

LA VIE COLLEGIENNE

LEBANON VALLEY COLLEGE'S STUDENT RUN NEWSPAPER SINCE 1924

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In memoriam: Ben Siegfried

ZACK KIME '23
EDITOR

A teammate, a classmate, an aspiring trainer and a man who was well respected and well-loved in the LVC community; Ben Siegfried will be remembered for the joy he brought to others, no matter the circumstance.

Siegfried died unexpectedly on Thursday, March 9, at the age of 22.

"We all need to strive to be a man like Ben Siegfried," Joe Buehler, LVC's head football coach, said.

Buehler emphasized just how important Siegfried was to the other players and to the team dynamic.

"Ben loved being a great teammate and his teammates loved him too," Buehler said. "Ben represented



Photo by: godutchmen.com

ABOVE: Siegfried's jersey number, #97, will not be worn again.

everything we want a Dutchman football player to be."

A fellow LVC athletic trainer and friend of Ben's, Zach Kelly, reiterated just how much Ben cared about everyone around him.

"The way he carried himself, it didn't matter who you were or how he met you, Ben was always smiling and genuinely tried to get to know you," Kelly said. "I respect the way he worked hard to succeed in every area of his life, especially when it came to following his passion."

Siegfried was working alongside the St. Louis Battlehawks and D.C. Defenders of the XFL, pursuing his dreams and paving the way for other athletic trainers.

A tribute to Siegfried was held on campus on Wednesday, March 15.

#BeLikeBen



Congratulations to the student writers of La Vie who earned Honorable Mention for website content from the prestigious Keystone Media Awards!

Serving over spring break

CHARLOTTE DUFFIELD '24
STAFF WRITER

The LVC service trip to Northern Ireland over spring break was a once-in-a-lifetime experience for both students and faculty.

The trip was a unique and rewarding experience for all those who participated. Through their involvement with local youth centers, students were able to immerse themselves in a different culture and gain a deeper understanding of peace and reconciliation issues on a global scale.

The 25th anniversary of the Good Friday Agreement was an important thematic focus for the trip, as students

had the opportunity to work towards its celebration and learn about its significance. The agreement was a historic peace treaty between the UK and Ireland aimed at resolving the conflict known as "The Troubles" in Northern Ireland.

"We were all stretched outside our comfort zone in the best way possible," Jenn Leidtka, LVC's coordinator of service and volunteerism, said.

Students had the opportunity to interact with local communities and learn about political issues in Northern Ireland.

"Hearing stories from those who have experienced the conflict helped

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Summer internship support funding

PAIGE DALTO '24
STAFF WRITER

LVC is offering the opportunity for undergraduate students in the humanities and select social sciences to apply for internship funding.

The Thaddeus Project is named after Thaddeus Stevens, a U.S. Representative, abolitionist and advocate for free public education. This project was established by Louise Stevenson, Ph.D., and Philip Zimmerman, Ph.D., out of gratitude for the academic guidance and support that their daughter, Lila, received at LVC.

The Thaddeus Project allows select students to receive financial support for unpaid internships or travel and living expenses for internships far from their homes. This funding is only applicable to summer internships.

Students interested in this opportunity should be majoring in English, history, art & visual culture, social justice and civic engagement, medical humanities, music (B.A. only) or related majors. Although the donors' preference is to provide this financial support for undergraduate juniors, the funds can additionally be

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Sanitary boxes removed from residence halls

ANGELICA FRAINE '23
STAFF WRITER

On-campus residents have noticed the disappearance of sanitary disposal boxes in the communal bathrooms of the dorms.

Sanitary disposal boxes are individual bins fitted with special paper liners found in bathroom stalls meant for the disposal of used period products. By having sanitary disposal boxes available to public bathrooms, the concern of spreading or contracting harmful bacteria is essentially eliminated.

However, the system is only effective if used properly.

