

LA VIE COLLEGIENNE

LEBANON VALLEY COLLEGE'S STUDENT RUN NEWSPAPER SINCE 1924

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Congratulations, Class of 2022! A Letter from President MacLaren

Congratulations, Class of 2022! All of the faculty, staff, and administration at the college are excited to celebrate with you and your families as you prepare to graduate and enter the next stage of your life. Whether it is starting your career or going on to graduate or professional school, I wish you the very best and every success. I am confident that the education you received at Lebanon Valley College has prepared you well for this transition.

While your time at Lebanon Valley College has been short, please know that you have all made lasting impacts. Your contributions in classroom discussions, in research projects, in student organizations, in service to others, and in athletics have enriched all of our lives.

Your senior year was still one of challenges, and as a class you handled the continued impact of the second



Photo provided by: LVC Marketing and Communications

year of the COVID-19 pandemic with grace and flexibility. We learn much and grow through overcoming adversity. I hope that you feel ready

to take on the challenges of the next stage of your lives and that your education at one of the finest colleges in America has helped prepare you to be the engaged citizens and leaders we need to bring people together to find much-needed solutions to the issues our country faces.

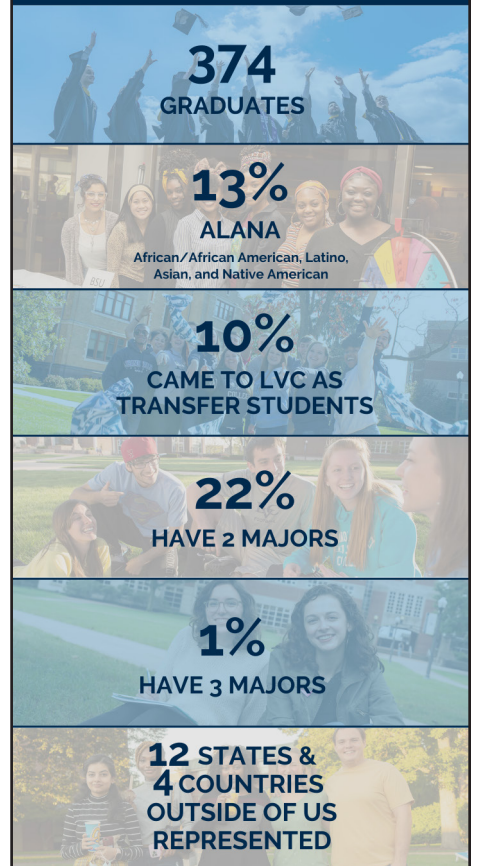
I trust that you will remember your years at Lebanon Valley College fondly and that the friendships and relationships established here will stay with you long after you graduate. As our newest alumni, I invite you to come back and visit us often. You are always welcome. I wish you every future success and happiness. Go Valley!

Best Wishes,

J. M. MacLaren

President James MacLaren

CLASS OF 2022 PROFILE



Biology major strives to give back

ANNIE STEINFELT '24

STAFF WRITER

Nayab Baloch, a senior biology major, has spent her time at LVC working toward someday giving back to her community in Pakistan.

When Baloch was 16 years old, she and her family moved to the United States from Pakistan in pursuit of a better higher education.

"The only things that I remember and miss the most are the people—my extended family and friends—the food and the culture," Baloch said. "The biggest differences I would say are the culture, religion and overall lifestyle. Life is much easier here. People are more open-minded here compared to Pakistan, which is also a plus."

Upon coming to the U.S., she

experienced—and still experiences—immense feelings of empathy and compassion "for the millions of children who simply do not have access to an education" in Pakistan, as her home country has some of the highest out-of-school rates—the majority being girls—in the world.

"I overcome these feelings by constantly reminding myself that I have to work hard to be able to give

back to my community one day," Baloch said.

Her hard work is evident in her involvement at LVC. She is a part of the NSLS and TriBeta and was a part of

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Senior adjusts the resolution for her final semester

JOSH HILDEBRAND '22
STAFF WRITER

Two years have elapsed since the COVID-19 pandemic began, but its influence remains in everyone's life, impacting some harder than others. Such is the case for LVC senior My Ho.

Most people will remember where they were when governments around the world announced they would be entering lockdown in March of 2020. A few weeks to stop the spread quickly turned into months, now years. My Ho remembers all too well where she was as part of the LVC class studying abroad in New Zealand.

"After two weeks of attending class and making friends at the University of Waikato in New Zealand, I was required to stay in my dorm for the rest of the semester," Ho said. "It was a complete lockdown for almost two months. I was stuck in New Zealand."

Many citizens endured the hardships of staying at home, such as avoiding public places, being absent from friends and family, unsure how the situation would unfold or if it would resolve. Now, imagine being on



Photo provided by: My Ho

ABOVE: Ho has been unable to return to LVC in person since her sophomore year.

lockdown in another country.

