend.”

Kotlar recommends the Divinely Designated Retreat to all female students at the University of Scranton.

“I wasn't sure what to expect going into the retreat, but I was not expecting to meet so many good people that I am still friends with to this day,” Kotlar said. “You also have time to reflect on your personal experiences. My piece of advice is to be open for this experience and to really focus on the present.”

The retreat will feature activities such as ice breakers, prayer services, witness talks about various topics, group discussions, creative activities and community builders.

“The goal of the retreat is to give women a chance to reflect upon and discuss key concerns from college life in a safe space within a community of peers,” said Hoegen.

Most retreats at the University are held at Chapman Lake. Kotlar describes it as a beautiful, vibrant lake house with a dock overlooking the spring-fed lake. “I even got to sit out on the dock and play games with my new friends,” Kotlar said.

The retreat will be held at 5 p.m. Friday, Feb. 2-4 at Champman Lake Retreat Center in Scott Township.

The retreat cost \$40 including rooms, meals, snacks and materials. Students can register on RoyalSync or reach out to Campus Ministry.

Pizza

Location: DeNaples Center, first floor
Order: Selfie flatbread with regular crust, pizza sauce, mozzarella cheese, sausage, baby spinach, oregano and Parmesan cheese.
Price: \$7.59
Flex/Royal: n/a
Comments: While the pizza is a good option for eating on a budget, the quality of the pizza is not consistent. Sometimes the cheese is not fully melted, and sometimes the crust is burned. This time, it was the former and because of the cheese easily slides off the bread, making it difficult to eat.
Other options: You can select a cheese flatbread, a pepperoni flatbread or a selfie flatbread, each for under the price of a meal swipe.
— Shannon Parker

Pasta

Location: DeNaples Center, first floor
Order: Whole grain penne with chicken, alfredo sauce and mozzarella cheese, and a garlic breadstick.
Price: \$11.07
Flex/Royal: \$3.47
Comments: To stay under a meal swipe, I could only get pasta, sauce and cheese. Adding protein, like chicken, adds \$2 in Flex to the budget. Breadsticks are also considered extra and outside of a meal swipe. Feeling especially hungry, I decided to go over flex and get protein and a breadstick. This does not include any drinks.
— Alex Nunez

Zoca

Location: DeNaples Center, first floor
Order: Tortilla chips and guacamole
Price: \$3.89
Flex/Royal: n/a
Comments: Between work and class I didn't have the time to go in person, so I decided to mobile order. Every meal was \$9.09. The only option that would fit under a meal swipe, "The Taco Meal Deal," hasn't been available all semester. To stay below the price of a meal swipe, my

How Much of a Meal Can You Buy with a Swipe?

With rising food prices a concern during the fall semester, six students investigated how far their meal plans would stretch before dipping into Flex or Royal funds.



only option was to get chips and dip. Mobile orders have always been completed quickly for me; this one took 12 minutes. The tortilla chips came in a snack-size bag, with a small cup of guacamole, probably about two or three tablespoons.
— Lydia Grossman

Chik-fil-A

Order: Spicy chicken sandwich and medium fries
Price: \$7.74
Flex/Royal: 14 cents
Comments: Will it fill me up? Yes, but if I get this exact order every day, in one month I'd spend around \$148 for one meal alone. The cheapest thing on the menu, a medium fry for \$2.55, will not fill me up either.
— Bianca Tlatelpa

Greens to Go

Location: "Big POD," (Mulberry Food Court)
Order: Build Your Own Salad Small (16 oz), with Romaine lettuce, shredded carrots, corn, cucumber, blue cheese crumbles, crispy chicken (\$1.99 extra), buffalo blue dressing and tortilla chips.
Price: \$8.28
Flex/Royal: 68 cents
Comments: I could get a salad for below a meal swipe, but then I would not get any protein on top, which is necessary for my lunch. The lettuce is often a little wilted or brown.
— Brenna Parker

Einstein Bros Bagels

Location: McGurrin Hall
Order: Turkey sausage and cheddar sandwich on a plain bagel (one egg)
Price: \$5.99
Flex/Royal: n/a
Comments: I waited two minutes (no mobile order). The price was way lower than I thought and I felt full after eating. Einstein's is the easiest place to get food for under a meal swipe. Almost all of its menu items (without upgrades or sides) are under a meal swipe. However, this wouldn't be a great dinner food because I don't feel there's enough food.
— Grace Werteen

