

Let's Talk About Food

By: Elizabeth Van Pilsum, Staff Writer



This semester there are some new engagement opportunities provided by Saint Vincent's dining services, including "National Coffee Day" at the Barista. (SOURCE: @saintvincentcollegedining)

One of the most discussed aspects of Saint Vincent College is the food; if you are ever struggling for a conversation starter, you know that talking about the food is a go-to. Lately, students have noticed changes in the promotional elements of the college's dining services. This increase in events is partially due to the lifting of COVID-19 restrictions as well as Parkhurst's creation of the role Engagement Coordinator at SVC, which is currently being held by SVC alum Annie Trader.

The main goal of the Engagement Coordinator is to foster a positive environment between the SVC Community and its dining services through marketing. Annie Trader, along with Parkhurst's Office Manager Marty Radocaj, is trying to do just that. "Our company felt it was important to continue to build, and expand, guest engagement throughout each semester," Trader and Radocaj said. "We want to ensure our freshmen feel welcome and have the tools and knowledge they need to utilize all of the dining services

Continued on page 2

Sigma Snacks Success By SVC Students

By: Sean Callahan, News Editor

Many Saint Vincent College students are familiar with Rachelle's 15650, a local coffee shop in Latrobe run by fellow students that opened last semester. However, it seems there is room in town for more than one student-run business! Sigma Snacks, a Pennsylvania-based Energy Bar company situated in Latrobe, was conceived last semester by multiple alumni of the SVC class of 2022 and current students. The grand opening was held in the summer of 2022.

Tyler Overmier, Chief Executive Officer (CEO) of Sigma Snacks and SVC alumni of the class of 2022, conceived of the idea of Sigma Snacks last semester when he and Robert Harrington—sophomore marketing major and Chief Marketing Officer (CMO) of Sigma Snacks—were walking to a 6 a.m. practice for the men's swim team.

Continued on page 3



NEWS



Interested in
promoting your
on-campus
club?

Purchase ad
space in *The
Review!*

For more
information,
contact Benjamin Tantalo at
benjamin.tantalo@stvincent.edu

Saint Vincent's dining services create new promotional initiatives

continued from page 1

available to them. We also want to support SGA, APB, and other college clubs and organizations with engagement goals, and most importantly, create spaces for students to come together and share a meal.”

In order to better community engagement, some new opportunities are available for students. For example, there are two limited time offers every month, one at the Shack and one at the Barista, that allow students to enjoy specialty offerings that are either not available all the time or that students are not always aware of. These limited time offers allow the college to gauge the popularity of certain ingredients, and if the offers do well, SVC may consider adding them to the menu full-time.

A noticeable change in the Community Center is the “Food Facts” white board, which includes tidbits about food history, jokes, and other facts. This is not a new item to the school; it was located outside of the dining office for several years. However, this semester, it was moved to the Community Center where there is heavier traffic.

Saint Vincent College is working to create more engagement opportunities for their students this year, such as “National Coffee Day” at the Barista and “Breakfast for Dinner” in the Community Center. Another new initiative is the Community Center’s “Inspired Eats.” “Inspired Eats utilizes specific recipes that are completely free of all of the top 9 allergens and gluten,” Trader and Radocaj said. “Most of the Inspired Eats recipes avoid processed products and focus on whole foods.”

Trader and Radocaj emphasized that students have a lot to look forward to this semester, such as National Pierogi Day, a Halloween Contest, and dino nuggets in the Community Center. There will also be various pop-ups, local vendor samplings, guest engagement surveys, and monthly wellness trivia on Instagram. To stay up to date on all that is planned, Trader and Radocaj recommend following @saintvincentcollegedining on Instagram to get notified on events and changes that may be happening regarding dining services.

Current Student Speaks On Involvement in Sigma Snacks

continued from page 1

“We realized we were exhausted, we needed something for our stomach to energize and hold us through a two hour practice,” Overmier said. “But we also didn’t want to drink any coffee, Monster, or Red Bull, because we could be throwing up later!”

