

THE REVIEW

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SAINT VINCENT COLLEGE'S STUDENT-RUN NEWS SOURCE

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Igniting Differently

Sean Callahan, Arts & Culture Editor



75 students attended the 2020 Ignite retreat in Ligonier. (SOURCE: STVINCENT.EDU)

If you started attending Saint Vincent College in the past few years, you may know of the annual Campus Ministry retreat, "Ignite." But it was once called 'Fan Into Flames,' after a Bible quote from 2 Timothy, and it began as a student-organized event 13 years ago, inspired by conferences of Saint Paul's Outreach, a Catholic group of missionaries. Only three years later did the retreat become an official Campus Ministry event, in part at the request of Archabbot Douglas Nowicki, said Killian Loch, O.S.B., director of Campus Ministry.

"The idea was to experience God's presence, especially the gifts of the Holy

Spirit, during a weekend," said Loch.

But, as was the case with most events during this academic year, Ignite was impacted by the COVID-19 pandemic. It was held on campus, instead of at a retreat center, with over 40 students attending. Loch said in a normal year Ignite would draw around 100 students.

Parker Bowser, a freshman philosophy major, appreciated the opportunity to attend the irregular retreat, but felt the environment would have been more beneficial off campus.

"Here, I see a certain building and it makes me think 'oh, I have class,' or 'oh, I have homework to do.' Being away
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Old Wood, New Art

Kyra Lipetzky, Staff Writer

The Verostko Gallery is not the only place to find art in Saint Vincent's new library. The Dupre-side entryway now houses a large wooden sculpture. The structure, which consists of nine tall wooden planks carved into figurines, was erected in March.

Br. Mark Floreanini, O.S.B., associate professor of art, is the sculpture's creator. Floreanini usually works in other media, notably stained glass.

"I used to have a stained glass studio before I came to the monastery. I have my MFA in painting, and I hardly do any painting, but I know how to paint. I like fibers a lot, I do spinning and weaving and knitting and crocheting, and all that kind of stuff—I pretty much like most everything," he said.

This time, at the suggestion of Kelly King, director of Service Learning and Outreach, he wanted to create something with a civil-rights theme for display in the library. At first he thought of drawing large-scale figures and having students paint them in. But then he found photographs of wooden sculptures that consisted only of small heads on unformed bodies, a concept he liked better. And he discovered old, unused chestnut planks while cleaning out the Press Building, the perfect material to realize his mental image.

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SAINT VINCENT COLLEGE

ARTS & CULTURE

Campus Ministry celebrates women of SVC

Sean Callahan, Arts and Culture Editor



On March 18, Campus Ministry began displaying a board of women of SVC, nominated by the SVC community. (SOURCE: CALLAHAN)

For Jody Marsh, Campus Ministry's office and services coordinator, March is normally a time of year where her efforts would be dedicated to service trips and pilgrimages. But due to the pandemic, she has been able to dedicate her time to a different celebration: Women's History Month.

At the beginning of March, Marsh put out a survey for the SVC community to fill out before March 12, where they could nominate women that they felt inspired and supported them or made a positive impact on the campus. "My goal for 'Outstanding Women of SVC' was to highlight women in a

special way, to increase the visibility of those who have made a big impact on our campus," Marsh said.

By March 18, names and pictures of the nominated women were placed on a large display board in front of the bookstore windows in the Carey Center. The women included staff such as Mary Collins, vice president of Student Affairs, and Dr. Margaret Watkins, dean of Arts, Humanities and Social Sciences. Several students were also included.

The display remained up until March 26. Marsh said that as of March 29, she was in the process of presenting each nominee with a framed nomination as a

keepsake.

"Someday, the next generation of female students will be looking up to the women currently on our campus. Our job is to make sure the next generation of women are ready to take on the challenge," Marsh said.

Marsh said Campus Ministry has promoted Hunger and Homelessness Awareness Month and Random Acts of Kindness Week, among others. But this is the first year for Women's History Month to be promoted in any capacity by Campus Ministry.

