

## Bearcats Blow Past Cougars, 68-52

By: Jacob Rzempoluch, Sports Editor



Senior Madison Weber cuts down the nets after the PAC Championship. (SOURCE: JACOB RZEMPOLUCH)

The Saint Vincent Bearcats trailed the Chatham Cougars for the first 28 minutes of the Presidents' Athletic Conference (PAC) championship game, but once they took the lead they never looked back. A pair of free throws made by Madison Weber, senior psychology major, gave the Bearcats a 40-38. SVC would never trail Chatham again.

Despite falling behind early in the Feb. 25 matchup, a strong defense

kept the Bearcats within striking distance for the entire game. SVC trailed by seven at the half, but held Chatham to 22 points in the second half, and only a single three-pointer on 18 attempts. Defense has been a strong point all season as the Bearcats lead all of NCAA DIII in opponent field goal percentage defense (27.9%) and rank fifth in defensive rebounds per game (33.5). SVC is also home to

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## D3 Nerds: Where Student Athletes Are Heard

By: John Syms, Part-Time Staff Writer

What started off as a podcast just about baseball, now turned into a podcast about sports. Originally called "Baseball U," which was geared towards baseball fans from a podcast standpoint, this anticipated project now titled D3 Nerds, is set to release talks, videos, debates, and other fun activities involving sports. The creator John Evans, sophomore psychology major, is ready to work on new projects involving athletics with his web cast at Saint Vincent College (SVC).

D3 Nerds is sponsored by Stinger Sports, a brand that sponsors sporting goods that mostly contains baseball equipment. The podcast has gained viewership from students on campus as they watch videos about occupations, challenges, and showdowns involving sports. On Feb. 20, Evans posted

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# NEWS

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## SVC Wins PAC Championships to Advance to NCAA Tournament

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the PAC Defensive Player of the Year, junior communication major Alana Winkler.

“Our defense fuels our offense,” Emily Cavacini, junior psychology major, explained.

Saint Vincent demonstrated this by outsourcing Chatham 45-22 in the second half as their defense tightened up. In the fourth quarter, the Bearcats gradually built their lead until the Cougars resorted to fouling in hopes of grasping a last second victory. Cavacini was named the PAC Tournament MVP after a strong performance in the Championship, scoring 22 points and making 14 foul shots without missing a single one, many in the climatic final minutes of the game. The energy in the Robert S. Carey Center for the championship game was electric, with over a thousand Chatham and Saint Vincent fans in attendance, with a significant SVC “white out” student section.

The Bearcats were voted to finish sixth in the PAC coach’s poll before the start of the season, but quickly showed that they had far greater things in mind for the season.

“Coming off of last year, we struggled a little bit with our record, but we really were basically the same team,” Cavacini stated. “But it definitely did fuel us, it made us want to prove to people that even though you have a bad season you can come back.”

One of the most notable regular season victories for the Bearcats was their 57-53 triumph over the nationally ranked Washington & Jefferson Presidents. The senior day victory over the 23rd ranked team was the culmination of a 11-game win streak that sent a message to the conference. Despite ending a successful regular season second in the Pac standings, the Bearcats expected to be challenged in the PAC tournament.

“We knew that every game we were going to play was a dogfight,” Cavacini said.

In both their first and second round victories over the Bethany Bison and the Westminster Titans, the Bearcats exploded in the second half to win each game by a solid margin. Despite facing a talented Chatham team that upset the top seeded W&J squad, the Bearcats approached the championship match up like any other.

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# Bearcats at PAC Championships

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In addition to Cavacini's MVP honors, Weber and Ella Marconi, senior nursing major were named to the all tournament team. Cavacini was also named first team all-conference while Weber and Marconi made the second team and honorable mentions respectively.

As PAC champions, the Bearcats receive an au-

tomatic bid to the NCAA DIII tournament. Coach Jimmy Petruska has coached past Bearcat teams to the tournament, most recently in 2019. However, none of the current Bearcat athletes have competed in the tournament during their career. The Bearcats faced SUNY Cortland on March 3 and hope to make a deep run to end a strong season.



Senior Ella Marconi aims a foul shot. (SOURCE: JACOB RZEMPOLUCH)



# A Brand New Sports Podcast at Saint Vincent College

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a video on his podcast about spending the last 24 hours trying to play every sport at SVC. To watch more of his videos, make sure to visit his channel D3Nerds824. The website is almost at 1,000 subscribers and is currently at 772.