"I could not go back to Vietnam or the States, so I decided to take a gap year," Ho said. "It was another hindrance for me because it disrupted my journey and kept me away from my academic pursuits for a while."

It is safe to say the switch to online learning was largely unfavorable among students. Ho relates to the challenges faced by students

adjusting to learning in a virtual setting.

"I easily got tired and lost motivation to continue attending classes as I couldn't interact with my friends or professors," Ho said. "Getting up to open Zoom is more difficult for me than waking up knowing you can dress up, get a cup of coffee and walk to class."

Ho had planned on traveling from Vietnam to the U.S. to attend college and earn her degree. She discovered LVC and was drawn to it.

"It was quite suitable as I was looking for a small college," Ho said. "There weren't many other Vietnamese students who would help me understand more about the culture and make new friends."

Most students, at this point, are attending classes in person. Unfortunately for Ho, due to previous travel restrictions put in place by Vietnam, she was unable to come back to the States to complete her final semester.

The situation is not ideal. There is a 12-hour difference, so attending live virtual classes during the day is not

really an option for Ho. However, she is grateful for the level of flexibility and the accommodations her professors have provided her.

"They have all been very considerate and understanding of my situation," Ho said. "They are more lenient on exact deadlines to factor in technical issues and the time difference. The school has really smoothed out the transitioning process."

Ho will graduate with a degree in environmental science and English. With her interests in the effect humans have on the environment, climate policy, sustainable management, sociology, social and language theories and philosophy, her future is bright.

"I'd love to work in an NGO doing research on climate policies and sustainable management," Ho said. "My job would involve doing research and writing articles on climate change in Vietnam and globally. I do plan to study postgraduate and explore different countries during that time."

Master multitasker

HANNAH SHIREY '23
ASSISTANT EDITOR

A neuroscience and pre-med major held back tears as she reflected on her four years at LVC.

A resident assistant, member of Alpha Sigma Tau, 5050 peer helper, tutor, president of Psychology Club and lab assistant, Bailey Harper has done it all during her time as a Dutchman. There are so many facets to Harper and her experience at the Valley, it's hard to choose which of her extracurriculars means the most to her.

Harper is a "people person" and that allows her to have two focusses: wanting to meet people and having the opportunity to help—and then witness—others grow.

Harper knew LVC was the school for her almost immediately after stepping foot on campus. Harper's dad is an alum, so she has always been familiar with the school.

"I remember in high school not wanting to come to LVC because my dad went here, but instantly when I came here for homecoming in 2016, I knew this was where I wanted to be," Harper said.

Five years later, Harper was named LVC's homecoming queen. She explained why she had no expectation of being named queen. In high school, Harper was very shy, but when she got to LVC, she came out of her shell.

As a resident assistant and 5050 peer helper, Harper has met a lot of the faces at LVC. Harper thought very diligently, but eventually decided that it is this year's freshmen orientation that is her favorite memory.

"Move-in day when all the first-years came this year was so special because everyone was so happy to be here, especially with some sense of normalcy," Harper said. "Knowing that these students were coming home for the first time, and I was able to watch

that really meant a lot to me."

When Harper was a first-year student herself, she utilized all the resources she is now a part of. For instance, she was very close with her resident assistant, and she used the Center for Academic Success frequently. She even became fascinated with the 5050 peer helpers during her first day at the Valley when she saw them wearing "fun tie-dye shirts."

However, Harper acknowledges that she got way too involved too quickly during her first semester. She got homesick and had a difficult first semester; still, she never questioned her decision to attend LVC.

"LVC has been my home from the start and that never changed," Harper said.

Harper gets visibly upset thinking about leaving LVC, but she has big plans for her future that require her to look forward. Harper is currently interviewing for medical school. She

hopes to one day be a pediatrician.

"I love working with kids," Harper said. "I always thought that I wanted to be a teacher. Then during my senior year of high school, I decided I want to work in healthcare."

Many of Harper's extracurriculars and jobs align with her desire to be a pediatrician. In addition to her involvement at school, Harper has worked in a doctor's office for five years. On top of everything else, Harper somehow manages a 3.8 grade point average. Of course, there is stress that goes along with this success.

"I have gotten really good at realizing that I work so hard to be here," Harper said. "I have gotten through every single semester, and I do well."

Harper should hear about medical school in early summer.



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Hadassah Polydore: A pioneer of service at LVC

HANNAH SHIREY '23
ASSISTANT EDITOR

Hadassah Polydore has always had a passion for serving. She believes that those who participate in community service are not only helping others but also helping themselves. In her words, "it's a two-way street."

Polydore graduated from Tulpehocken Area High School in 2018. Her older brother attended LVC, so she already knew just how good the academics are here at The Valley. She chose to attend LVC in the hope that it would best prepare her for graduate school.

When she became a student at LVC, she wanted to get involved with community service, so naturally, she met with Jen Liedtka, LVC's service and volunteerism coordinator. Shortly after, Polydore helped start LVC's Black Student Union sock drive and the assembly of hygiene kits for

kids in Africa. She also put in a lot of work trying to run donation drives, especially during hurricane season.