Following the removal of the Outstanding Women of SVC display on March 26, a new display celebrating women living out their faith took its place in front of the bookstore windows. Featured women included Mary, the mother of Jesus, and the display was still there as of March 31.

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Ignite retreat remains a positive experience, despite drop in attendance

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from campus helps you detach and get away from life," Bowser said.

However, Loch stressed the differences that would have remained, even off campus during the pandemic.

"Even if we could go off campus, we would've lacked the normal sense of fellowship, because social distancing just really inhibits that," he said. "Normally, there'd be recreational activities like kickball. People would hang around after the evenings. The meals would be in a dining room at the retreat place. So, we'd lack that interaction going on."

Loch said the main presentations of Ignite, framed around the Holy Trinity, were given by faculty and administrators, including Fr. Basil Burns, O.S.B., who talked about God's love, and Dr. Jason King, who spoke about the Holy Spirit and how it impacted his life.

"On Saturday morning, I believe it was Dr. [Jeff] Mallory. He talked about how important his faith is, how he developed it growing up, how he lives it," Loch said. "But he was very honest about how it's not always perfect."

Bowser said he enjoyed the talks summarized by Loch, and felt the talk about the Son touched him most, due to the way God's mercy and unending love for humanity was conveyed.

Loch attributes some of Ignite's positive student reception to the testimonies of SVC staff.

"I don't think many colleges would be able to say that they have faculty, staff and administrators who will stand up in front of all of the students and say what their faith means to them," Loch said.

Elizabeth Crockett, a freshman psychology student, was touched by

her own unique experience.

"It was pretty welcoming as a freshman because no one I knew really went. The upperclassmen were really nice and so was the atmosphere," Crockett said.

Loch affirmed Crockett's feelings with his own observation.

"It has developed a reputation where students want to go on this retreat," he explained. "There'd be a mixture of students who were involved in their faith and their friends who might not be, but it would still be a good experience."

During this year's retreat, Loch felt the atmosphere was just as positive. He was pleasantly surprised when, during an optional Saturday morning Mass, nearly all of the retreat students showed up.

"It occurred to me, these students really wanted to be at this retreat. They don't want to miss anything," Loch said. "It was clear to me that those who had been on it before wanted to make the best out of their time. And they did."

Loch's favorite event of the retreat was the conclusion, after Sunday morning Mass, when students were free to share their experiences at an open microphone.

"I look forward to it, because I just think, 'we're all at the same retreat, but look at all the different experiences we had,'" he said.

Bowser and Crockett expressed a desire to attend Ignite in the future. Bowser viewed this year's retreat as a way to prepare himself for future off-campus ones.

"I'm glad it was this way this year, because in the future I can contrast it to this way. I won't have a set expectation this time. I can still have a new experience," Bowser said.

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Basketball and Swimming Teams Prepare for Early 2021 Return

By Luke Mich With health concerns a priority, the Saint Vincent basketball and swimming teams will begin their...



Spikeball Club Hosts Annual Tournament

By Luke Mich On Oct. 25, Spikeball Club held its annual fall tournament on the intramural field behind Rooney and...



European soccer sparks interest at SVC

By Luke Mich Soccer is known as not just "the beautiful game," but also for being the most popular sport in the...



Frisbee Still Occurring Despite Limitations

By Luke Mich Most recently, attention to SVC sports has been given towards football practicing in the afternoons a...



PAC Releases Spring Schedules

By Luke Mich On Sept. 17, at roughly 3 p.m., the Presidents' Athletic Conference announced the tentative...



Football practice resumes with new guidelines

By Luke Mich You may have noticed recently that the...

NEWS

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Library receives new sculpture

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"This is actually old chestnut from before the blight. And these were all twisted and knotted and stuff, so they never were able to use this as real lumber. But I thought it was perfect for what I wanted to do, so I just started cutting little heads out and carving in," Floreanini said.