LVC facilities made the decision to begin removing these boxes from the dorms after realizing that period products were being put into the disposal boxes with little to no wrapping, rather than using the sanitized bags provided beside the boxes, raising concerns from staff regarding cleanliness and health.

"Our housekeepers were dealing with receptacles that just became a biohazard because of bloodborne pathogens," Michael Mumper, head of facilities, said.

He explained a large part of their reasoning came from routine cleanings of communal bathrooms. Housekeeping staff would find the linings of the sanitary disposal boxes to be folded over, or products fallen between the paper lining and the metal of the box. This caused direct contact with the soiled material.

"By eliminating the dispenser in

the actual stall and providing the envelopes [that remain], it kind of forces people to need to put the item in the envelope and then take that bag to the trash can that is in the bathroom," Mumper said.

A secondary reason stems from the paper liners within the disposal boxes being labeled as a "special order", meaning the manufacturers will begin to phase out production of the products, making it difficult for LVC to get ahold of them.

The removal first began with the Funkhouser renovations, and disposal boxes were soon removed from Mary Green, Hammond, Silver and Vickroy Halls.

"We're not taking any more out this semester," Mumper said. "Eventually though, because of the phasing out of the dispenser arrangement from the manufacturers, we will be taking them out across campus."

LVC's facilities department is now working alongside student affairs to find a secondary solution to dispose of period products, as additional concerns have been raised about exposed products becoming piled up in the general trash cans.

Student affairs had not been made aware of the situation prior to the disposal box removals but encourages students to help offer any solutions while this process continues. The hope is that through careful collaboration between facilities and the student body, a new, sanitary disposal system can be formed.



Photo by: Jess Benninger

ABOVE: First ever Success Expo held on Tuesday, March 21, in the Arnold Sports Center. Dozens of employers were on hand to talk to students looking for jobs and internships.

Internship Spotlight: Nate Shaeffer

NATALIE SANTANGELO '23
STAFF WRITER

A senior business administration major takes on an internship role that has been able to show him all aspects of business operations.

Nate Shaeffer is completing his internship at a new Himalayan Salt Spa in Lebanon called Your SPacial Place—Halo Salt.

Shaeffer was first introduced to LVC when he was recruited for football. He liked that campus was close to his hometown, allowing him to spend time at home while also saving some money by commuting.

"My time on the football team has helped me build some relationships that I think will last a lifetime, and it has helped me form some relationships that have helped me in many other ways than just friendship," he said. "It has also created countless memories that have taught me many life lessons and developed me into who I am today."

In the classroom, Shaeffer found mentorship in Terri Rosenberg, assistant professor of English. He was in her First Year Experience class, American Dream.

"It was a class that really prepared me for the rest of my college career, as well gave me an outlet in Professor Rosenberg as a mentor and someone I felt comfortable going to with anything," he said.

Now as an intern, Shaeffer spends time working on marketing,

bookkeeping, building and sending emails and maintaining the business' website. He spends most of his day planning and creating social media posts for Facebook and Instagram. This includes making any graphics, editing any pictures/videos, coming up with caption ideas and researching into the company's demographics.

Once a week he will ensure that all accounting databases are up-to-date with current business banking information and all expenses and income are being tracked correctly. Shaeffer even spends some time working face-to-face with customers at the front desk.

"My favorite aspect has definitely been being able to watch the growth of a new business, as well as watching my own success in the form of growing the social media accounts and improving the quality of my work," he said.

Shaeffer has been working with Your SPacial Place—Halo Salt Spa since it opened. He admits he's lucky to have the hands-on experience.

"Having been here since it opened, I've seen firsthand the amount of money, time and commitment it takes to open and operate a business," he said.

Shaeffer said he's found his true passion, marketing and advertising, because of his internship.

M.O.C.H.A. RETREAT

THURSDAY, APRIL 13 | 5-9 P.M. | ZIMMERMAN RECITAL HALL

**Keynote Speaker: Bryan Majors,
Male Empowerment Expert**

This retreat aims to assist and educate Lebanon Valley College's self-identifying men to understand the importance of caring for themselves while being campus leaders, achieving academic excellence and fulfilling their journey.