Polydore recognizes that a lot of the community service work she has done during her years at LVC is through the variety of clubs and student organizations that she is involved in. Some of the organizations she is a part of include the Black Student Union, Latin Hispanic Alliance, the Mental Health Awareness Club and Biology Club. Most crucial to her experience with serving, Polydore is the president of the Red Cross Club. She started the club back in 2019.

"Julia Seltzer and I had a passion for service, so we brought Red Cross Club to the campus," Polydore said. "Before LVC Red Cross Club, we had a club that we tried to make ourselves, which was First Aid Club. We could give CPR training and do hurricane drives and kits by ourselves, so we didn't need an organization."

LVC's Red Cross Club still provides these services and community service opportunities, but the club is now partnered with the American Red Cross. The club directly helps those in need, whether in response to a natural disaster, collecting toiletries for the homeless or physically traveling somewhere to serve. LVC's club has around 12 active members.

Polydore started LVC's Red Cross Club and engaged in several other acts of community service while at LVC because she enjoys it, and service has been instilled in her.

"It seems so general, but I really do community service to help others," Polydore said. "As a child—even though we weren't wealthy or anything like that—my parents still enforced the importance of giving what you can, even if it is just a kind word."

Polydore recognizes sometimes it really is the smallest things that

make the biggest differences in others' lives. When asked about her favorite act of community service she has participated in at LVC, she talked about the Black Student Union's sock drive.

"Seeing the effects of the sock drive when we went and donated the socks to Lebanon County Christian Ministries was really impactful because then I could actually see who our hard work was helping," Polydore said.

After Polydore graduates this spring, she will take a gap year to do research in Rochester. She would love to go to Haiti or somewhere similar on a service trip during her gap year. Polydore then hopes to go to medical school to become a pediatrician.

Polydore's favorite saying, taught to her by her parents, is "Leave the place better than you found it." She now passes this saying onto others, including those she serves.

Big job in the Big Apple

JOSH HILDEBRAND '22
STAFF WRITER

Not every student can say they have secured a job by the time they graduate. For James Zilinski, known to his friends as Jamie, this is not the case.

During the summer before his senior year, Zilinski secured an internship with Amazon in Seattle, Washington. He was a software developer, improving upon existing systems and software utilized by Amazon. The experience was new for Zilinski in terms of responsibilities and location, as he had never lived in a city before.

"I lived in an apartment on the University of Washington campus," Zilinski said. "I lived with three other people who were also Amazon interns. While a lot of stuff in Seattle was closed because of COVID-19, we did a lot of hiking and activities outside the city."

When his internship concluded at the end of the summer, Amazon extended a job offer upon the date of his graduation. Naturally, Zilinski accepted and will be working out of New York City, with similar responsibilities as his internship.

His proclivity for programming was born out of a love of video games from a young age. He was curious



Photo provided by: LVC Athletic Communications

ABOVE: Although Zilinski has never visited New York City, he is excited to embark on his post-graduation adventure.

about how they were made and would attempt to implement mechanics from games he enjoyed into projects of his own.

"I would simplify mechanics to make it possible for me to do, of course," Zilinski said. "The first big project I made was a text-based RPG that was a combination of all the different elements of other video games I figured out how to code."

Becoming a software engineer for Amazon would certainly be the dream job of some students. Although Zilinski is incredibly grateful for his position and the opportunity, he is unsure if it could be considered his dream job.

"I enjoy programming, but I think doing anything solely for money will make you hate doing it," Zilinski said. "I don't dream of working. My 'dream job' would be one that I'm working because I want to, not because I need to make money."

Zilinski is thankful for the preparation for his role provided to him by his professors and classes at LVC. He has enjoyed the previous four years with close friends and looks forward to beginning his role at Amazon after graduation. For this young programmer, the best is yet to come.

WHAT DOES IT COST IN 2022?

Gas at Turkey Hill	\$4.09 / Gallon
Tall cold brew from Intermetzo	\$3.95
Netflix monthly subscription	\$15.49
Gallon of milk	\$3.40
Movie ticket	\$13
U.S. postage stamp	58 cents
Long Island from The Corvette	\$6
Average cost of college textbooks	\$80

Biology major
continued from page 1

many clubs and organizations in her first three years, including various public-health-related positions, which helped her gain experience in her desired field.

She volunteered at the Women's Services and Gender Resource Center (Weimer House) for a year and was later assigned as the house leader. She also served as the treasurer for the Pre-Health Professions Society, and the secretary and treasurer for the Students Helping Seniors Club.

Additionally, she does research on post-traumatic brain injury (TBI) in the biology department and has various jobs on campus, including being a lab TA, a peer tutor, a library student supervisor and an LTC assistant. Her involvement in so many groups on campus is admirable and reveals just how determined she is to give back to her community.