Evans would discuss that making videos for his podcast is not easy. He stated, "It's a little bit hard being a college athlete trying to balance being a full-time student, content creator, as well as a collegiate athlete, and it is not an easy challenge." Evans plays for the SVC Baseball team as an outfielder. During his freshman year, the athlete started 15 games and recorded 14 hits with four runs batted in (RBI).

Evans is not only trying to grab attention from people at SVC, but is also trying to see who else around the world wants to watch D3 Nerds. He would go on to say, "I am just trying to gear towards any audience that I can. Right now, I'm trying to push more TikTok's (@d3nerd) out there and then while I still do some YouTube videos and podcasts and things like that, those are kind of things are slow at the moment, but as now the podcast is going very well, and we are starting to see some progress in our videos which is exciting" as more content is in underway. The D3 Nerds TikTok account's most popular video is at 253,000 views with over 31,000 likes.

Evans does enjoy that his podcast is reaching a high altitude of admiration, but he doesn't just make these videos for fame.

Evans stated, "I like making content, and one of the main reasons why I made the podcast is if I can have someone watch a video and put a smile on their face, then that is why I make videos. I do it to share my experiences to encourage maybe someone to try and become a college athlete if they don't think they have



D3 Nerds Podcast Logo. (SOURCE: JOHN EVANS)

what it takes to play college sports."

As of Feb. 27, D3 Nerds is still making videos. Evans has gotten help from a variety of people on campus to make more content. One of his best friends Andrew Stano, sophomore sociology major, has been in plenty of their projects. Evans would say Stano "helped a lot with the full content aspect of the podcast."

For more information about D3 Nerds, follow the Instagram account "d3nerds", and will give you all the information of where to watch any videos about the podcast.

# ARTS & CULTURE

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## Culture and Coffee

By: Erin Brody, Arts & Culture Editor

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**T**raveling is typically at the front of college students' minds. Maybe one would study abroad, take a travel course, or join in on trips with student organizations like Activities Programming Board. Others are more curious about what other countries have to offer, but maybe traveling is not quite within reach. No matter the stance on travel, students can ask questions during the newly formed International Coffee Hour.

"I think a lot of our students aren't aware of how many international students we have on campus," said Director of Global and Community Engagement Jody Marsh. "By doing these International Coffee Hours, it'll allow our students to get to know our international students and will give us an opportunity to talk about studies abroad."

The first International Coffee Hour was held Feb. 28 from 2:30-4:30 p.m. on the first floor of Latimer Library. The Hour's focus was on Hungary and the teaching assistantships offered for male students at the Benedictine High School of Pannohalma.

One graduate of the high school was Domonkos Szilika, who attends medical school back in Hungary and is here at Saint Vincent for one year. While in high school, Szilika met SVC alumnus Danny Whirlow (C'21), who taught at the Benedictine High School with two other Saint Vincent graduates.

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The Review

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## Culture

Features about art, entertainment and trends



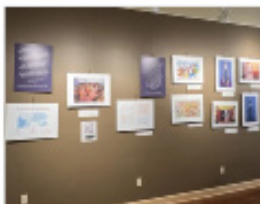
### Visiting Writers Series returns to Saint Vincent

On October 1st, Staff Writer The National Writers Series made its return to Saint Vincent College on April 5 in the Verostko Center for...



### Class of 2022 art majors display work in Verostko Center

By Anna Moody, Staff Writer The Verostko Center for the Arts recently opened the ATC community and visitors with a blue sign displaying...



### Fred Rogers Scholars collaborate with Latrobe Art Center

By Jacob Kumpelbach, Staff Writer Fred Rogers Scholars in residence at Latrobe Art Center began every episode of his...



### Not throwing away their shot: Students surprised and satisfied with Hamilton trip

By Cole Smith, Arts and Culture Editor The Academy of Dramatic Arts (ADA) showed a true to Broadway to see Eliza on March 11...



### Grant paves way to humanities project

By Ryan Callahan, Staff Writer A new financial opportunity was announced by Public Relations via a news release issued on Feb. 9. The...