COMMUTER CONCERN: I don't have a meal plan since I'm not on campus as much as people who live there. A commuter meal plan is almost \$400. I used to be able to use my books and supplies award (\$500 on my Royal Card for every semester) to buy meals on campus. This was my saving grace last semester, since I have work right after classes and don't have time to cook at home. This was also beneficial for when I would stay to study at the library or couldn't go home because I had another class that day (I've spent a lot of money on gas since I live 30 minutes away). But before classes started in the fall, people who received an email stating The University was not allowing us to buy food with our books and supplies award anymore. I was upset, because this is what I used it for. Most of the books I need for class I buy on Amazon because it delivers faster than our online bookstore, which is the only place that accepts the books and supplies award. I end up paying out of pocket if I want to get my book on time for the assignments. — Bianca Tlatelpa

SALAD STRUGGLES: A Build Your Own Salad-Large (32 oz) costs \$8.19 without protein — essentially the price of my small salad with protein. With a protein on top, a Build Your Own Salad-Large (32 oz) is \$10.18, with the protein costing \$1.99. Why is the protein the same price when you receive a significantly larger amount with the large salad? The ratio of pricing is off. Another thing worth mentioning is how the Large (32 oz) Signature Salads are all above a meal swipe, even when they include protein. The Large (32 oz) Signature Salad costs \$8.19 and the Small (16 oz) Signature Salad costs \$6.29. You cannot modify these salads, or you will be charged with a Build Your Own Salad. You pay more for wanting variety and custom options. Why is a Signature Small (16 oz) Southwest Chicken Salad \$6.29, but a Build Your Own Salad Small (16 oz) with the same toppings, protein, and lettuce \$2 more? — Brenna Parker

Holiday Word Search

S R E A W P F C S G Y Z X G R
H U J N R W B A A D E E Q I C
E D Y G E H Q R N E Y A Q F H
P O Q E A O U O T C D O U T R
H L Z L T T G L A O W R S S I
E P R S H C L I C R I N L A S
R H E T N O Y N L A S A E I T
D H I O A C S G A T E M I N M
S O N C T O W J U I M E G T A
L L D K I A E P S O E N H N S
I L E I V S A E L N N T C I Y
G Y E N I T T L U S S S C C R
H P R G T A E V P C N Z J K K
T R E E Y R R E C O O K I E S
S T R D D T S S O B W A W M G

- | | | | |
|---------------|-------------|-------------|-------|
| ugly sweaters | decorations | Santa Claus | tree |
| Christmas | Saint Nick | shepherds | gifts |
| ornaments | caroling | nativity | holly |
| reindeer | hot cocoa | wise men | star |
| sleigh | stocking | elves | |
| Rudolph | cookies | lights | |
| wreath | angel | snow | |

For wordsearch answers, follow the AquinasInstagram @scrantonquinas. Or scan the QR code:



REVIEWS

FILM THOUGHTS WITH SAM: ‘PRISCILLA’ FUN FICTION

SAMANTHA SONNIE
CO-MANAGING EDITOR

Welcome to film thoughts with Sam, where I watch a movie and give you my thoughts on it.

The film “Priscilla” hit theaters on Nov. 3. The movie is directed by Sofia Coppola and stars Cailee Spaeny, playing Priscilla Presley, and Jacob Elordi, who plays Elvis Presley. The movie is based on the memoir “Elvis and Me” written by Priscilla Presley in 1985.

The movie tells the story about how Priscilla and Elvis Presley meet, and how Priscilla’s world is turned upside down after she begins hanging out with Elvis.

Throughout the movie, the ups and downs of their relationship are shown. Priscilla was often left alone because of Elvis’ fame and his being needed elsewhere most of the time.

I feel as if there is not really a way to spoil this film because Elvis and Priscilla are prominent people. It is not hard to find out that their relationship ended in divorce, considering most of their relationship was seen by the public eye. That is one of the things I liked about the film, getting to see the effects on celebrities when so much of their personal lives are shown to the world. For Priscilla, she was just a young girl and became involved with a very well-known person and had people with cameras in her face every time she was seen walking somewhere with him. That is definitely an adjustment to get used to.

I also liked how when I walked out of the film at the end, I felt like I had learned something. I learned about how Priscilla moved away from her family at a young age to be with Elvis, while she still had to continue school

and graduate in order for her parents to allow her to keep living with Elvis at his home Graceland in Tennessee.