She plans to pursue a master's degree in public health after graduation and was accepted to the Icahn School of Medicine at Mount Sinai and Boston University for their MPH programs in health promotion and disease prevention.

"My goal is to work with the World Health Organization (WHO) or UNICEF in developing countries," Baloch said. "I think my LVC education and research experience have prepared me to step into the professional world. I have made great connections and had great professors who have supported me throughout this journey."



Brandon Kemmery | *Digital Communications*

... probably still be working with Jake.

Brianna Eberly | *Digital Communications*

... be at a job I enjoy and traveling, so very happy!

Alyssa Matheus | *Digital Communications*

... be a senior designer or art director for an agency.

Shannon Peachey | *Environmental Science*

... drive sustainability to make positive changes to the environment and people.

Bailey Dills | *Biochemistry And Molecular Biology*

... be a higher-level biotech scientist or environmentalist. Although research is the common path for biochemistry majors, I am also interested in exploring the boundaries, meaning I would be perfectly happy as a beer brewer.

Will Harriger | *Criminal Justice*

... be a successful lawyer working on building a family.

Casey Shillabeer | *Business Administration*

... have my MBA and be working as a talent acquisition recruiter.

Kayleigh Johnson | *English and Digital Communications*

... be traveling and continuing to build a happy life for myself.

Jordan Bennett | *History*

... I don't know where I'll be, but I'm excited to find out.

Ben Siegfried | *Athletic Training*

... have my own family, and be successful in my career.

Pablo Aviles Bernal | *Business Administration*

... be my own boss in the business I create while travelling the world.

Kylie Balthaser | *Exercise Science*

... work for an elite sports performance company or with a professional sports team in the south while hopefully being an assistant coach for a softball program.

Jeff Bauer | *Business Administration*

... be living somewhere warm while establishing/pursuing my career.

Claudia Orzechowski | *International Business*

... be working as a financial analyst for a big corporation in Florida where I will establish my career and start a family.

Jay Sisko | *Accounting*

... be working in forensic accounting for the FBI.

Tim Ervey | *Exercise Science*

... be a practicing military, sports or general orthopedic PT.

Andrew Benson | *Exercise Science*

... be working in an outpatient PT clinic, living in a house with my family, my dog and staying active.

Maddy Hartman | *Early Childhood and Special Education*

... be a special education teacher in a local school, working in a life skills classroom with my master's degree.

Ally Hege | *Early Childhood and Special Education*

... be a 3rd grade teacher and have started a family of my own.

James Zilinski | *Computer and Data Science*

... be living the dream.

Van Hostetler | *Audio and Music Production*

... be on the Billboard Top 100!

Chase Herrington | *Exercise Science*

... be mermaid. ("a" omitted)

Kendall Lu | *Computer and Data Science*

... be living the life I envisioned.

Olivia Gregory | *Early Childhood and Special Education*

... be a 2nd grade teacher, travel the world, and have a family of my own.

Joelle McKeever | *Exercise Science*

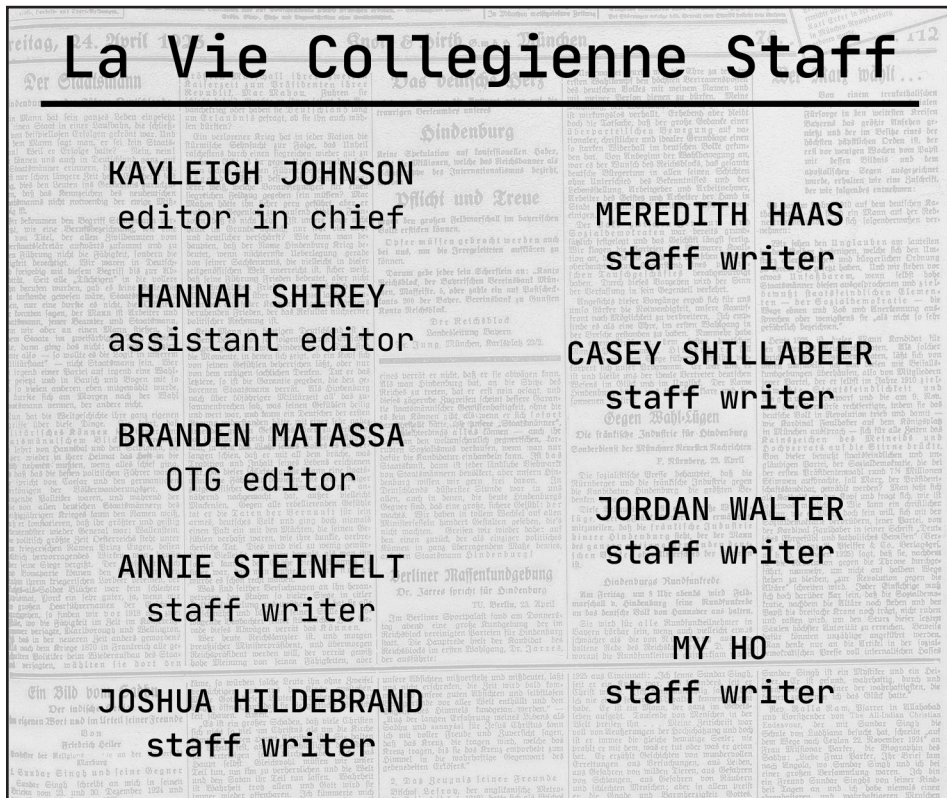
... be working in a cardiac rehab setting.

