

# LA VIE COLLEGIENNE

LEBANON VALLEY COLLEGE'S STUDENT RUN NEWSPAPER SINCE 1924

VOLUME 90, NO. 2 | OCTOBER 28, 2021

## Cross country athlete sprinting to stardom

KAITLYN METZ '22

STAFF WRITER

It's simple: this cross country season, Lauren Wick has been performing exceptionally.

The cross country team has had a very successful fall season thus far. One athlete in particular is running past nearly all her competition.

Lauren Wick is a physical therapy graduate student and part of the cross country team. This season, Wick has won many races and has been named MAC runner of the week on multiple occasions. She currently has the fastest 6K time in the NCAA Division III.

"It's important to mentally prepare for all types of outcomes and to ulti-



Photo provided by: LVC Athletic Communications

ABOVE: Lauren Wick (center) leads the pack.

mately be content with however each race goes," Wick said. "Having incredible teammates and such an encouraging atmosphere definitely helps keep me going every day as well."

The cross country season is almost

over, but the team is still practicing hard for the next couple weeks.

Wick and the rest of the cross country team are preparing for the MAC (Middle Atlantic Conference) championship on Oct. 30.



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## VALE Conference back in business

HANNAH SHIREY '23

ASSISTANT EDITOR

Professionals from across the country will be coming to the Valley in November for LVC's annual student-run VALE Music Group's Conference.

The VALE Conference is an all-day event that features multiple panels, topics and demonstrations from professionals in unique fields in both music and media. The professionals will discuss jobs, internships and up-to-date information about industries that might be unfamiliar to students.

LVC students with various majors

such as business, digital communications and music have been working together since the start of the semester to plan for the action-packed day. The Conference will be held in-person on Saturday, Nov. 20, from 8 a.m. to 4 p.m.

The students who create and host the Conference take the course IDS-179: VALE Conference with Dr. Jeffrey Snyder, chair and professor of music.

"It is probably the most stressful real-world class they'll take part in, leading to skills and knowledge that they'll use for life," Snyder said. "I'm

always amazed at the creativity, initiative and passion of the students."

In reference to the COVID-19 pandemic, the slogan for this year's Conference is "Back in Business." The Conference will concentrate on the skills needed to get specific jobs post-graduation. In past years, the Conference focused on the panelists' jobs themselves.

"We want our panelists to describe the skills and knowledge they needed to get the job they have," Sarah Pappson, VALE vice president, said.

Students will have the opportuni-

ty to interact and network with the professionals. Attendees can ask the experts questions about their experiences and how they went about acquiring their specific career.

Another difference between this year's Conference and Conferences in the past is that the VALE Conference will not have a specific theme this year.

Rather than focusing on a theme, panels will be about specific loca-

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# Librarian shares passion for hiking

KAYLEIGH JOHNSON '22  
EDITOR IN CHIEF

LVC reference librarian Donna Miller is ensuring students have an opportunity to experience everything the great outdoors has to offer.

Miller has created a display on hiking and backpacking for the Vernon & Doris Bishop Library for several years. It made its comeback this year as a fun resource for students to find information about outdoor activities in the surrounding areas.

"I bring in some of my own gear and try to feature hikes that I personally have done and know offer a great experience," Miller said. "The pieces of nature are ones that I have picked up on hikes, and a lot of the landscape



Photo by: Kayleigh Johnson

ABOVE: Miller's display features nature, hiking gear and guides.

pictures come from my daughter, a park ranger with a passion for photography."

Students can pick up brochures with maps and guides on several hikes in the region. Although not lo-

cal, Miller highly recommends Old Rag Mountain in Shenandoah National Park. The hike is, in her words, "gnarly but absolutely beautiful." It features boulder climbing and gorgeous scenery before opening up to a

valley view.

"I really have a ball putting this display together," Miller said. "I initially did it because the library is always looking for ideas for displays and I wanted to share my love of hiking, and now it's a fun project for me to undertake!"

The display will remain up through the end of October. While in the library, check out the other displays on LGBTQ+ history month, new/trending books and mental health.

Stay tuned in November for another of Miller's displays—this one raising awareness for diabetes in honor of National Diabetes Month. The display will be located on the counter by the circulation desk and feature diabetes gear and resources on its prevention, treatment and more.

## Wig & Buckle to perform this semester

KAITLYN METZ '22  
STAFF WRITER

Wig & Buckle Theater Company is back and will perform "The Cripple of Inishmaan" before Thanksgiving break.