Dinner will be provided. Professional attire is required.

Alum comes home: Khalil Brim returns to LVC

ANGELICA FRAINE '23
STAFF WRITER

Year after year, LVC welcomes new faces and bids farewell to old friends, but there's nothing like returning to the place one once called home.

Khalil Brim '21, is a well-known name around The Valley, recognized widely for his accolades as a published author, mentor and positive energy among the student body. After graduating with his degree in English and creative writing, Brim has returned to LVC for a fellowship opportunity.

"I had to get my feet back underneath me, because I've been gone for a year and a half, almost two years," Brim said. "But I'm glad to be back and connecting with the students."

Brim is working in the Office of Diversity, Equity, Inclusion and Belonging (DEIB) as a post-graduate fellow, where he acts as a bridge to the

gap between the student body and the DEIB staff.

The first discussions of the position came about when Brim returned to campus in the summer for the third annual oration of Fredrick Douglass's speech: "What to the Slave is the Fourth of July?" Brim had been asked to participate in the recitation as one of the orators, and was approached by Dr. Felicia Brown-Haywood, vice president of diversity, equity and inclusive excellence, about the possibility of returning to LVC for a DEIB fellowship.

"It kind of seems like there's a little bit of division and things like that from the community of students," Brim said. "They brought me here with the hopes that I could possibly kind of weave it back together."

As a part of his responsibilities, Brim is invested in programming, planning and research in regard to how to help students of color and other minoritized and marginalized

groups find spaces of belonging on campus and educate the student body on how to help one another heal and grow as a whole.

"I've been screaming 'students for students' since I was a freshman," Brim said. "At the end of the day, it doesn't matter what your badge says, what your name tag says, what your title says. What matters is that you show up for the students."

Since he's been back, Brim has begun to reimplement campus events such as monthly community check-ins, which is an opportunity for anyone who is a student of color or members of the LGBTQIA+ community to hold a conversation with the members of the DEIB office and other diversity clubs across campus about different projects and initiatives they are working on.

"We had our first successful one [recently]," Brim said, "and just the life, the vibes, the energy, and that excitement of maybe something

is turning in our favor of family, inclusivity—it was an amazing day for me."

Brim says the most enjoyable aspect about his fellowship thus far has been connecting with the students.

"I want to turn LVC back to how I remember, when the affinity clubs had like 30, 40, 50 people showing up to meetings and events," Brim said. "I want it to be a situation where students of color feel included—where every single person on LVC's campus can look at their four years, or their six years or their five years here and say that this is a place [they] would like to return to."

Brim is excited for future opportunities to continue exploring pathways to assist the student body in furthering their LVC experience in whatever way he can.

Metz feeds students & community

ALEXIS MCCARNEY '25
STAFF WRITER

Metz dining services, the company that serves campus, is also serving the community.

The food that is not eaten in the dining hall is donated to local and on-campus organizations to help people who are in need.

"Every Wednesday, we donate 90 meals to the Caring Cupboard," Tim Hartlieb, Metz general manager, said. "We also give food to the Dutchmen Pantry on campus twice a week."

The Dutchmen Pantry serves students on campus with food insecurity. Metz has been contributing to this organization for about four years and the Caring Cupboard for 10.

Another way that Metz supports students is through a program that allows students to donate their leftover flex dollars that they would end up losing at the end of the semester to turn into meal swipes for other students who need them. More information on how to do this will be out soon.

Women in hockey

ALEXIS MCCARNEY '25
STAFF WRITER

With March being Women's History Month, La Vie wanted to look at how women are affected by participating in a male-dominated sport.

Ice hockey is predominately played by men; however, at LVC, a women's team was established in the 2016-17 season. By comparison, there has been a men's team on campus since 1998.