Overmier and Harrington’s belief in a healthier, alternative energy source, particularly for athletes, evolved into the idea of an energy bar.

After solidifying their idea, Overmier and Harrington enlisted the help of several other like-minded students—including one from The University of Pittsburgh Johnstown—who helped complete Sigma Snacks’ future executive board. They then consulted SVC’s Small Business Development Program, as well as individual professors in the Alex G. McKenna School of Business, to help iron out the details of their business.

“We were not alone. But we were learning the whole time. We went to finance and business policy and strategy professors for assistance too,” Overmier said. “If it were not for them and the resources that Saint Vincent provided, we would not be where we are today.”

Overmier emphasized the hard work of his team, as well as his own challenge of balancing responsibilities as a full time student, athlete, working a business internship, and starting up Sigma Snacks. However, he and his team remained motivated by their original goal.

“We have so much drive for this product, because it really

does not exist out there. There is nothing for athletes. My team and I just know we need to do this,” Overmier said.

Overmier explained that Sigma Snacks began in the market by asking other SVC athletes to try the energy bars before lifting in workouts or attending their routine practices. This allowed them to test their product prototype, receive feedback, and refine the recipe, all while marketing the product locally.

Harrington’s responsibilities as CMO of Sigma Snacks factored into this, and have evolved over time. Originally, he managed all the brand’s official social media accounts, such as Instagram, which has accumulated almost 500 followers since its first post in March. When the brand officially launched in August, he began selling Sigma Snacks energy bars and contacting businesses in hopes of gaining interest in their product, in addition to capturing public attention.



Tyler Overmier, CEO of Sigma Snacks, poses for a photo with a crate full of the brand's product. (SOURCE: Sigma Snacks' Instagram (@sigmasnacks))

Continued on page 4

Sigma Snacks

continued from page 3

Like Overmier, when Harrington was not studying or in swim practice, he would be dedicating his time to Sigma Snacks. Harrington is grateful for what he has learned alongside his friends and business partners. He described watching their brand advance significantly in a short period of time as an eye-opening experience.

“When considering launching a business or joining a start-up, you don’t always consider how much time it will take to ensure complete safety of your product or potential legal ramification,” Harrington said.

Mauricio Sanchez, senior finance major and former CFO of Sigma Snacks, also shared Overmier and Harrington’s sentiment of the business start-up being a learning process.

“Holding meetings during busy weeks of classes to talk about an uncertain future was not easy,” Sanchez said. “However, it was Tyler’s passion and the amount of effort he could put into this idea while running on only three hours of sleep that made me want to help.”

Sanchez assisted the team by providing financial projection scenarios for Sigma Snacks, such as calculating amounts of possible cost of goods sold for their products and creating a business plan. Like Overmier, he stressed the help SVC professors provided. While many of the team had learned the terminology and functions of a business, they had to learn how to apply them as well.

Overmier explained that in the beginning, Sigma Snacks was marketed towards college athletes, particularly in the Latrobe and Greensburg area. But now, they do nationwide shipping and are creating new products for everyone. Meal replacement bars, post-workout bars, and non-caffeinated (breakfast) bars for children are among some of the product ideas their team is considering. He is passionate

about providing an alternative to energy drinks and other caffeinated beverages.

“We really want to energize America with a nutritious product. We’re stepping away from our original college focus and entering a broader consumer market,” Overmier said.

Today, Harrington is still involved with Sigma Snacks’ operations while attending SVC full time. He continues to assist Overmier and the rest of their team with sales, outreach with athletes, and furthering the growth of the brand as CMO.

Sanchez, since helping Sigma Snacks advance beyond the planning stages and first steps, has stepped back from his role as CFO. However, he is always available should the team need his assistance once again, and he is proud of how successful the company has become.

Although most of the executive team has graduated from SVC, Overmier has not forgotten the place where his team forged Sigma Snacks’ legacy.

“We started as a Saint Vincent College company, and now it is growing into something bigger,” Overmier said. “But it is always going to have its roots in SVC, because that is where our idea originated.”

Wi-Fi an Issue on Campus?