I liked Coppola’s style of directing. I think that all of the colors in the film set a nice tone. The costumes worn by the characters, the makeup and the overall aesthetic made perfect sense for the movie. The music choices were also nicely done for setting a mood based on the scenes taking place.

I would recommend this film to anyone who is interested in getting a better perspective on Priscilla Presley’s life. The reason I saw the film was because I thought it looked like a good watch, and I came out more pleased with it than I had expected. Even if you want to watch it for fun, and not educational purposes, I still think it is a good film to sit back and enjoy.



Scranton Scope: Christmas TV, Movies Make the Season

AMELIA SEMPLE
STAFF WRITER

Students love bingeing shows in their spare time when they are not studying for classes or participating in clubs. We want something that is exciting with cool characters, a dramatic plot line, and something that captures our attention.

The best part about it being Christmas means everyone wants a fun television show or movie to watch to get into the holiday spirit. Since college students are on the hunt for new pieces of entertainment to watch, here are three new ones that students can dive right into.

“Holiday Shift”
Television show on Roku

The series centers on multiple romantic relationships during the holiday season at a

place where you least expect it: the mall. Will Sam be able to tell his crush Tess about how he really feels? Will Ronnie ever admit his feelings to his enemy Marisa? Will Denote or Summer admit their crushes? Some of the leads for the television show are Varun Saranga, Jean-Luca Bilodeau, Devyn Nekoda and Brielle Robillard. With finals starting, this is a good television show to get you in the season.

“El-Mass”
Movie on Freeve

Graham Stoop is a workaholic then ends up at the last minute going home to Minnesota for Christmas, not knowing that his ex-fiancé, Ali, is already there. They make a bet and battle it out to get the other to leave before Christmas morning. Yet are they able to battle the attraction that is beginning to form again? The two leads are Robbie Amell and Leighton

Meester. This is a great movie to watch if one wants to see a modern rendition of a great family Christmas movie.

“Best. Christmas. Ever!”
Movie on Netflix

Longtime college frenemies Jackie and Charlotte do not see eye to eye on things, especially about how they spend the holidays. Jackie always sends a Christmas newsletter about how wonderful her life is, and Charlotte does not believe it one second. When she and her family end up on Jackie’s doorstep, she finally believes that she could prove that Jackie is not as perfect as she claims to be. The leads of the movie are Brandy Norwood, Heather Graham and Rob Sanders. This is a great movie to watch when taking a break while studying or when doing laundry.

The Everyday with Emma

Hi Emma,

I have trouble getting motivated to do schoolwork / turn in assignments on time and just feel bogged down. Do you have any advice on how to stay on top of things?

— Anonymous

Hi friend,

I can totally relate to the struggle for motivation, especially during the overwhelming finals season. I want to pass along the advice that Susan, the Sandwich Shack worker in our Mulberry Food Court, gave me. She told me that when you start feeling overwhelmed, tell yourself to focus on one assignment at a time. I think her idea will help anyone’s long to-do list feel less daunting. Simply try to isolate and solve for one variable in your equation of stress at a time.

Here is something to try to help “un-bog” you. First, pick one assignment to worry about. Set a timer for 20 minutes and tell yourself just for 20 minutes to work as much as you can. I find this helps alleviate the pressure to automatically perfect an assignment. It also tricks you into thinking the assignment is like a game. Quick, in 20 minutes try to push yourself to get as much done as possible. When the timer goes off, evaluate your progress. Sometimes you will just naturally want to keep working. If not, take a small break, mentally reset and then physically reset your timer.

Another tip for motivation is to reward yourself when you do complete and submit an assignment. Try buying yourself a treat like your favorite snack or Starbucks drink. I also suggest keeping an organized list of all the work you need to complete. When you do finish something, take a second to victoriously cross it off. Make the moment a mini celebration.

If you are still looking for that burst of energy to improve your mood and motivation, go to the gym or take a walk before you sit down to work. Exercise can help clear your mind, make you feel better and make you feel ready to tackle those assignments.

Just remember no assignment is the end of the world and all you can do is your best. Take care of yourself friend and during finals season remember you and your health should always be the top priority.

Editor-in-Chief Emma Graff writes “The Everyday with Emma.” Click the link in our bio to ask her your questions on Google forms.