In this sport, women are typically treated differently than men. One of the biggest discrepancies is with basic

rules. When trying to gain control of the puck, men are allowed to hit and bodycheck each other; however, it is written in the rules for women that they are not allowed to.

There are also limited opportunities for young girls to participate in the sport unless they join a boy's league.

"There were not girls' teams, so I had to play on a boy's team, but looking back, that was fine," Mallory Burdick, first-year forward, said. "I had fun."

*Women in hockey
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VALE signs new artist

CARTER KUCIER '23
STAFF WRITER

VALE, LVC's student-run record label, has officially signed their new artist for 2023.

Tatiana Gonzales, a sophomore music performance and creative writing major, was chosen out of the three finalists to sign with VALE for a year-long contract after a successful performance at the VALE showcase.

Each spring semester, VALE holds auditions for a new artist. Gonzales had auditioned before, and that helped them this time around.

"This year, I already knew exactly what to expect from the process and applied with much more preparation than the previous year," Gonzales said. "Still, that doesn't mean it was easy. I spent several of the past months trying to perfect my music and lyric-writing processes so that I could present VALE with something that I was proud of during auditions."

Gonzales also shared a bit about themselves, and their journey thus far as a musician. They discussed the struggles many musicians often face as they pursue music as a career.

"I've wanted to be a musician since I was three years old," they said. "I remember singing and dancing whenever and wherever I could, and telling everyone that I'd be a singer when I grew up. Of course, no one took me seriously. I was told I'd grow

out of those aspirations, but those statements only made me more determined."

This audition and the artist showcase are their first experiences performing their original work for others, and Gonzales admits they're proud of the work they're presenting publicly. Gonzales expressed excitement for the upcoming challenges and the chance to take new steps in their musical career. They are hoping that this experience with VALE will give them greater insight into where their career could go from here.

"I'd (like) to gain a notion of who I'd like to be as I continue down my path as a performer, and how I should navigate such a path," Gonzales said. "All my life, I've wanted to be a recording artist. Now, let's see where that takes me."

Gonzales is looking to produce rock music, though that may change.

"Ultimately, I want to play around and discover what works for me," Gonzales said. "That doesn't have to be just one concept."

Those interested in following Gonzales' journey as the current VALE artist can follow the official VALE social media accounts for updates on future performances and upcoming releases.

League of Legends team returns

DERRICK HORNBAKER '23
STAFF WRITER

Within the growing esports program at LVC, a long-dormant team has rejoined the fray.

"League of Legends" is, by many accounts, the largest esport in the world, but for past few years, LVC was lacking a team to compete in the game. That all changed when Nicholas Maldonado, an LVC freshman, decided to revive it.

"When I first saw that our esports department had 'League of Legends' before I came, I decided to sign up right away," Maldonado said. "Though when I first got here, I found out there

was only one other player, and that was Qinhao Jin. Most of the team had disbanded or graduated, so there wasn't anyone else."

Despite this disappointing revelation, Maldonado wasn't discouraged. He worked with Qinhao to promote the team.

"Jin is a senior, and therefore this is his last year here, and I wanted him to play at least one more time or get the opportunity to play once more," Maldonado said.

Finally, the team had interest from their second player, Josiah Ebersole.

"Eventually, I found out that the person I lived next to at my dorm, Michai Figueroa, also wanted to join

the team," Maldonado said.

The "League of Legends" team was quickly coming together. To field a full roster, a team needs at least five players. Thankfully, his answer wasn't too far away.

"I eventually found out that one of my classmates from the 'Rainbow Six: Siege' team wanted to join, and he was going to have two others join as well because they were interested."

These players were Stryth Mitchell, Joseph Beidler and Jacob Marsh.

Working with the head coach of the esports program, Elliott Kleckner, the team got everything set up and have been working hard to be the best they can be ever since.