Wig & Buckle is a student-led organization that was founded in 1935. The theater company puts on three to four shows per year, which usually includes one musical, one classical play and one contemporary play. The

president of Wig & Buckle this year is Chiara Meyers.

"I love performing because I am able to escape from the stresses of my life and develop a character for a few hours every day," Meyers, a senior creative writing and English major, said.

"The Cripple of Inishmaan" is written by the Irish playwright Martin McDonagh. The play is a dark comedy and follows the story of a community in a small Irish village on the Aran Islands during the 1930s. A boy who

suffers from a disability must deal with abuse from his town as he tries to escape it. A Hollywood film crew eventually comes in and gives him a great opportunity, and he takes it.

The students have been working hard and practicing to get this performance ready to go. Since Meyers is the president this year, she has been making sure everything is perfect and set up for rehearsals.

"I have been with Wig & Buckle for four years now and the theater is a

second family for me," Meyers said. "The friends I have made have lasted with me through my time here at LVC."

Wig & Buckle holds weekly meetings on Fridays at 4 p.m. in the Leedy Theater. These weekly meetings are open to anyone who wants to get involved.

The Wig & Buckle Theater Company will perform "The Cripple of Inishmaan" Nov. 19 and Nov. 20, at 7 p.m. and Nov. 21, at 2 p.m. in Leedy Theater.

## Flying Dutchmen Ale soars above expectations

JAMES ZILINSKI '22  
STAFF WRITER

The LVC Brew Crew debuted another rendition of the Flying Dutchmen Ale over Homecoming weekend.

Since 2014, the Brew Crew has partnered with Snitz Creek Brewery in Lebanon to create a new beer. The Brew Crew is led by Dr. Elizabeth Sterner, assistant professor of chemistry, and is made up of LVC students, typically those studying chemistry or business. They craft the recipe and

market the beer while Snitz provides the means for them to be able to brew it.

"We went to the brewery and tasted different grains and hops and chose the flavors we liked for the ale," Robbie Moul, a senior ACS chemistry and neuroscience double major and member of the Brew Crew, said.

After the recipe was decided on, they returned to the brewery to make it with the help of Snitz's brewmaster. The ale was available over Homecoming weekend for alumni, parents and

appropriately aged students to try.

"It tastes like Yuengling," Patrick Stone, a senior computer and data science major, said.

Other tasters were more detailed in their assessments.

"I found it to have a nice clean aroma, refreshing taste, definitely a lighter beer given the low IBU factor, very drinkable," Michael Mitchell, a self-proclaimed beer enthusiast of Baltimore, Maryland, said.

Mitchell was at LVC for parent's weekend and has tried every Flying

Dutchmen Ale since 2018. Unlike Mitchell, most students are only able to try the ale once or twice during their time at LVC.

"This was my first year trying the Flying Dutchmen Ale because of COVID-19, so I was really looking forward to it," Sofia Pascuzzo, a senior digital communications major, said. "I don't usually like beer, but the ale was light and refreshing."

Flying Dutchmen Ale is still available on tap at Snitz Creek Brewery.



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# The writing life: LVC alum releases new novel

KELLY FRAINE '23  
STAFF WRITER

Life has a strange way of taking us places we never thought we'd go.

For Khalil Brim, this was how he discovered his passion for the written craft.

"For a very long time, I didn't know what I wanted to be," Brim said. "Then, 10th grade hit, and I hated school with a passion. You know, one of those 15 year-old periods where you just hate everything? So, I thought, I need to do something that will get me out of school, and that was writing."

In his earlier life, Brim experienced death in the family, leading to his love of poetry. Throughout his sophomore year in high school, he wrote numerous poems and stories which developed into a dream of leaving school and becoming published.

Now an LVC alum, Brim is riding the highs of promoting his action/adventure novel, "The Flower of the Valencia," a novel of two sworn enemies,

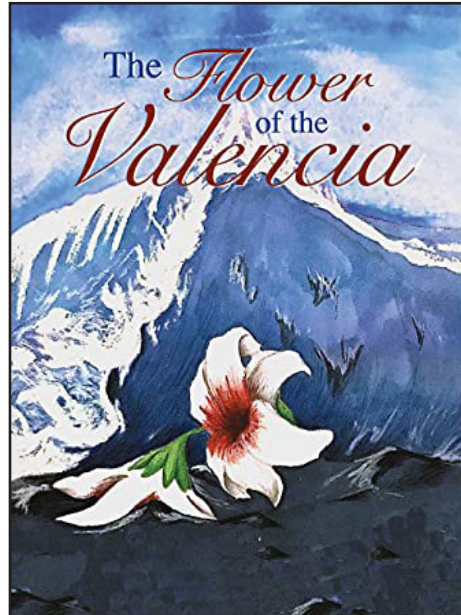


Photo provided by: Amazon Marketplace

ABOVE: Brim's book, "The Flower of the Valencia"

who ultimately must come together in the face of danger to protect those they love and show the world who

they really are.

