

# LA VIE COLLEGIENNE

LEBANON VALLEY COLLEGE'S STUDENT RUN NEWSPAPER SINCE 1924

VOLUME 93, NO. 1 | FEBRUARY 13, 2023

## LVC's first-ever Success Expo coming in March

JESS BENNINGER '26  
STAFF WRITER

All classes are canceled on Tuesday, March 21, so that students can take advantage of LVC's first-ever Success Expo, which will provide a variety of academic planning and career exploration opportunities.

To prepare for their academic futures, students will meet with their advisors to review course registration and other success plans. Students should direct any questions about academic advising to their advisors or to the Registrar's Office.

Additionally, the Breen Center's

Success Expo will host an all-major job and internships fair from 9 a.m. to 12:30 p.m. in the Arnold Sports Center, as well as a multitude of career-centered workshops and presentations with topics such as uncomfortable HR situations, grit and perseverance for life success, entrepreneurship and mind-body wellness at work with yoga.

The job and internship fair will host a variety of employers, including Capital Blue Cross, Clark Associates, the Commonwealth of Pennsylvania, Lebanon School District, Penn State Health, DHL Supply Chain and the US Department of Agriculture. Students

should register for the job and internship fair on Handshake.

All classes and all majors are encouraged to participate in these valuable professional development opportunities.

Students can suggest employers to be invited to the job and internship fair by emailing [breencenter@lvc.edu](mailto:breencenter@lvc.edu).

The Breen Center will host two prep sessions to prepare for the job and internship fair: Tuesday, Feb. 28, at 5 p.m. in Chapel 101 and Thursday, March 2, at 11 a.m. in Chapel 101.

The Breen Center will also offer professional headshots during the

Success Expo at the Arnold Sports Center. No appointment is needed.

Students in need of professional attire for the job and internship fair can visit the Career Closet. Appointments can be made by emailing [breencenter@lvc.edu](mailto:breencenter@lvc.edu).

If applicable, students may also attend LVC's Graduate and Professional Studies' Instant Decision Day on Tuesday, March 21, from 2 to 4 p.m. The location of this event is to be determined. Email [graduateadmissions@lvc.edu](mailto:graduateadmissions@lvc.edu) with questions.

## LVC students celebrated for research project

ZACK KIME '23  
EDITOR

A group of LVC physical therapy students studied the effects of aerobic fitness amongst adults and will be celebrated later this month, starting Thursday, Feb. 23 and ending Feb. 25, in San Diego, California, at the American Physical Therapy Association (APTA) Combined Sections Meeting.

"Our research project, suggested by Dr. Matthew Walko, contributes to a further understanding of the factors that influence heart rate variability, a measure of a person's cardiovascular health status," Jenna Lysakowski, a sixth year PT major, said.



Photo by: Jenna Lysakowski

ABOVE: From left to right: Shelby Hoke, Kodee Bair, Luke Tamborino, Julia Miller, Jenna Lysakowski and Dr. Matthew Walko

The group ultimately found that aerobic fitness had a statistically

significant effect on heart rate variability as well as having the potential to be masking possible effects of social media use.

"My group and I put a lot of work into completing our research study as well as writing our manuscript, but it is rewarding to know that we are contributing to a greater area of research," Lysakowski said.

Lysakowski will be joined by fellow LVC students Shelby Hoke, Kodee Bair, Luke Tamborino and Julia Miller in San Diego later this month.

The Suzanne H. Arnold  
Art Gallery presents...

UNDER THE MEXICAN SKY:  
VINTAGE PHOTOGRAPHS BY  
EDWARD WESTON, TINA  
MODOTTI AND COLLEAGUES

FEBRUARY 3 - APRIL 2



Vintage works by  
Edward Weston  
and Tina Modotti  
from the 1920s

Photographs from  
the 1930s by Henri  
Cartier-Bresson and  
Manuel Álvarez Bravo



## INSIDE THIS ISSUE OF LA VIE



LETTERPRESS  
PAGE 2



EXCHANGE STUDENTS  
PAGE 3



"THE CRUCIBLE"  
PAGE 3



PROSTHETIC PAW  
PAGE 4

## Visiting writers return to LVC for spring semester

PAIGE DALTO '24  
STAFF WRITER

LVC's interactive reading event "Writing: A Life" will welcome author Brenna Womer as the first visiting writer this month.

"Writing: A Life" provides an opportunity for students to engage with published, experienced authors. This event is free for all students and shows insight into the literary world through writers' personal experiences and advice.

For the month of February, LVC will host Womer, a queer, Latine prose writer, poet and artist. She

works as a creative nonfiction editor for "Shenandoah," a project created by Washington and Lee University faculty and students.

"[I] want to make sure that these writers come from a wide range of backgrounds because I think it's helpful to see that it's not just one kind of person who can become a professional writer," Dr. MC Hyland, assistant professor of English and creative writing, said.