# SVC holds first International Coffee Hour

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"Even when we were in Hungary, we knew when we came back that we wanted to do something to keep the [teaching assistant] program going," Whirlow said.

Whirlow then emailed President of Saint Vincent Father Paul Taylow, OSB, and Executive Vice President Dr. Jeffrie Mallory, Ed.D. The two of them redirected Whirlow to Marsh, and Whirlow and Marsh began to bounce ideas about advertising the teaching assistantship.

"I'm happy it came together so easily," Whirlow added.

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Students congregating in the Latimer Library where the International Coffee Hour was held. (SOURCE: BRODY)

# International Coffee Hour

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As for Szilika, he fondly looks back at his time at the Benedictine High School, which is where he met Whirlow and heard about Saint Vincent College.

“[Whirlow] actually taught us an English class as a T.A., and I enjoyed his company because he was a native English speaker and almost our age,” Szilika said.

And because of that experience, Szilika decided to apply for a scholarship from his high school to Saint Vincent, and he won.

“I just wanted this connection to maintain between Saint Vincent and Pannonhalma,” Szilika said.

Szilika’s sentiment lines up greatly with Marsh’s mission with International Coffee Hours.

“Just a chance if someone has a question about Hungary or their culture or anything, they have an open way for questions,” Marsh said.

Marsh also hopes for International Coffee Hours to continue twice a month throughout the year, and she wants students to realize the “potential” that comes along with this. While interest in study abroad can be piqued, Marsh wants International Coffee Hours to start a conversation with international students about what their life in their home country is like, if there’s any problems that Saint Vincent students should be aware of, and, most importantly, the best ways to help.

As Marsh said: “A lot of these students are here, their countries are in civil unrest, so it’s nice for them to have an opportunity to talk about it because you might otherwise not know.”



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writing.  
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# SPORTS

## Indoor track conference championship brings out the Bearcats' bests

By: Sean Callahan, News Editor

The Saint Vincent College men and women track & field teams ran their way to Youngstown, Ohio, on Feb. 23, for the indoor Presidents' Athletic Conference championship. The first contests began at 11 a.m. Both teams obtained multiple standout performances in different contests. The most notable is the performance of the men's team in the distance medley relay race. The relay team of Joseph Bujdos, Timothy Patterson, Braden Rankin, and Aiden Jackson won the event with a time of 10:42.73.

Bujdos, senior engineering major, looks forward to spending his last outdoor track season with his team, since he will be continuing his education at the University of Pittsburgh next year.

He felt good about the championship, specifically the outcome of the relay race and the individual achievements of his teammates.

"All of the sprinters set personal bests and met their goals during the championship, which was fantastic. It gave us more energy throughout the meet," Bujdos said.

In addition to helping his relay team to a strong finish, Bujdos placed second in the 800-meter run with a time of 1:54.35. He nearly broke his own 800-meter school record made on Feb. 10 in the Boston University Valentine Invitational, a time of 1:54.25

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Kristen Prince runs a tight race against a competitor. (SOURCE: WATKINS)



# Coaches highlight standout performances

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Timothy Patterson, junior criminology major, finished in third place in the 3000-meter run, right in front of fellow teammate John Syms, who finished in fifth place. He described his team as energized and excited. Through good and bad races, the attitude remained positive.

Patterson, however, feels that he has yet to hit this peak. He believes he can perform better individually and is looking forward to the outdoor track and field season.

"I have yet to hit my potential or have a breakout race, but I believe it is yet to come. I'm excited for the outdoor season to see what my teammates and I can do," Patterson said.

Other achievements for the men included two top-ten finishers in the one mile run, with Jacob Rzempoluch placing seventh and Jackson placing ninth. In the 5000, Jeremy Capella finished in fifth place and teammate Jeffrey Raynor placed tenth. In another competition, Evan Ray placed 12th in the men's long jump and eighth in the triple jump. Additionally, Augustine Frohnen placed fifth in the shot put.

The women's track and field team saw similar successes in their contests. In the women's one mile run, Cassy Lanza placed eleventh, and in the women's 800-meter run, Lily Murphy placed ninth. In the women's 3000, Kristen Prince and Lauren Brennan finished fifth and seventh place respectively.