The planks are affixed into wooden stands. The bodies are not carved; only the heads. All except one are unpainted. Floreanini chose an array of men and women from a broad span of cultures: Mother Theresa, John Brown, Harriet Tubman, Oscar Romero, Dorothy Day, Martin Luther King, Jr., Vincent de Paul, Frederick Douglass, and, towering above the others, Abraham Lincoln in his characteristic top hat. The figures bend and sway with the twists of the chestnut planks. That did make them harder to carve, though.

"Since I didn't know how chestnut was, I didn't know it would crack easily, so that was a little bit of a trick. But I like learning different materials anyway, so this was kind of a fun learning experience," Floreanini said.

Lincoln's hat nearly came off, he added.

"His hat kind of chipped off, so I had to dig in deeper and redo it some. It's a learning experience," he said.

The final theme was more "peace and justice" than civil rights specifically, Floreanini explained. That's why he chose subjects from so many different backgrounds. But the slav-

ery era inspired his choice of a primitive style.

"I was thinking of the slavery era, the 1800s, and how maybe a slave would put a little marker on his wife's grave or something, and he didn't have any money, so he'd probably use scrap wood from some house or something, and he would do the best job he could whittling into it a name or a date or something. I'm thinking of a very primitive memorial for each person, using very simple kinds of things," Floreanini said.

In keeping with the primitive theme, he left every figure unpainted, except Mother Theresa, who features simple blue and white stripes to designate her habit. He wanted to make the identification clear.

"People were saying it looks like Mary. I'm thinking, if she has a blue and white stripe, people say Mother Theresa as soon as they see it," Floreanini said.

Floreanini used chisels and a small powered Dremel tool to carve the faces. He enjoyed the experience so much that he plans to keep working with wood, hopefully alongside his students.

"Since we have so much old wood over there, and I'm teaching Materials and Processes, I'm thinking of making birdhouses. They're simple, but you can make them unique and interesting with old wood that's been painted," he said.

New heating systems under discussion

Anthony Caporale, Staff Writer



Although new heating systems are under discussion, a decision has yet to be made. (SOURCE: SVC FLICKR)

As students start to enjoy warm spring days, it is easy to forget what the cold winter nights felt like only one month ago. But staff at Saint Vincent remember the freezing temperatures and plan to make next year's winter a little warmer.

Recently, some discussion has centered on implementing new heating systems in several SVC facilities, according to Mike Hustava, senior director of marketing and communications.

"An assessment was conducted to identify areas of improvement for various buildings and systems on campus," Hustava said.

Hustava explained that these assessments are vital to the "planning element in operating a campus," indicating that the heating

assessments will aid SVC in planning to implement the new systems for next year's winter season.

Hustava also stated that the Press Building, located opposite the Fred Rogers Center, was included in the assessment for a new heating system.

This is not the first time that the Press Building has been considered for redevelopment. In 2018, The Review reported a plan to remove the Press Building and replace it with a new welcome center that would include an art gallery and a coffee shop. It is unclear if that plan is still being followed, and the installment of a new heating system may indicate that the Archabbey (which technically owns the building), decided not to demolish it.

However, the decision to implement these new heating systems has not yet been made.

"There have not been any final determinations made or timelines established for these projects. More information will be available and communicated at a future date," Hustava said.

Some students have reported seeing water vapor steaming from the ground behind Bonaventure and near the Press Building, seemingly from the current system's underground steam tunnels. But the steam does not indicate a serious problem with the current underground heating system, Hustava said. Some leaks happen from time to time.

"Steam rising from the ground may be an indication of a leak or could be a result of the heat melting the snow and rain," he said.

If Saint Vincent believes that a possible leak needs major repair, the problem is "addressed immediately," Hustava explained. However, if the leak is minor, "repairs are typically done during the summer when the steam pipes are not in operation with the warmer weather." And any such leaks would not require the construction of a new system.

Whether it is assessing the heating system or fixing underground leaks, Saint Vincent is preparing for another chilly winter in 2022.