BRIDGET’S BOOK REVIEW: ‘HOUSE IN THE CERULEAN SEA’

BRIDGET ULMER
STAFF WRITER

“The House in the Cerulean Sea” by T.J. Klune takes the cake for being one of my favorite books. It first caught my attention because of the colorful cover, but as soon as I started reading it, I fell in love with more than just the cover. This book is a breezy and fun contemporary fantasy but has slightly serious undertones that may make you really think about the world around you.

The beginning of the story follows along with the main character, Linus Baker, and his boring 9-to-5 job as a caseworker at the Department in Charge of Magical Youth.

Unexpectedly, his life is turned upside down when he is given a highly classified assignment by the

Extremely Upper Management. His assignment is to travel to the mysterious Marsyas Island Orphanage, where six magical children reside. Because these children were deemed “dangerous” and “evil” by outsiders, their quaint house is located on the top of a cliff, separated from most of society.

While Linus expects these children to be reckless and out of control, he is surprised as they slowly prove him wrong. While his job is to determine whether this orphanage is considered safe, Linus must make a choice: destroy a home or watch as the world falls around him.

Throughout this book, there are secrets upon secrets to uncover. Every chapter, there was always something to be found out or discovered,

and that made it even more enjoyable.

While the reader (and Linus) gets to know and love the six children, the author expertly explores the different themes of family and belonging. Part of the reason I loved reading this book was not only the “found family” concept, but the importance of inclusion and acceptance of others.

Since the children grew up mostly separated from the rest of society, Klune includes in the overall message that the acceptance of being different is OK. He uses the children as a representation of diversity and belonging, and as you meet them individually, you come to a realization that they have hopes and dreams the same as any other child. He has a

way of making us care for the children as much as their caretaker, Arthur, does.

This book is a great example of how whimsical fantasy narratives can explore bigger ideas and questions about the world we live in, all while bringing a smile to your face with its witty humor and magical stories.

On the lighter end of things, what made it such a cozy read was Linus’ surroundings. The minute he steps foot on the island, it is like he has been transported to another planet. There are colorful signs and unique plants that line the streets, and the orphanage even has a dreamy garden that takes his breath away more than once. Since it is his first time seeing the beautiful blue ocean,

Linus’ description of it makes you think everything is right in the world.

The characters of the story bring a magical element to it that leaves you wanting more after every scene.

I would recommend reading this book when you need a pick-me-up, or even if you are just in a magical mood. It is a truly sweet book and has an uplifting and heartfelt spirit.

After I finished reading it, I could not stop thinking about it and every message that is woven through the pages. It really makes you think about who we surround ourselves with, and about us as people.

It is an absolute gem of a book, and I think everyone could learn a little something from it.

SPORTS

Second-Year Coach Shoots for Another Winning Season



SAMANTHA SONNIE / STAFF PHOTO
Basketball court in the Byron Recreation Complex.

WESTON CAMILLONE
STAFF WRITER

The University of Scranton women's basketball head coach has multiple roster spots vacant after last year's graduating class. Coach Ben O'Brien is in his second year leading the Lady Royals. One of the big names lost that certainly will be missed is Bridget Monaghan, who had a career finish with the Lady Royals averaging 15 points per game. Monaghan became one of seven three-time All-Americans in Scranton athletics history along with many other historic accolades. With her exit, although her shoes are hard to fill, O'Brien is confident that his team can become stronger and better than last year's because of the team's built-in culture and tradition of success. "We can't replace Bridget, but we have a lot of good players. The incoming players will have to step up their game. We have a deeper team this year and the competition in practice has been incredible," O'Brien said. O'Brien stresses the importance of putting one game in

front of the other and worrying about the first game is his plan of attack. The players rally behind O'Brien's coaching philosophy and have a continued line of support and encouragement. "I think one of the things that's really helpful and I've seen it this season is our support. I think it goes back to our culture of support and encouragement," O'Brien said. One key player that is returning for the Royals is sophomore guard Kaci Kranson. Kranson had a freshman year to remember: averaging 14.6 points per game, awarded the Landmark Conference Rookie of the Year, All-Landmark Conference first team player and other accolades. O'Brien said Kranson's freshman year may have had less expectations than this upcoming season, but he is not worried about her performance on the court. He is anticipating a big step in her sophomore year. Although last year's freshman class exceeded expectations for the fans and coaches, the freshman class this year may top last year's with O'Brien's confidence