Womer's works are experimental and can even evoke frustration through her unique writing style.

Her first full-length collection of a variety of literary genres, "honeypot,"

was released in 2020 and focused on what it means to exist as a woman in contemporary culture. The book includes three sections—fiction, poetry and creative nonfiction.

"Womer's writing engages with the world with both a real sense of intellectual and emotional curiosity and an exploratory approach to literary genres," Hyland said.

Womer's works include "cost of living, Atypical Cells of Undetermined Significance" and a multitude of fiction, poetry and many creative nonfiction publications. She is currently working on an experimental nonfiction project titled "Dear Mom,"

a collection of letters written by her mother during her time in the military.

This event provides an opportunity for students to engage with published, experienced authors and allow insight into the literary world through writers' personal experiences and advice.

Womer will be on campus for a live reading on Monday, Feb. 20. The reading is open to all interested and will begin at 7 p.m. in the Bishop Library Atrium. Those who are interested in joining via Zoom can register via LVC's website on the "Writing: A Life" page.

## New letterpress printer expands learning opportunities

ANGELICA FRAINE '23  
STAFF WRITER

LVC's arts and humanities programs are known for their hands-on learning approach, and creative opportunities within the classroom are only set to increase with the English and creative writing department's recent acquisition of its very own letterpress printer.

It was Dr. MC Hyland, assistant professor of English and creative writing, who first got the ball rolling. Hyland, who has a background in letterpress printing and bookmaking by hand, has been investigating how to use a letterpress as an educational resource for students since their initial start at LVC.

"I'm really interested in thinking about how to bring more either self-publishing or small-scale publishing into creative writing teaching here," Hyland said.

With experience in running her own small press, Hyland is passionate about encouraging students to engage with how they think about the history and the making of books. When they learned of a community of retired letterpress printing instructors in Lancaster that refurbished old presses, the English and creative writing department set to work on purchasing one.



Photo by: LVC English Department

ABOVE: More than a dozen students and faculty participated in the event.

Currently, Hyland has plans for their poetry workshop to create a physical publication at the end of the semester, but she sees the letterpress in a brighter future for the arts and humanities as a whole.

"Something I would love to be able to use the press to do is to collaborate more with visual arts," Hyland said, as letterpress printing also functions as a form of artismal printmaking. "I'm hoping over time it will be a vehicle for bringing together some printmaking things that happen in the arts building."

To celebrate the unveiling of the

letterpress printer, the English and creative writing departments held a joint event with creative arts for both current and prospective students to participate in a bookmaking session led by Hyland, where participants worked together to create a collaborative poem that was written and recorded in the books they made. At the end, each student was given the opportunity to use the letterpress to print their own book cover.

"Using the new press was a great way to bring people together to create something fun, innovative and exciting," Gillian Wenhold, junior

English and social justice double major, said.

Dr. Robert Machado, chair of humanities and director of English, aims to continue utilizing both the letterpress and Hyland's expertise to create more opportunities for creative outreach to prospective humanities students, as well as encourage current majors to collaborate with their fellow peers.

"It gives us a really exciting tool to use in a variety of ways and places within our humanities programs broadly," Machado said. "When we're all sitting down and doing something that we would put in the realm of craft, or a kind of making that is embodied, that creates opportunities for experiences that are increasingly rarified, and you feel the difference."

Machado and Hyland hope that this is something the English department can continue to do with the idea that what the students create will find its way outside of just the classroom.

Both faculty and students alike are excited for the future creative experience the letterpress printer will continue to provide.



@LVCLaVie



@LaVie\_LVC



@LVCLaVie1



www.lvc.edu/LaVie

# LVC music welcomes back Brazilian exchange students

CARTER J. R. KUCIER '23  
STAFF WRITER

The LVC music department welcomes back a group of Brazilian exchange students for another year.

Each year since 2016, a group of music students from Brazil has come to study at LVC, engaging with the LVC student body and participating in campus life. Dr. Shelly Moorman-Stahlman, professor of music and director of the LVC organ guild and handbell choir, began the program after spending time in Brazil during her sabbatical in 2015, where she connected with several colleges that now participate in the program.

The professors at these colleges recommend students for the program, and those students fill out applications detailing what they hope to get out of the experience and how they will apply the knowledge they gain at LVC back home in Brazil.

Most of the exchange students are studying to be music educators or church musicians. Students participating in the program often come from São Paulo or Rio de Janeiro, Brazil, and many of them are involved in social projects back home, teaching music to Brazilian children who may not have the financial means otherwise.

The students spend their time at LVC participating in a number of classes, as well as giving presentations to LVC students on topics such as culture, music and even Brazilian healthcare, as well as performing a recital for the campus community.