Taylor Laliberte | *Biology*

... be working my dream job at Hershey Medical Center as a nurse practitioner with aspirations to work as an adjunct in the new nursing program at LVC, all while starting a family of my own.

Corinne Kearney | *Physical Therapy*

... be a physical therapist practicing in the outpatient setting.



tions,
2022!

"In 10 years, I'll..."

Cameron Heisey | *Creative Writing*
... be 33 and hopefully somewhere close to the right place.

Raynae Bosley | *Psychology*
... be sitting on a beach somewhere with my friends enjoying the fact we are still being carded.

Zach Renninger | *Early Childhood and Special Education*
... have visited 5 countries!

Bailey Thumm | *Political Science and Business Administration*
... be a well-known leader in PA state politics and starting a small farm with my husband.

Nayab Baloch | *Biology*
... probably be in Pakistan working with WHO or UNICEF.

Hyeri Cho | *Business Administration*
... be working overseas in the cosmetic marketing field.

Cameron Mitchell | *Computer and Data Science*
... be working as a software engineer or network security engineer. In terms of a company, I would love to work somewhere where I know that my software projects will be benefitting others.

Fatima Madondo | *Biology*
... be working to address healthcare disparities and educational disparities in underserved areas! In short, fighting for equity in health and education.

Brayden Fugini | *Physics*
... be biking across the country, acquiring my pilot's and boating licenses while also having a job in a tech or finance related role.

Blake Mills | *Business Administration*
... be working at a major business firm or be the owner of my own business.

(Alec) Trey Mitchell | *Exercise Science*
... be a keeper of bees.

Cassandra Martin | *English and Creative Writing*
... be a published author of both fiction and poetry, happily living with my partner and surrounded by my cats and dogs.

Kamron Green | *Business Administration*
... be teaching those chained to ignorance and uneducation to free those around them.

Kayla Spiller | *Psychology*
... have learned valuable life lessons that have helped me flow into the person I came here to be; I have evolved internally, which will positively affect my perception of life.

Amelia Mantione | *Biology and Creative Arts*
... be a doctor in 10 years and be done with my residency by then.

Benjamin Gordon | *Physics*
... be an educator either at the post-secondary or high school level, teaching physics and math courses.

Erin Ziegler | *Biochemistry And Molecular Biology*
... have completed my master's degree in microbiology and be conducting research as a virologist, with a focus on public health.

Arden Catanzaro | *Exercise Science*
... be a football coach or scout for a high school or collegiate team, and a Sports Performance trainer on the side.

Sofia Pascuzzo | *Digital Communications*
... be settled down in a house and good job and hopefully starting a family.

Fulbright Scholars



Photo provided by: LVC Marketing and Communications

ABOVE: Julia Resele '22, an early childhood education, special education and Spanish triple major, was named a Fulbright Finalist and will travel to Spain, where she will be an English Teaching Assistant for the upcoming year.



Photo provided by: LVC Marketing and Communications

ABOVE: Lexi Kerstetter '21, a biology major, was named a Fulbright Finalist and will spend the upcoming year in Taiwan as an English Teaching Assistant.



Photo provided by: LVC Marketing and Communications

ABOVE: Robbie Moul '22, an ACS chemistry and neuroscience double major, was named a Fulbright Finalist and will conduct research in Hungary.

Racing towards a doctorate

MEREDITH HAAS '24
STAFF WRITER

Lebanon Valley College prides itself on its ability to attract a driven student body — both in the classroom and with athletics. It is no secret that finding the delicate balance between academics and athletics is not easy, so how does LVC manage to draw so many students who excel at both?

Lauren Wick, a senior physical therapy major, is a prime example of a student who has managed immense success both in the classroom and on the cross-country course. When touring schools, she knew she wanted to go somewhere that was comfortable, but that would also challenge her.

"I chose LVC because of the PT program, how the campus felt like home and because of the cross country and track team," Wick said.

Knowing that she wanted a career where she could combine her passion for helping others and exercise, PT seemed like the obvious choice.



Photo provided by: Lauren Wick

ABOVE: Lauren Wick smiles about her success.

When asked where she would be in five, or even ten years, Lauren seemed to have an idea of what she hopes will come following earning her doctorate.

"I want to be able to make a difference in people's lives and find a way to give back, whether that's through volunteering or getting involved with different organizations or whatever that may be," Wick said. "I hope to have a stable job with a good company and to be able to continue to learn and grow as a clinician and as a person."