in the class. The freshman class has a four incoming players and O'Brien is confident all four players will be assets for the program. One of these first-year students is guard Meghan Lamanna, who has a work ethic O'Brien compared to Monaghan's. "Monaghan was our hardest worker. Lamanna is in the gym every morning and she's done that consistently since she's got here. I told her she has the work ethic of a star player," O'Brien said. A matchup anticipated for the Lady Royals is the pair of games against Elizabethtown. O'Brien stresses the importance of beating Landmark teams, especially one with a great roster like Elizabethtown. E-Town has the same starting five as last season, so the built-in chemistry and dynamic will be a struggle for the Lady Royals. O'Brien emphasized the importance of team chemistry for the Lady Royals. Once those lines of support and team culture are developed, the wins will follow, he said.

Students Open Doors for Women's Sports on Campus



COURTESY OF UOFSWOMENICEHOCKEY INSTAGRAM
Group shot of club members at first practice.

GRACE WERTEEN
STAFF WRITER

For the first time at the University of Scranton, students can join an ice hockey club for women. Brigid Carlin, Giulia Patti and Lily Struzzieri created a new group for University women to come together and play ice hockey. They are not yet an official club or directly affiliated with the University, but they are hoping to change that. Their end goal is to be a chartered official club through the University and to play in conferences with other teams. To get started, they had to gather 10 signatures from students interested in the team and submit a proposal answering questions regarding their financial and facility needs. Looking forward, they need to complete multiple meetings and get approved by the dean and the student government president. Students who are rooting for this club need to voice their opinion. The club isn't able to market

themselves as a club sport until they're registered with the University, so they are relying on word of mouth. Even though they are fighting for their spot in a male dominated sport, they aren't on their own. Brigid Carlin said they have received a lot of support from the men's sports at the University and the rink managers. "The rink manger and owners have a goal of supporting women's ice hockey. They've been really good about making us be able to practice and giving us the time. It is has been really helpful and nice of them to support us," Carlin said, "The guys team has been really nice about helping us get started and giving us their vocal support." Also, women can join the team no matter their level. Whether it's their first time skating or they're practically a professional, they are welcome to join the team practices at the Revolution Ice Center in Pittston. Carlin, one of the found-

ers, said of the 13 girls on the team currently, only three of them have played ice hockey before. Amelia Alfano, a sophomore, joined the club this year. She said she liked watching the men's club play last year and was excited when she heard there was an opportunity for her to play. "We only had one practice so far, but it was fun. It was fun meeting new people. I knew how to skate, but never knew how to play hockey. A lot of people there were on the same page as me," Alfano said. For information reach out through the uofswomensicehockey Instagram. "A lot of people come to college and want to join clubs or club sports looking for a sense of community and belonging. I have tried to cultivate that as much as possible in the short time I've had with the team this semester, but it's really exciting for me to provide that for students," Carlin said.



COURTESY OF UOFSWOMENICEHOCKEY INSTAGRAM
Group shot of club members before getting on the ice.