SPORTS

Baseball

Team	W	L	Streak
W&J	14	0	W14
Grove City	9	5	W4
Franciscan	8	5	L1
Bethany	8	8	W2
Saint Vincent	7	7	W1
Geneva	5	8	L2
Waynesburg	4	6	W2
Thiel	4	8	L3
Westminster	4	10	L6
Chatham	3	9	L2

Schedule: @Thiel 4/10 1 PM, Thiel 4/11 1 & 4 PM

Softball

Team	W	L	Streak
Westminster	16	0	W16
Geneva	17	3	W13
W&J	8	7	L2
Bethany	10	10	W4
Waynesburg	9	9	L1
Saint Vincent	6	7	W4
Grove City	5	9	L2
Franciscan	5	9	W1
Chatham	5	11	L5
Thiel	0	14	L14

Schedule: Chatham 4/11 1 & 3 PM, Westminster 4/14 3:30 & 5:30 PM

Men's Soccer

Team	W	L	Streak
W&J	4	0	W4
Geneva	4	0	W4
Grove City	2	0	W2
Saint Vincent	3	2	W3
Franciscan	2	2	W1
Bethany	1	2	L1
Waynesburg	1	2	L1
Westminster	1	3	L1
Thiel	0	4	L4
Chatham	0	4	L4

Schedule: @Waynesburg 4/10 3 PM, Westminster 4/13 3 PM

Women's Soccer

Team	W	L	Streak
Chatham	4	0	W4
Grove City	4	0	W2
Westminster	3	1	L1
Saint Vincent	1	2	L1
W&J	1	2	W1
Franciscan	2	3	L1
Geneva	1	2	L2
Bethany	1	3	W3
Waynesburg	1	3	L1
Thiel	0	4	L4

Schedule: @Waynesburg 4/10 1 PM, Westminster 4/13 1 PM

Men's Lacrosse

Team	W	L	Streak
Westminster	5	1	W5
Grove City	4	1	W3
Saint Vincent	5	2	L1
Thiel	3	2	W1
W&J	2	2	W2
Chatham	2	3	L3
Bethany	2	5	L1
Franciscan	0	7	L7

Schedule: @Bethany 4/10 1 PM, @Westminster 4/14 7:30 PM, W&J 4/18 1 PM

Women's Lacrosse

Team	W	L	Streak
W&J	3	0	W3
Thiel	2	0	W2
Chatham	3	1	W1
Saint Vincent	3	2	W2
Franciscan	1	1	L1
Bethany	1	2	W1
Westminster	0	3	L3
Waynesburg	0	4	L4

Schedule: @Franciscan 4/8 4 PM, @Bethany 4/10 4 PM, @Westminster 4/13 7 PM

Men's Volleyball

Team	W	L	Streak
Hiram	8	1	W7
Geneva	10	6	W1
Medaille	6	3	W5
PSU Behrend	5	5	W2
PSU Altoona	3	5	L1
Saint Vincent	2	6	L1
Thiel	1	8	L2
Hilbert	0	7	L7

Schedule: End of Season

Women's Volleyball

Team	W	L	Streak
Geneva	9	1	W6
Westminster	8	1	W5
Grove City	6	3	W1
W&J	6	4	W4
Bethany	4	4	L1
Chatham	3	5	L2
Franciscan	2	6	L4
Saint Vincent	2	6	W2
Thiel	2	7	L7
Waynesburg	2	9	L1

Schedule: TBD

Men's Track & Field

Schedule: @Thiel 4/10 TBA, @Grove City 4/17 TBA, @Bethany 4/21 TBA
Result: 2nd at Bethany

Women's Track and Field

Schedule: @Thiel 4/10 TBA, @Grove City 4/17 TBA, @Bethany 4/21 TBA
Result: 8th at Bethany

Football (South)