The physical therapy program isn't the only formative part of Wick's college experience. Wick worked as a career peer and student assistant at the Breen Center, also serving as a tutor, notetaker and study huddle leader. Most of her time, however, was spent training for her cross-country and track seasons.

It was on the cross-country course that Lauren received recognition after recognition, award after award. With too many accomplishments to name, a few that stand out are NCAA DIII XC Qualifier (2019 and 2021), 3k Steeple Chase and 10,000 m run school record holder (2021), Mid-Atlantic Conference Female Runner

of the Year (2021) and LVC Athletics Outstanding Female Athlete (2021).

When asked to reminisce on her time as an LVC student-athlete, her accomplishments are not nearly what she is happiest to recall. Instead, she shares just how special her team was to her.

"I have made so many friendships and memories and it has provided so many once in a lifetime opportunities," Wick said. "Having such a motivating and incredible team makes all the difficult runs and time spent running and training so worth it. The friendships and memories are unmatched, and I will cherish them for the rest of my life!"

Regardless of where future Doctor Wick ends up, one thing is for certain: she will do great things. For as long as her body allows her, she'll also keep racking up the running miles.



Photo provided by: Owen Buhr

ABOVE: With numerous Middle Atlantic Conference (MAC) Track Athlete of the Week awards under his belt, a trip to the NCAA Division III Indoor Track and Field Championships and a handful of major awards attached to his name, Owen Buhr has had a stellar athletic career as a Dutchman. At the 2022 MAC Indoor Track and Field Championships, he earned three gold medals and one silver medal and was named Male Indoor Track Athlete of the Year. Shortly after, he was named the 2021-22 MAC Indoor Track and Field Scholar Athlete of the Year. He continued his success in outdoor track, breaking the school record in the 100 meter dash. Buhr also holds the school record in the indoor 60 meter dash and 300 meter dash.



Photo provided by: Logan Grauer

ABOVE: A dual-sport athlete at The Valley, Logan Grauer earned special honors playing football and running track. During his sophomore year on the football team, Grauer made the All-Middle Atlantic Conference First Team Special Teams, All-Region First Team honors and an All-American Honorable Mention from D3football.com. As a member of LVC's track and field team, Grauer has competed in MAC Track Championships and All-Atlantic Region Championships. Grauer's name can be found in LVC's men's indoor and outdoor track record books more than a handful of times. Grauer is part of the second fastest 4x100 relay in school history.

2022 Phi Alpha Epsilon Honor Society Inductees

- | | | | | | | | |
|-----------------|---------------|-------------------|--------------------|-------------------|-------------------|-------------------|-----------------|
| Brooke August | Daryn Ebersol | Allison Jedrzejek | Fatima Madondo | Kiley Nierzwicki | Zachary Renninger | Caitlyn Snavelly | Maryam Volpe |
| Sarah Benson | Alexa Emerich | Corinne Kearney | Leila May | Sarah Ortt | Julia Resele | Nichole Spencer | Mackenzie Webb |
| Michael Bulgia | Jenna Frenick | Maci Kerlin | Lauren McKee | Allison Parrish | Julia Roling | Cayla Sydow | Erica Werner |
| Caleb Cekella | Bailey Harper | Jessica Kroboth | Christopher Miller | Sofia Pascuzzo | Derek Sauder | Andrew Thorsen | Celia Yost |
| Olivia Cindrach | Tanner Haynes | Taylor Laliberte | Alexis Mokricky | Hadassah Polydore | Carter Schmidt | Lauren Vandenberg | Taylor Zaranski |
| Bryce Eberly | Marah Hoffman | Haley Lepley | Robert Moul | Jaylen Reichner | Liam Schmidt | Bradley Viola | Helen Zheng |

Stars align for Mumma

CASEY SHILLABEER '22
STAFF WRITER

An analytical finance major may have graduated early in December, but she has used her time wisely to create her future.

Brianna Mumma dedicated her college years to the sport she loved: soccer. During her four seasons at LVC, the team made Middle Atlantic Conference semifinals two out of the three seasons played, with one season being canceled due to the pandemic. She was also a captain for two years.

"I was honored to be captain my junior and senior year, which I have my teammates and coaches to thank for trusting me and allowing me to grow in this area," Mumma said. "Although I was a captain and tried

my best to lead well, I felt like I was still learning from everyone else on my team."

Mumma was an analytical finance major, which is no longer offered as a major or minor since this spring. Originally, she came in as a biology major, but switched to analytical finance because she wanted more math-focused classes than science classes.

"I met with Dr. Brewer about the different majors in the math department when I wanted to switch over, and he introduced me to analytical finance, which really intrigued me," Mumma said.

She chose LVC because she wasn't exactly sure where her path was going, but as long as she found a school where she could play soccer

and find her place academically, she would be happy.