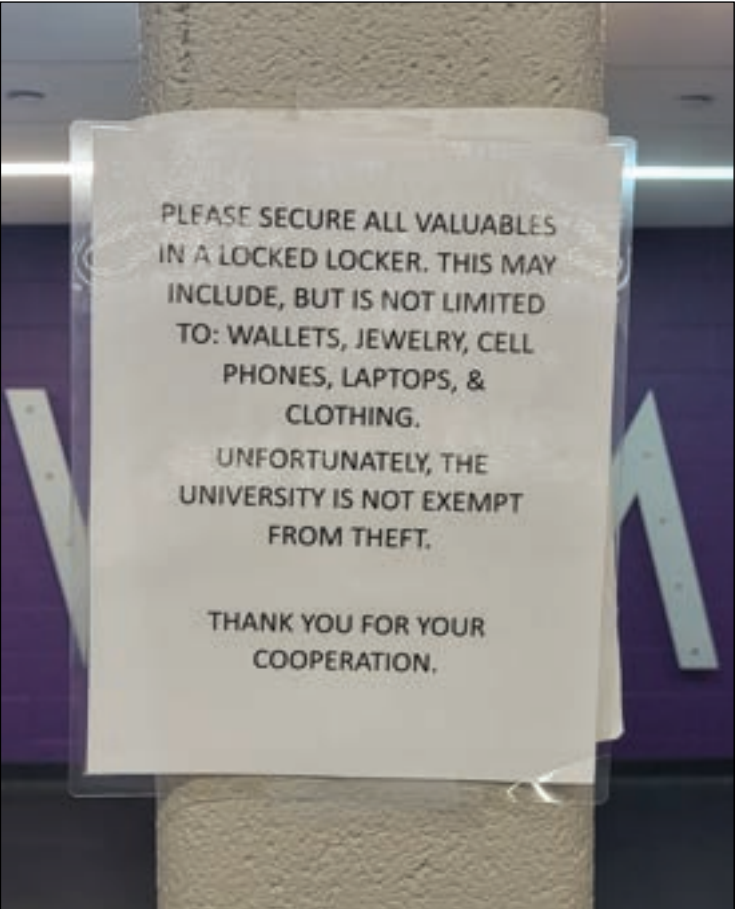
INVESTIGATION STATION

Theft from men's swimming and diving team in ongoing investigation

ALIYA SHAHUM
STAFF WRITER

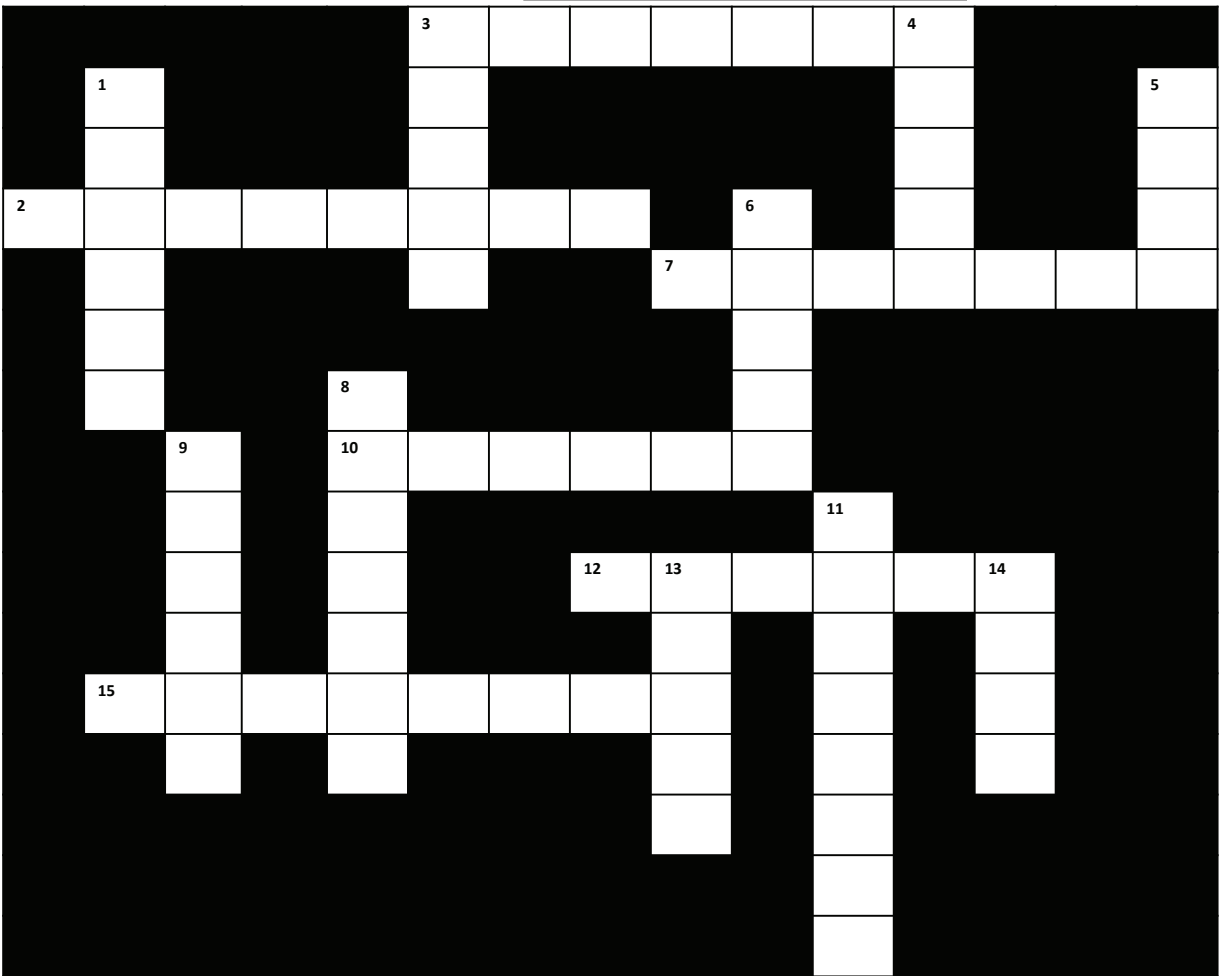
Members of the University of Scranton men's swimming and diving team reported several thefts from their gym lockers. The thefts occurred in the morning during swim practice. In an interview with Sgt. Kevin Rude of the University of Scranton Police Department on Dec. 4, I learned that the investigation is "ongoing." This means that the police are unable to give out any information concerning the case, any details about evidence or any possible suspects. While the police might not be able to provide much information at this time, Emma Graff, Aquinas editor-in-chief, was able to get a quote from a member on the men's swimming team. Jack Monaco, a sophomore nursing major, is one of the individuals who had his property stolen. "I came back from practice, saw that my bag was open, and my debit card was taken," Monaco said. No other team member who had their property stolen commented on the incident. Other team members provided infor-