Brazilian students work with the LVC choirs and the handbell choir during their time here.

"The students spend the majority of their time at LVC but they also have the opportunity to explore cultural highlights of our region," Moorman-Stahlman explained. "This year they attended Choral Evensong at Washington National Cathedral in

DC and visited tourist sites in Hershey and Lancaster."

The Brazilian exchange students and LVC students often form lasting friendships. Many music majors and professors remain in touch with students who participate in the program, and continue to teach each other and grow together as musicians and people even after their time together on campus.

The recital presented by the Brazilian Cultural Exchange program students is scheduled for Thursday, Feb. 2, at 7:30 p.m. in Miller Chapel. This recital is free and open to all.

## Directing a show at LVC

CHARLOTTE DUFFIELD '24  
STAFF WRITER

The director of a student-run play shares the work behind the role.

Julia Wecker, a senior social justice and English major, took on the director role for Wig and Buckle's production of "The Crucible." Wecker explained how she had suggested the play to the season selection committee, and it got nominated to be held this year. She then put her name forward to direct the show and got selected by the theatre company.

"I was excited to direct 'The Crucible' in particular because it has a lot of social justice themes and that's something I'm very passionate about," Wecker said.

Wecker explained how she loves art and theatre's ability to include social commentary and examine social and

political issues. This is her first time directing a play, and she mentioned how it has been a learning curve.

"There's so much more that goes into directing than I initially thought about," Wecker added.

This varies from the overall vision and design down to organizational issues such as finding rehearsal times to suit the cast. This experience has taught her that there are many ways to run rehearsals and about finding your own style to direct.

"The Crucible," which depicts the story of the Salem Witch Trials that took place in Massachusetts in 1692, debuted on Friday, Feb. 3, at Leedy Theater and ran for two weekends.



Photo by: Wig & Buckle Instagram

ABOVE: This was Wig & Buckle's first production of the spring semester.

## LVC alumni secures full-time job

NATALIE SANTANGELO '23  
STAFF WRITER

A recent LVC graduate and former student-athlete secured her full-time placement at Clark Associates.

Alyssa Yoder graduated in December with a degree in business administration. Yoder not only worked hard in the classroom, but also on the field where she participated on the women's soccer and golf teams.

Yoder touched on her time spent as the captain of the soccer team and her study abroad experience.

"Becoming a captain of my soccer team and studying abroad pushed me to step out of my comfort zone while working on my leadership skills," she said. "Although I had to be very disciplined and work hard, I was still able to enjoy the social aspect of college."

Yoder was first introduced to LVC when she was being recruited to play soccer. She was attracted to the smaller college feel and wanted the ability to balance athletics and schoolwork. Yoder took advantage of many opportunities and would be a great inspiration for students looking to get more involved during their time spent at LVC.

For years, LVC has been recognized for its connections and opportunities for job placement. LVC has been able to foster a close partnership with Clark Associates which has provided a handful of alumni with full-time job offers. Clark Associates is located in Lancaster, and provides distribution

and manufacturing for restaurants as well as food service equipment.

Yoder is now a vendor analyst where she provides market analyses to determine buying decisions while also building relationships with vendors and negotiating prices. Prior to her graduation, she landed an internship with Regupol America in which she completed data analytics for the company.

After finishing her internship, she continued her job search in procurement.

"I have always enjoyed data analytics and found interest in market research and forecasting," she said.

Yoder is eager to finish her training period, but still enjoying her time spent in the office. She describes her typical day in which she catches up with inventory discrepancies, deals with product issues, orders inventory, forecasts future business decisions, deals with vendors and seeks out competitor pricing and products.

"The best part of my job is the company culture and people," she said. "The flexible work schedule, dog-friendly office, fitness center, food, benefits and company-sponsored events also make the work enjoyable."

If students are interested in learning more about Clark Associates and future opportunities, the Breen Center will host an Etiquette Dinner on Thursday, Feb. 16, from 5:30 to 7:30 p.m. Sign-ups are available on Handshake.

## Club builds 3D printed prosthetic paw for kitten

ANGELICA FRAINE '23  
STAFF WRITER

The LVC's Visioneers 3D Printing Club partnered with The Kitten Sanctuary in Lebanon to begin building a prosthetic boot for a disabled kitten.

After Rapunzel, a former stray, lost one of her forepaws to a car accident, LVC alum and head of The Kitten Sanctuary, Kristen Lester, reached out to the Visioneers about the prospect of collaborating on a 3D printed prosthetic replacement paw.

"This is going to be our first design kind of challenge," Matt Guarini, president of Visioneers, said. "We've

done solo work in the past, but this is the first time we're going to collaborate and make something that's really helpful to someone."

On Thursday, Feb. 2, The Kitten Sanctuary met with the Visioneers and the team began working out its initial ideas of what the paw should look like and how it might fit Rapunzel most comfortably. By the end of the night, they'd printed their first prototype.