"I wanted to play at a school that prioritized academics and had good people," Mumma said. "After my overnight with the soccer team, I realized I really liked the team and coach. After attending the academic information sessions, I was excited about the academic opportunities."

Mumma currently works as an investment analyst at Conrad Siegal. She introduced herself to the Conrad Siegel representatives at an actuarial science and accounting career fair. An internship opportunity was already filled, so she waited for something better.

"A few months before graduation I reached out again but for a full-time position," Mumma said. "The

stars aligned, and right as I reached out, the investment analyst position opened."

Mumma will miss the LVC community, as well as spending time with friends and teammates playing competitive soccer.

"There are always familiar faces, and the professors, coaches, and other staff are always so friendly and helpful," Mumma said. "Special shoutout to the math department for helping me maximize my academic experience by always having their doors open. They truly want to see their students succeed. Luckily, I found a job where I am a part of a close-knit team, which LVC taught me the importance of."

Focused on sports performance

JORDAN WALTER '24
STAFF WRITER

Kylie Balthaser graduated from LVC in December but is still here, with dreams of having a career in sports performance.

Balthaser obtained a bachelor's degree in exercise science. She is now studying sports performance as a graduate student at LVC. She describes her collegiate education as a positive experience with eye-opening perspectives.

"I was challenged inside the classroom to think outside the box and learn about topics from a different point of view," Balthaser said.

After Balthaser finishes graduate school, she hopes to advance her professional experience by getting a job in sports performance. She describes her dream job as being a sports performance coach for a Division I college or a professional sports team, specifically assisting either a softball or baseball team.

So far, Balthaser has had an internship with EXOS, an elite training company in Gulf Breeze, Florida, where she put her knowledge into action. She expresses gratitude for her internship and recommends that other students step outside their comfort zones.

"Experience internships outside of your normal environment and community if you are able because you can connect with a new network,



Photo provided by: LVC Athletic Communications

ABOVE: Balthaser reflects fondly on her time as an undergraduate.

get clarity on your future aspirations and goals and grow professionally and personally," Balthaser said. "Experiencing an internship somewhere new opens your eyes to all the opportunities that can be available to you."

Along with her advice of interning, Balthaser recommends LVC for any students looking to study exercise science.

"Students will get a lot of hands-on experience that can help them advance as a student and prepare them for their future career," Balthaser said. "I was encouraged to take the knowledge I gained and apply it to real world scenarios."

Mixing mind and music

HANNAH SHIREY '23
ASSISTANT EDITOR

Raised in west Philadelphia, it took some time for Raynae Bosley to get used to Lebanon Valley College.

Bosley's college decision came down to two drastically different schools. But, when Bosley toured LVC, she could vividly imagine herself studying in the living room of the Mund College Center. She was sold.

As a first-year Dutchman in 2018, Bosley was an exercise science major; however, that changed rather quickly when she realized how interested she was in the human brain. During her spring semester, she switched her major to psychology.

But Bosley had another passion that she couldn't just forget: music.

"Music has always been my life," Bosley said. "I am a church girl; I live around the choir. I was the choir director for my church's youth choir."

After taking a break from music during her first year at The Valley, Bosley realized that she simply needed music. To stay sane. To express herself. To entertain. She picked up a music minor and began taking vocal lessons.

Bosley is also a part of LVC's marching band and symphonic band. She has been playing the trumpet for 13 years and is currently learning to play the piano.

In addition to her academics and musical talents, Bosley is also involved in student organizations on campus. Bosley is an active and vocal member

of LVC's Black Student Union, serving as the organization's vice president.

"Changes need to be made here at LVC," Bosley said. "While I felt comfortable here as a person of color, not everyone feels that way. I was able to make my own space here."

Still, Bosley gives a lot of credit to LVC for getting her to where she is now. Bosley would love to combine her psychology degree and her music minor into a future career in music therapy.

If accepted into LVC's clinical mental health counseling program, Bosley will continue her education here at LVC to earn her master's degree.



Photo provided by: Raynae Bosley

ABOVE: Bosley's ultimate goal is to obtain a doctorate degree in psychology.

Bauer gets down to business

MEREDITH HAAS '24
STAFF WRITER

As many college students will likely admit, the transition to college is by no means easy. For some students, learning how to manage such a large change—namely, the new amount of autonomy they've been given—can be a struggle.

Jeff Bauer, a senior business administration major, knows what it feels like to come to college and get off to a bit of a rocky start. Originally coming to LVC to pursue actuarial science, Bauer realized that wasn't for him. With hopes of broadened possible career paths, business administration seemed to align more closely with Bauer's aspirations.

Bauer admits that not everything about his first two years of undergrad were perfect, or perhaps he should have hit the books a little harder. However, a change—mainly in attitude and goals—came around the time of his junior year.

"I found a great group of friends," Bauer said. "We were all able to move in together, and from there, the friendship became stronger, and even more memories were able to be made. It was a great influence on me."