"I had this idea for an action packed story, but I didn't get far," Brim said.

In the beginning stages of his writing process, Brim said there were only two characters and copious amounts of action, causing roadblocks at every turn. Eventually, he put the story away and wouldn't look at it again for another two years, until his 12th grade English teacher helped him put the pieces into place.

"She told me a very famous mantra in the writing community: Write what you want to read, not what you think people want you to write," Brim said. "That story back then did not have magic, and all I was reading was fantasy."

With motivation replenished and a new outlook on his writing, Brim continued to work elements of the fantastical into his novel. He brought the story new life that unraveled a complex narrative of four different views to offer readers a gripping atmosphere devoid of a dull moment.

"I think the number one thing readers can take away is trusting your heart and trusting who you are as an individual," Brim said.

He feels that humans believe that their surroundings and what other people say about them make up who they are as a person. In his novel, the characters go through moments where others try to define their story. They are then tasked to look inside themselves and find a way to show those closest to them who they truly are.

"Yes, it's a high-paced action-packed story, but I think with any work that I do, I will always have some type of under-carrying of meaningfulness to it," Brim said. "I think whenever we write, it's a representation of the self. My self is in this book, cover to cover, and I encourage people to read it not only for the action, but to try to get the meaning of those actions as well."

Brim's novel, "The Flower of the Valencia" is now available for purchase.

## Homelessness awareness sleepout

BAILEY DILLS '22  
STAFF WRITER

LVC will hold a sleepout outside of the Frederic K. Miller Chapel at 9:30 p.m on Thursday, Nov. 4.

The event is being held to provide students with insight into the vulnerability endured by those who live without a home.

Although there is simply no comparison, this small glimpse into an underprivileged perspective is meant to spark conversation, compassion and action. Participants will be encouraged to ponder residential displacement and its effects on society

and humanity.

"We will spend the night sleeping outside and sharing in reflection as we consider some of the realities of homelessness in different areas and how homelessness can look very different in different places," Jen Leidtka, service and volunteerism coordinator, said.

Homelessness is a harsh reality to accept, despite its constant observation. The topic will be meditated and open for discussion. This is an incredible opportunity for young adults, especially those fortunate enough to receive a college education.

"I've facilitated this opportunity

numerous times for college students and with other groups in the community, and participants always report that it's very impactful, broadening their perspective and growing their empathy," Leidtka said.

At the sleepout, socioeconomic status will be negligible, and individuals will be able to come to terms with the actuality and physical existence of destitution and poverty.

The group will be limited to about 20 people. Contact Jennifer Leidtka at leidtka@lvc.edu for more information.



**RAISING AWARENESS  
ABOUT GLOBAL  
FOOD INSECURITY**

**NOVEMBER 16  
10:45 A.M - 1:30 P.M.  
Mund Dining Hall**

**Proceeds from meal  
swipes support the  
American Foundation  
for Children with AIDS.**

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## Changes for Blue Dogs Lacrosse

CASEY SHILLABEER '22  
STAFF WRITER

Carson Frey, a junior lacrosse player and digital communications major, combined his passions to create a business called Blue Dogs Lacrosse.

Originally, Frey and his friends, who are involved with the hobby, were unable to do certain tasks due to the NCAA rule that stated that collegiate athletes cannot make a profit off of their name or likeness.

On July 1, 2021, the rule was changed that all athletes—no matter what division—would be able to benefit from their name, image and likeness.

"The new NCAA rule has completely opened what we are allowed to do," said Frey. "We can now have partnerships with companies and are allowed to get free stuff from brands to test out. We are allowed to sell merch and other things, which we are super excited about."

Blue Dogs partnered with Savage X

Lacrosse recently and they gave them free shafts. In return, Blue Dogs gave them a shoutout.

Frey has many ideas for the future of Blue Dogs Lacrosse.

"One thing I believe we are most excited for is to make Blue Dogs Lacrosse Athletes," Frey said. "Just like Barstool has done, we look to create Blue Dogs Athletes before the spring."