The Visioneers team is very excited to continue further work on this project, and to foster what they hope to be a lasting relationship with The Kitten Sanctuary.



Photo by: Karis Briguglio  
ABOVE: Rapunzel tried on the 3D printed boot.

## New NIL opportunities

JULIA CRAIG '24  
STAFF WRITER

LVC athletics has recently provided a helpful name, image and likeness (NIL) tool for student-athletes on campus.

The department has partnered with Athliance, which is free for all Dutchmen.

"Athliance is a platform to both educate and generate opportunities for the LVC student-athletes to receive compensation regarding NCAA NIL," Stephanie Reese, assistant softball coach, said.

LVC athletes received an email from Athliance with login information

to access the platform. Once on the platform, there are educational videos for athletes to learn about NIL and how to create and maximize opportunities.

Athliance also saves time for athletes, as it streamlines the process when athletes agree to an NIL deal, and it can flag any high-risk deals. The tool also helps with protecting athletes' eligibility, as well as financial advice.

Athletes who are interested in signing up should check their email for correspondence from Athliance, or contact their coaches for more information.

## New strength & conditioning coach

JULIA CRAIG '24  
STAFF WRITER

Dutchmen athletes have welcomed a new strength and conditioning coach this semester.

Coach Nick Benhoff has taken over as the Dutchmen's head strength and conditioning coach.

This is Benhoff's fourth year as a strength coach, where he originally started his career as a personal trainer. Before he was a coach, he was also an athlete, playing men's lacrosse at Randolph-Macon College.

While he has not been at LVC for very long, he has enjoyed transitioning to

this new beginning.

"As I eased into my first couple of weeks here, everyone was very kind and accepting," Benhoff said. "My main goal this semester is to build relationships with the athletes."

Benhoff also spoke on his favorite aspect of being a strength and conditioning coach.

"The athletes themselves make it worth all the hours, where they are fun and very open to feedback," he said.

Athletes can stop by the Sports Performance Center to say hello to Coach Benhoff.

## Spring sports set to begin

MEREDITH HAAS '24  
EDITOR

While LVC's winter sports teams are beginning to wrap up their seasons, the spring sports teams are raring to go.

The Arnold Sports Center has been buzzing with the constant traffic of student-athletes beginning to prepare for their respective seasons. Baseball, golf, men's and women's lacrosse, softball, men's and women's tennis and track and field are set to begin in the coming weeks.

The track and field teams are the first to kick off their season, making a seamless transition from their winter season to spring, with competitions already in full swing.

The baseball team will start its season on Saturday, Feb. 25, making the trip to Shenandoah University where they will play a doubleheader. The team will have its first home game of the season on Tuesday, Feb. 28.

The golf teams will begin with home course advantage; their first match being the Lebanon Valley Invitational on March 20.

Men's lacrosse will take a short trip down the road to face Franklin & Marshall on Saturday, Feb. 18, with the women's lacrosse team starting a week later with a game versus University of Scranton.

Traveling to Florida during spring break, the softball team will play a ten-game series against teams from all over the country to kick things off. Their first game is on March 5 versus Mount Mary University. The team will return to the LVC Softball Park for its first home game on March 25.

Like the softball team, both men's and women's tennis will start their season with a week-long spring break trip to Hilton Head Island on Sunday, March 4. They'll travel to Ursinus College on Saturday, March 18, for their first match of the regular season.

## Looking towards Collision

DERRICK HORNBAKER '24  
STAFF WRITER

The LVC esports Super Smash Brothers team gears up to take on a major tournament over spring break.

After travelling out to Apex 2022 last fall, the team looks to take another trip over to New Jersey and take on Collision 2023. With the tournament hosting more than 1,000 attendees, they'll have their work cut out for them if they want to perform, but the experience itself is one they're looking forward to.

Andrew Syslo, captain of the Super Smash Brothers team, recalled his experience going to Apex.

"This was huge to me since it was my first major tournament since the pandemic," Syslo said. "It was cool to watch and participate."

He recalls it as a great opportunity to improve as a player, and an

experience he's excited to repeat.

Over spring break, Syslo and the rest of the team will be heading up to Parsippany, New Jersey, for Collision 2023. The total attendees are looking to be more than triple that of Apex. Despite this, Syslo says he's "looking forward to an awesome event and a hype atmosphere."

The ideal for any competitor is to go as far as possible in the bracket, but given the caliber of competition, no player is letting themselves get too confident.

"My goal is to win at least two sets in the main bracket, and while it won't be easy, I think it's doable," Syslo added.

While a good performance is ideal, the team is looking mostly to improve and grow with the experience. Collision 2023 will take place from March 10 to 12, and will feature some of the best Super Smash Brothers players in the world.