Prince, freshman environmental engineering major, broke SVC's record time for the women's 3000, when she ended with a

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### Sports

*Bearcat sports and those relating to SVC*



Apr 10  
**Men's lacrosse in strong form**  
St. Luke's High School Lacrosse Coach The Bearcat Lacrosse Coach's lacrosse team has started off the season very strong with a 3-0 record.



Apr 10  
**Wrestling returns to Saint Vincent**  
St. Luke's High School Wrestling Coach St. Vincent College and its athletic department announced the return of wrestling to the school.



Apr 8  
**Men's tennis begins season with spring break trip**  
St. Luke's High School Tennis Coach The men's tennis team will begin their season with a trip to the University of Maryland.



Mar 27  
**New athletic facility on the way**  
St. Vincent College, Penn. State's Saint Vincent College has announced plans to open a brand new athletic facility for the students.



Mar 16  
**Softball opens season strong: Team aiming for championship win**  
St. Luke's High School Softball Coach The softball team will begin their season with a trip to the University of Maryland.



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# Indoor Track Conference

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time of 10:32.92. This is not the first school record she has broken this semester. At the Boston University Valentine's Invitational on Feb. 10, she set a record for the women's indoor 5000 with a time of 18:24.57.

Although Prince admitted she did not finish as well as she wanted to in the 3000, she enjoyed the race and was pleased by the new personal record she set.

"I'm excited to continue building off my fitness from indoor track and to challenge myself with new [personal record] goals," Prince said. "I would love to take a shot at the 10,000 meter race."

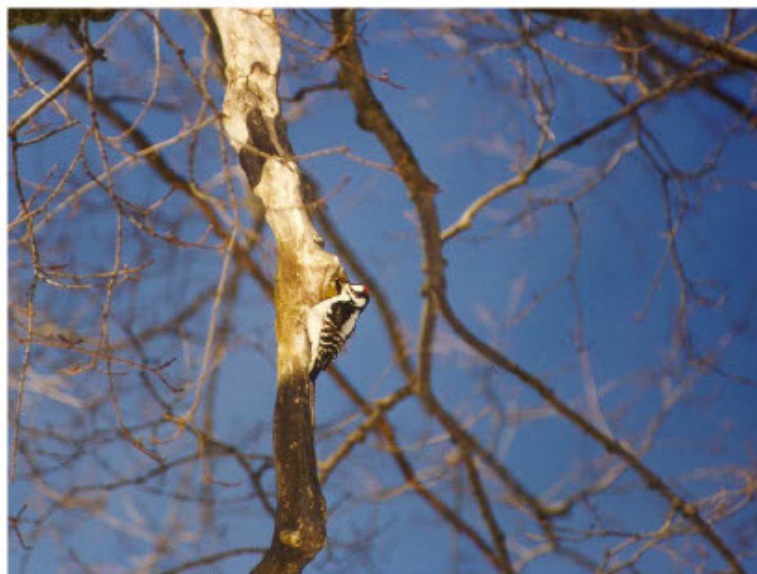
Kevin Wanichko, Head Coach of Men's and Women's Cross Country and Track & Field, and Alex Parker, Assistant Coach of the same programs, listed Prince, Rzempoluch, Syms, and Frohnen as only a few of their many standouts at the championship.

Concerning the outdoor season, Wanichko said that the track and field program is growing and expanding this year. He looks forward to the growth of other positions as well, such as throwers and jumpers.

"We know where our foundation is at, as we have been a primarily middle-distance program. This is our true first year of full expansion," Wanichko said. "We hope to see our team progress and grow each day and each week."

Parker agreed with Wanichko's sentiment, adding that the sprinters are "getting better every day."

"Going from indoor to outside track is like a second chance. There are moments and performances our teams did not have. But now we have a chance to regroup and go after them again," Parker said.



## WEDNESDAY MORNINGS 7:30-8:15 AM CAMPUS BIRD WALKS

### Learn to identify local birds by sight and sound

Biology professor Jim Kellam will lead bird walks at two campus locations during the semester to help his students and any interested member of the public identify birds by sight and sound. These walks are informal, with no planning involved. We just walk around looking for birds. Walks are held rain or shine. Several pairs of binoculars are available for use.