Bauer's motivation and determination to succeed was at an all-time high, much of this



Photo provided by: Jeff Bauer

ABOVE: Bauer embraces every opportunity to be on the court.

attributed to being part of the LVC men's tennis team. It was on the court and in a team setting that he found a new sense of structure, enhancing his college experience. Lessons learned on the court were easily transferrable elsewhere.

"Not only is tennis good for the body, but it has also helped with goal setting which has translated into the classroom and other areas of my life," Bauer said.

Bauer also thanks tennis for the people it has put into his life.

"I've found great mentors in my coaches and have made lasting friendships with my teammates," Bauer said.

When asked about some of his favorite memories, Jeff couldn't help but mention times that he was with his team. The yearly spring break trips to Hilton Head Island were what stuck out most. While tennis kept Bauer busy most of the time, getting an internship was also a priority of his. In the summer of 2020, Bauer earned an internship with George Mason's Institute for Biohealth Innovation (IBI) where he collaborated with others to create a business plan. Jeff currently works with IBI as a science communications intern.

If one thing is certain, college is a time to embrace change. If one were to compare a snapshot of

freshman year Jeff Bauer versus the current version, the change would be evident—in the best possible way.

"I think I've matured a lot, emotionally and socially," Bauer said. "I've had an opportunity to meet many great people and make connections with people who have encouraged my growth along the way. I know there are more improvements to be made, but I'm happy with how far I've come."

When asked about his future, Bauer was quick to acknowledge the unknowns. He plans to apply to LVC's MBA program, utilize his additional year of NCAA eligibility and continue his internship. In a few years, he hopes to have a career that matches his passions with his skillset. Somewhere down the line, he has goals of owning his own business.

Bauer's advice for underclassmen who find themselves in similar shoes to his—don't sweat it.

"It's okay if you don't have everything figured out your first few years," Bauer said. "There's plenty of time to get it together. Don't stress if you feel that you have yet to find your path. Surround yourself with people who will motivate you and focus on treating each day as an opportunity to challenge yourself."

Bauer sure has gotten down to business, and opportunities can only go up from here.

Second home on stage

CASSIE MARTIN '22
GUEST WRITER

Chiara Meyers looks up from where she is crouched on Wig and Buckle Theater Company's stage. The auditorium is silent, save for the silent humming of the backstage ventilation system. The actress has on wire-rimmed glasses, a tight black bandana around her hair and the surety of stage-presence in her shoulders. The senior crouches even more and puts her fingers up to her chin, thinking.

"I got involved at Wig and Buckle my freshman year," she recalled. Her eyes lit up. "I was in the fall musical, 'Little Shop of Horrors.' Now I'm the president of the company my senior year. It's crazy."

Meyers had been involved in theater since 6th grade, with some notable roles including Officer O'Hara in 'Arsenic and Old Lace,' Elsa in 'Sound of Music' and most recently

Lady Macbeth in Wig and Buckle's 'Macbeth.'

"I enjoy acting because it is a great form of expression," Meyers said. "I like being able to express myself through other characters and bring aspects of myself to the roles."

But Meyers was determined to step outside of her comfort zone. In her senior year of high school, the seasoned actress decided to write and direct her own play. It felt like a natural step in her theater endeavors. At LVC, her experience landed her as director of 'Almost Maine.'

"Being an actress, directing is a great way to connect my skills," she said. "In 'Almost Maine,' I was able to sense how to create a character and block certain moments in the scene, because of my own acting experience."

But directing was still a challenge. As someone who preferred acting, Meyers had ideas for how her scenes should play out, but soon realized the importance of a collaborative

experience between her and her cast. The play was a hit among Wig and Buckle patrons, and to her merit, Meyers had successfully put together one of the theater's best plays. The next year, COVID-19 struck; as businesses and homes shut down, so too, did LVC, canceling the rest of its theater season and leaving Meyers and her fellow peers anxious about the future.

"It was a scary time," she said.

In 2021, after more than a year of not being able to do theater, Meyers stepped back into her role as a director for the musical "Bonnie and Clyde," and was voted in as the new president for Wig and Buckle. As a leader, Meyers was determined to do theater again.

"COVID has definitely made theater more challenging," Meyers said. "Practices and rehearsals are masked and that can create issues with diction and facial expressions. These are all things we didn't have to think about before the pandemic."

With the musical "Bonnie and

Clyde" having to be rescheduled twice because of COVID-19 concerns, Meyers said that this theater season has been the most stressful.

"A hiatus last year really created an excitement and eagerness to get back into the theater again," she said. "It's made me appreciate acting and directing and made me realize what's really important to me."

During the hiatus, Meyers ensured that Wig and Buckle members met weekly on a Zoom call, playing theater games and chatting about their favorite shows. Even without the joy of being physically together, the theater company was able to keep itself afloat through Meyer's hard work.

"There's nothing I love more than theater," she said. "I'm so happy we are back doing what we love. I wouldn't want it any other way."

For Chiara Meyers—the show literally went on.