mation, but asked to remain unidentified. Rude replied to my inquiry about the thefts. "Take care of your personal items and, as a general rule, lock up your valuables," Rude said. There are also signs around campus reminding students of this advice, particularly in more open areas such as the gym or in any other recreational area on campus. It is best to put your items in a locker and even consider buying your own lock. All members of the men and women's swim team have purchased a lock. In addition, please keep a look out for community advisories in your emails, as they can keep you up to date on what is occurring on campus, as well as provide information on who to contact if any of your valuables are stolen.



ALIYA SHAHUM / STAFF PHOTO
Sign posted in the Fitness Center.

Aquinas Winter Crossword



BY JACE NELSON
STAFF WRITER

- Across**
- 2 Montage _____
- 3 Flightless artic bird
- 7 What day does the Aquinas meet?
- 10 Ice sport
- 12 The name of Charlie Brown’s dog
- 15 Twelfth month of the year

- Down**
- 1 Snowman with his own song
- 3 White bear
- 4 Christmas carols
- 5 University of Scranton mascot’s name
- 6 Which men’s club sport from Scranton qualified for nationals
- 8 What Santa goes down
- 9 Outerwear for hands
- 11 Warm beverage that pairs well with marshmallows
- 13 Tracker for Santa
- 14 German log for holiday

For crossword answers, follow the Aquinas instagram @scrantonaquinas.

Or scan the QR Code:



Festive Grinch Sugar Cookie Recipe

Parties, movies, gift exchanges and music are all traditions for many during the holiday season. For those looking to start their own tradition this holiday season, try this sugar cookie recipe from the Lemon Peony website, by Julie Smithson, who based the recipe on the iconic movie, “How The Grinch Stole Christmas” that is perfect for any holiday occasion.



COURTESY OF THE LEMON PEONY
Festive Grinch Sugar Cookie.

- To start, gather the following ingredients:
- 1 package of Sugar Cookie Mix
 - ½ Cup of unsalted butter (1 stick), softened
 - 1 egg
 - 1 tablespoon water
 - Green food coloring
 - Heart Sprinkles
 - ¼ cup sugar (to roll cookies in – optional)

- Next, follow these directions to create this sweet holiday treat!
1. Preheat the oven to 350 degrees and line a baking sheet with parchment paper
 2. In a large bowl, combine the sugar cookie mix, softened butter, egg, and water together. Mix until crumbly
 3. Add drops of green food dye until you reach your desired Grinch shade of green
 4. Mix well until the color is fully combined and creates a soft dough
 5. Scoop your desired amount of dough into a round dough ball and gently roll it into the sugar (if desired). Place the balls on the prepared baking sheet (do not press down on the cookies, leave them in a spherical shape for them to bake thick).
 6. Bake for 8-9 minutes at 350 degrees. Immediately remove cookies from the oven and add one heart sprinkle to each cookie. You can also shape your cookies with a cookie cutter or your fingers if desired.
 7. Let the cookies cool on the baking sheet for at least 10 minutes before transferring to a cooling rack.

Whether you’re hosting a holiday party with your friends or craving a sweet treat for your holiday movie night, these Grinch-themed sugar cookies can truly bring you into the holiday spirit.

IGGY’S
CORNER

JACK OLONOVICH
STAFF CARTOONIST