Team	W	L	Streak
W&J	2	0	W2
Saint Vincent	1	1	W1
Waynesburg	0	1	L1
Bethany	0	2	L2

Schedule: W&J 4/10 1 PM, Waynesburg 4/17 1 PM, PAC Opponent TBD 4/23 TBA

Men's Tennis

Team	W	L	Streak
Saint Vincent	2	0	W2
Geneva	2	2	L1
Grove City	2	2	W2
Franciscan	1	1	W1
Westminster	1	2	L2
Waynesburg	0	1	L1
W&J	0	3	L3

Schedule: Franciscan 4/9 5 PM, @Westminster 4/11 1 PM, Geneva 4/14 4:30 PM

Women's Tennis

Team	W	L	Streak
Westminster	4	0	W4
Franciscan	3	1	W3
Grove City	2	1	W2
W&J	2	1	W2
Geneva	2	2	L2
Saint Vincent	1	1	W1
Waynesburg	0	3	L3
Bethany	0	3	L3
Thiel	0	4	L4

Schedule: Bethany 4/10 Noon, @Westminster 4/11 Noon

OPINION

Nature is the prescription for good health and well-being

Angela Belli, Director, Winnie Palmer Nature Reserve

Are you feeling anxious? Longing for the awakening of growth and green? Do you need some rejuvenation? Nature has just what everyone needs in these challenging times. With the rise in the overall use of technology, fears of COVID-19 transmission and tick-borne illnesses, and our love affair with all forms of social media, so many of us find ourselves trapped in a cycle that does not include a real and authentic daily dose of nature.

The importance of nature experiences for human health and emotional well-being has been proven by the educational and scientific communities. It has been shown that real time in nature reduces stress, anxiety, blood pressure and aggression. By “nature,” most generally mean an area containing elements of living systems that include plants and non-human animals across a range of scales and degrees of human management, from a backyard community city park to a forest, or even nature protected area. That definition, coupled with abiotic elements such as sunsets, warm breezes, or mountain views, illustrates a space ideal for the calming, healthy benefits that spending time outdoors provides. In a 2019 study of 20,000 people, Mathew White, of the European Centre for Environment & Human Health at the University of Exeter, found that people who spent two hours a week in green spaces—local parks or other natural environments, either all at once or spaced over several visits—were substantially more likely to report good health and psychological well-being than those who did not. The 2015 Green Spaces and Cognitive Development in

Primary Schoolchildren study, published in the Proceedings of the Academy of Sciences of the United States of America, indicated that contact with nature plays a crucial and irreplaceable role in brain development. Natural green spaces provide children with unique opportunities for engagement, risk-taking, discovery, creativity, mastery and control. Children outside are better able to strengthen their sense of self, inspire basic emotional states, including a sense of wonder, and experience enhanced psychological restoration, which are all thought to positively influence different aspects of cognitive development. Emotional health seems to improve as one has contact with nature on a regular basis.

As an outdoor educator, I have no doubt that nature heals in many ways and provides everyone the much-needed break from the chaos of our day-to-day activities. Our brains are constantly over-stimulated by the hustle and bustle of background noise, lights and electronic screens of all kinds. Let us face it, Wi-Fi is everywhere—we cannot escape it. We can, however, recognize that there needs to be a balance in the lives of individuals from birth to grave when it comes to time behind a screen and time spent in an outdoor environment. Short-term and long-term health benefits, whether documented or not, have been seen in a variety of ways. First, sunshine: yes, plain and simple—our bodies need Vitamin D for our immune system and healthy sleep. Second, executive function: outdoor settings set all of our senses in motion and stimulate the neurons in our brain in a positive way. Third, for me as an edu-

cator and naturalist, the appreciation of the wonderfulness in nature positively influences my view of the world. There is nature everywhere, even if just a crack of the sidewalk or a small backyard space. If a person grows up never walking in the woods, digging in dirt, seeing animals in their habitat, climbing mountains, hillsides or trails, playing in streams or staring at the rolling waves in an ocean, they may never really understand what there is to be lost. We all need to appreciate this planet; the future of earth depends on our experiences with the natural world.