Check out Blue Dogs Lacrosse's content on Instagram, YouTube, TikTok and Twitter.



## New strength and conditioning coach: AJ Mott

JORDAN WALTER '24  
STAFF WRITER

LVC welcomed AJ Mott to the Flying Dutchmen's staff as head strength and conditioning coach.

Mott has been part of the strength and conditioning program at LVC since June 2021 and has already made a large impact on the program.

"Since he's been here, he's really helped a lot," Erik Williams, a sophomore safety, said. "I definitely feel that we've gotten stronger, which usually doesn't happen during the season."

Before LVC, Mott worked as a graduate assistant and worked as the head strength and conditioning coach at a few other colleges such as FDU-Florham and Western Colorado University.

Mott stated that he has ambitious plans for the strength and conditioning program at LVC. He hopes to completely revamp the program by bringing the student athletes of LVC to their



Photo by: LVC Athletic Communications  
ABOVE: Mott joins the Dutchmen team.

fullest potential both on the field and in the weight room.

"The opportunity to grow the department is very enticing and it's part of what drew me here," Mott said.

When asked to describe Mott's training style, Sarah Musselman, a super senior pitcher and team captain, described it as "intense and always ready to get to work."

Along with improving the strength of the student athletes, Mott also has plans to partner with the exercise science program by providing internship opportunities for students in the weight room.

"We hope to guide students to where they want to go and then develop it, so we are leading the way to get those professionals where they need to be," Mott said.

Mott has only been at LVC for a few months, but he has already taken steps to revamp the strength and conditioning program. He made several renovations to the weight room by removing outdated pieces of equipment and replacing them with new ones. These changes have not gone unnoticed.

"It's awesome," Williams said. "There's no other way to describe it. I would have never expected such a quick change."

Mott has also made connections with some of the teams through his training as well, developing positive relationships with the student athletes.

"Speaking for the team, we just like him as a person," Williams said. "He's not only with us in the weight room but down on the field talking to us as well."

Mott expressed the importance of developing bonds with the teams at LVC and how he values that connection in his training style.

"I hope to work with every athlete and touch their lives in one way or another and have some sort of impact on their development," Mott said.

LVC student-athletes have that same hope.

## From captain to coach

BAILEY DILLS '22  
STAFF WRITER

The LVC men's lacrosse team has gained a veteran player as a volunteer assistant coach.

Evan Crawford, a 2021 graduate and former lacrosse captain, has stepped up to culture the growth and development of the team. His charisma, resolve and expertise will prove beneficial to all those playing under him.

Hanging up the helmet last spring was not an easy task for Crawford, being that "athletic" is the first, second and third way to describe him. Despite accepting a job at Lebanon High School this fall, he knew coaching had to be within the equation.

When prompted, Crawford said, "I'm living out a childhood dream of mine. In sixth grade, we had to dress up as our future selves, so I wore a whistle and brought my clipboard."

This is the sort of dedication that has led Crawford to widespread success, on and off the field. With the ultimate goal of becoming a head coach, he is beginning to forge this pathway for himself.

Somehow, he manages to keep all his affairs in order.

"Many days, between teaching biology, coaching and continuing to stay in shape myself, I end up getting home well past dark, but while it can be stressful, I also know that I am working hard at work worth doing"



Photo by: LVC Athletic Communications  
ABOVE: Crawford returns to LVC.

Crawford said.

The term "overwhelmed" does not seem to be in his vocabulary. It's all part of Crawford's lifelong dream. He even wrote a 1,600-word thesis on his coaching philosophy before attaining the position. He is determined to achieve his goals, to say the least.

"He [Crawford] always brings positivity to practice," Brendan Kernan, a current LVC lacrosse player, said.

The coaching staff is ready to lead the team into a successful season this spring. Coach Crawford will be making his debut on the sideline.

## Homecoming royalty



Photo by: LVC Marketing and Communications

ABOVE: DJ Gorenberg and Bailey Harper were crowned Homecoming king and queen during halftime of the Homecoming football game on Saturday, Oct. 16.

VALE Conference  
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tions. LVC alumni will join the Conference via Zoom from Los Angeles, New York and Nashville. They will discuss the state of the music and media industries in each location, like audio and effects for video games in Los Angeles.

"Attending the VALE Conference is a great opportunity to learn more about different industries and figure out different careers suitable for your interests," Papson said.

Students interested in attending the 17th annual VALE Conference should follow @valemusicgroup on Instagram and Facebook for more information.