"Don't get me wrong, it's a struggle since I'm new to running a team, and on top of that I'm a freshman still getting into the swing of college, but I would say each minute was worth it," Maldonado said. "I enjoy watching my teammates grow as players, and I enjoy knowing that I played in at least one game that was streamed and we won. I can't wait until I see the day where we can all play and win a game no matter what the line-up is. I have bright hopes for our team later in the future."

The team's next match is on Wednesday, April 12, at 8 p.m.

*Spring break
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me to become more understanding of the politics within Northern Ireland," Marina Bitcliff, a first-year political science major, said.

This service trip was a life-changing experience for many of the students. It allowed them to see the world in new ways and form meaningful connections with people they might not have met otherwise.

"If any student is thinking of a service trip, just go for it," Megan Kelly, a first-year speech language pathology major, said. "I have gotten so much out of this experience."

The trip was organized through Amizade, a global service group that connects groups to service opportunities throughout the world. LVC typically runs two or more service trips each year.

This service trip to Northern Ireland allowed students to see the world in new ways and gain a better understanding of the challenges that various communities around the world face.

*Internship funding
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awarded to sophomores or seniors.

When the internship is complete, the participating student must write a reflection of their experience, such as a journal, final paper, presentation, project or portfolio. The student must also return any unused portion of the grant at the completion of their internship.

Interested students must submit an application, a budget request ranging from \$500-\$4,000 and a recommendation from a supervising faculty member.

To start the application process, students should contact Megan Price at price@lvc.edu in order to be added to the Canvas site where application materials will be submitted. Applications are due to the Canvas site by Saturday, April 15.

keep up with all things

LA VIE!

 @LaVie_LVC  @LVCLaVie1

 @LVCLaVie  www.lvc.edu/LaVie

*Women in hockey
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For another team member of the women's ice hockey team, the experiences were similar.

"The girls' program was very small; for my first few seasons, I was on co-ed teams," Lilly Newcomer, a first-year forward, said. "When I was 12, the only girls' team was 16U, and so that was the only option. There are more opportunities now, though."

There are a lot of stereotypes in sports in general, ice hockey especially. People seem to think one needs to be big and super tough to play the sport, but that can be limiting.

It is not uncommon for ice hockey players to move for the sport; Burdick and her family moved to Michigan from Florida for her to get some experience on a women's team, although she also played on a boy's team in high school.

"It was better because you can hit, and in girls' hockey, we can't," Burdick said.

Being shot down in a sport that one is passionate about is discouraging,

especially as a young child.

"Don't quit, don't give up, and don't let the boys tell you [that] you can't," Burdick said. "Boys would always try to tell you, 'You can't play because you're a girl,' stay with it, and don't give up."

"No matter what, keep going," Newcomer said. "No matter what anyone says, just keep doing what you want to do."

Female athletes are often overlooked even if they are doing better than their male counterparts. Young women need to be able to see a representation of themselves in sports; it is very impactful on how they perceive themselves and their sport. Only one example of a professional female ice hockey player came to mind when asked.

"Hilary Knight, on the Olympic women's team, was always [a] spotlight," Newcomer said.

Being a woman in sports is empowering; it shows that hard work and perseverance are not limited by gender.

MAC PLAYERS OF THE WEEK
FEBRUARY 13 - MARCH 21

SHELBY GUINARD - WOMEN'S ICE HOCKEY	BRENDON BYLER - MEN'S TENNIS
NOAH GRIFFIN - MEN'S INDOOR TRACK & FIELD	MADISON POLADIAN - WOMEN'S TENNIS
LAUREN BUNKE - WOMEN'S INDOOR TRACK & FIELD	SHANE STOSSEL - BASEBALL
KELLEN MARKLEY - MEN'S LACROSSE	VERONICA VENEZIA - WOMEN'S LACROSSE
ERIN SINATRA - SOFTBALL	ALEX KIVINIEMI - MEN'S LACROSSE
TREY RALSTON - MEN'S LACROSSE	MICHAEL SCHUETZ - MEN'S TENNIS