Now, with all this information, what is there left to do but get outside and get a big, fat, healthy dose of Nature RX—just what the doctor ordered. Whether eco-psychology, immersion in nature, forest bathing, or whatever you want to call the approach you take to getting outside, doing it is what matters. Each of us needs to spend at least 120 minutes each week in nature, only 17 minutes a day, as science has associated this amount with good health and well-being. Winnie Palmer Nature Reserve is right in your neighborhood, Bearcats. It's a conservation space filled with nature's wonder and discovery. Take a gentle lunch break and walk along our two-mile trail system, sit quietly at the Palmer Pond and take in the sound of trickling water, bring a blanket and study around any of the garden spaces, observe birds on the barn back patio or take a meditative stroll on the Labyrinth. In whatever way you choose to immerse yourself in a little nature, strive to get outside daily. I assure you that nature will not disappoint.

Opinion: My concerns about Wimmer honors housing

Andy Klein, Student Contributor

It has recently come to my attention that there are plans to make part of Wimmer Hall exclusive housing for Saint Vincent College honors students. I believe that this proposal would be a mistake. I believe this due to the extreme opposition to such a move from the student body; due to the complications this would impose upon honors students rooming with larger groups of roommates; and because this further isolates the on-campus community from the honors commuters.

By and large, the most significant reason I believe that this idea should not go forward is that it is against the spirit of a liberal arts school. While the fall and spring semesters have been in session, never more than a month goes by without me reading a Review article or an email talking about the core curriculum, and how it relates to Saint Vincent's commitment to provide a well-rounded liberal arts education.

A person's education does not simply terminate the moment they step foot outside of the traditional classroom. As many of my friends and acquaintances will attest, I often talk about the research I am performing for my senior project as a physics major. I have shown people around the physics lab, explained how the scintillators work to detect the subatomic particles that pass through the lead shielding of my project, explained what the origins of these subatomic particles called muons are, and so much more.

Most of these people have not taken a physics class, and likely never will. They've fulfilled their science credits, they simply don't have enough time, or for whatever other reason they aren't taking one. However, by being in proximity to my classmates, I have enriched their lives with some of what I've learned, even if I only talk to them occasionally. Many of these everyday intellectual enrichments take place because we live on the same floor.

The honors program is certainly not for everyone. I've talked to some of my fellow students who are in the honors program and they have stated that the workload is intense. Plenty of others opt not to because their GPA just isn't up to the bar, or because they rely on scholarships with stringent GPA requirements and do not want to risk what lets them attend classes here. And students of some

majors, such as education, will have a very difficult time graduating in four years due to the workload that their major entails.

But the honors program is certainly enriching for students in the program and for the rest of the college. The honors program participants take classes that would otherwise be reserved for the majors in a field (due to the difficulty such classes pose) and dive deeper into the material than others would. Though I am not an honors student myself, I have the utmost respect for anyone willing to challenge themselves to such a degree. But most of my fellow classmates that have learned about muons from me would never have even heard of the topic if I wasn't in their proximity this past semester.

Sequestering away the honors students would be a great injustice. No other students take such a large breadth and depth of classes. By pigeonholing these people into one building—the farthest one from all of the other dorms—the college would be depriving the rest of the campus of a valuable experience: the experience of learning from their peers, becoming curious and seeking out the knowledge that interests them on their own. Segregating the educational high-achievers from everyone else would deprive the student body of an opportunity to learn and to broaden their horizons.

I hope this decision will be reconsidered or, at the very least, delayed until the end of the next year. Saint Vincent students came here to experience the "SVC Community," but between the lack of effort to include commuters, the lack of real dialogue about the concerns some of the student body has about the mental health of this campus, and now this proposal on honor student housing—it feels like there really isn't any larger community here at all, and I am left wondering if there ever was one to begin with.

I implore the student body to voice their opinions on this issue to the college administration. The actions of the college in response to the COVID-19 pandemic over the past year have personally convinced me that there is a lack of a robust dialogue between students and administration. And it's clear that we, as a community, need that. So please take this chance to voice your concerns.

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