*Please wear clothes appropriate for the season and shoes or boots you don't mind getting dirty.*

Contact Dr. Kellam with questions: 724-805-2171 or [james.kellam@stvincent.edu](mailto:james.kellam@stvincent.edu)



SAINT VINCENT  
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### Spring 2023 Schedule

February 8 @ Gristmill  
February 15 @ WPNR  
February 22 @ Gristmill  
March 1 @ WPNR

<not on March 8>

March 15 @Gristmill  
March 22 @ WPNR  
March 29 @ Gristmill  
April 5 @ WPNR  
April 12 @ Gristmill  
April 19 @ WPNR  
April 26 @ Gristmill  
May 3 WPNR

### Locations

WPNR is the Winnie Palmer Nature Reserve. Meet at the front of the barn.

The Gristmill is off Beatty County Road by the campus wetlands. Meet in the parking lot.

# Team Standings

## Men's Lacrosse

Team	W	L	Streak
<b>Saint Vincent</b>	3	0	W3
Allegheny	1	0	W2
Franciscan	1	0	W1
Chatham	2	1	W2
W&J	1	2	L2
Thiel	1	3	L1
Grove City	0	2	L2
Bethany	0	2	L2
Westminster	0	3	L3

**Schedule:** @Muskingum 3/15 7:30 p.m., @McDaniel 3/18 1 p.m., Grove City 3/29 4 p.m.

## Women's Lacrosse

Team	W	L	Streak
Bethany	3	0	W3
Chatham	1	0	W1
Allegheny	1	0	W1
W&J	1	1	W1
Franciscan	0	0	--
Waynesburg	0	0	--
Grove City	1	2	W1
Thiel	1	2	L2
<b>Saint Vincent</b>	0	1	L1
Westminster	0	3	L3

**Schedule:** @Muskingum 3/15 5 p.m., Lancaster Bible 3/18 3 p.m., Wilson 3/19 3 p.m.

## Men's Volleyball

Team	W	L	Streak
PSU-Behrend	9	4	W1
<b>Saint Vincent</b>	5	4	W2
Thiel	10	10	L1
Geneva	10	11	W4
Hilbert	6	10	W3
Mount Aloysius	4	7	W1
Hiram	4	8	L3
Medaille	4	11	L1
PSU-Altoona	1	14	L1
Wells	0	10	L10

**Schedule:** @PSU-Altoona 3/15 7 p.m., Wells 3/25 1 p.m., Hiram 3/29 7 p.m.

## Baseball

Team	W	L	Streak
W&J	4	1	W3
Bethany	3	2	L1
Chatham	3	3	L3
Franciscan	1	1	L1
Geneva	0	0	--
<b>Saint Vincent</b>	0	0	--
Thiel	0	0	--
Grove City	2	3	L1
Allegheny	1	2	L1
Westminster	0	1	L1
Waynesburg	0	2	L2

**Schedule:** Pitt-Greensburg 3/14 3:30 p.m., @Newport News 3/17 12 p.m., @Newport News 3/18 12 p.m.

## Softball

Team	W	L	Streak
Allegheny	0	0	--
Bethany	0	0	--
Franciscan	0	0	--
Geneva	0	0	--
Grove City	0	0	--
<b>Saint Vincent</b>	0	0	--
Thiel	0	0	--
W&J	0	0	--
Waynesburg	0	0	--
Westminster	0	0	--
Chatham	1	5	L1

**Schedule:** PSU-DuBois 3/14 3:30 p.m., @PSU-Beaver 3/16 3 p.m., @Pitt-Greensburg 3/18 1 p.m.

## Men's Track & Field

**Schedule:** @Bethany 3/25 TBD, @Slippery Rock 4/1 TBD, @Juniata 4/6 TBD

## Women's Track & Field

**Schedule:** @Bethany 3/25 TBD, @Slippery Rock 4/1 TBD, @Juniata 4/6 TBD

## Women's Bowling

**Schedule:** Pitt-Greensburg 3/18 11 a.m., @Morgan State 3/19 12 p.m., @AMCC Championships 3/24-3/26 TBD

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The mission of Saint Vincent College's student-run newspaper, The Review, is to accurately and responsibly report campus, national and international news with integrity, fairness and objectivity. As a college newspaper, we assert that we will report on topics that interest our community, such as sports, popular culture, art & entertainment, politics and campus news. We affirm that each issue of The Review will reflect the diversity of the Saint Vincent College campus with respect for cultures, ethnicities, traditions, beliefs and views.

\*as of 3/1/23