By: John Syms, Staff Writer



Apogee Resnet provides internet access to SVC students. (SOURCE: Apogee)

Students across Saint Vincent College are having problems with logging in to campus Wi-Fi. Two main problems on campus are students having no access to the internet and always having to sign in to Microsoft Authenticator to log in to the student portal. Undergraduates are very frustrated with the Wi-Fi connection. The same problems with the Wi-Fi at Saint Vincent occurred last year when Apogee set up a new connection for students.

Saint Vincent College's Information Technology (IT) department is currently fixing the issues happening on campus. IT has confirmed that many students this semester have had their Wi-Fi issues fixed, while other students still are having problems. Students who usually can't log in to the internet here at Saint Vincent College usually have to use the Bearcats-Guest Wi-Fi. There have been a variety of problems with logging in to Microsoft Authenticator this semester. Students are annoyed with having to use Authenticator every time they attempt to log in to the student portal, the Get app, or even Microsoft Outlook.

IT Service Desk Analyst Fabio Flesik said "The Wi-Fi uses the MyRes-

Net accounts. The Authenticator issues, the main cause of that is usually when someone gets a new phone or computer, or resets their phone, basically [IT] would have to reset something on our end that allows the notification to approve the sign in to go with their new phone or computer."

Flesik also said, "Anyone who has trouble with Wi-Fi or internet always has a 24/7 support, they can chat, go on the website, look at the Wi-Fi posters hung across Saint Vincent, or go to the website, and we usually do have a Wi-Fi person at service desk to help with any problems with internet. His name is Ben Riddle."

Ben Riddle is a current IT employee, and Saint Vincent College graduate. If you ever need help with Wi-Fi on campus, visit the IT service desk on the bottom floor of Alfred Hall. IT believes that not a lot of students will have trouble with internet connection on campus if they find the 24/7 support they need. IT is looking to fix these issues starting winter.

You can always contact Riddle by his email ben.riddle@saintvincent.edu. For any other problems with Wi-Fi, you can always email SVC's IT service desk at servicedesk@stvincent.edu or call (855) 643-2152.

ARTS & CULTURE

Need a night out on campus?

By: Erin Brody, Arts & Culture Editor

Theater has always been a favorite pastime for Saint Vincent students, and the campus will receive another opportunity this October to see a classical literature favorite brought to life: Louisa May Alcott's *Little Women*.

Little Women is about how the four March sisters attempt to continue family life as it had been while their father is fighting in the Civil War. While Alcott wrote the original story in 1868, award-winning dramatist Marisha Chamberlain adapted the novel into a script.

"This is the perfect time to do something a little bit different," said Professor Gregg Brandt, assistant professor of theater and director of the show.

Faculty and upperclassmen may understand this difference. It's typical for The Players theater group to perform a murder mystery in the fall since the show dates are near Halloween, but this year, all signs pointed to a change.

"It's always been in the back of my brain to do this show," said Professor Brandt.

What made this year different from the traditional murder mystery was a few things: The Players is full of strong female leads this year, and COVID-19 restrictions have let up on campus.

Professor Brandt recognizes that while these restrictions have lessened, the Performing Arts Center is still taking proper care to ensure the health and safety of his actors and tech crew.



Students rehearsing for *Little Women*. (SOURCE: LINDSEY BENJAMIN)

"We still have to be cautious, and we are. But it is nice to have that feeling of trying to get back to normalcy [...] especially when it comes to performing," Professor Brandt said.

While there are many differences between murder mysteries and *Little Women*, Professor Brandt said this year's play has more intimacy than plays in the past have. For example: Characters hug each other and fall in love, something that one is not likely to see when murder is involved.

Of course, like any production, the show can't go on unless there's a tech crew, which is a position that's always open. Professor Brandt said that students interested in set design, sound board, or any tech position can join.

And, another factor in a great show is a great audience, and luckily for Benedictines and Saint Vincent College students, faculty, and staff, they can see the show for free as long as they present a valid ID! Adults

Continued on page 7

Plan to see The Players' performance of Little Women

continued from page 6

outside of Saint Vincent College will pay \$15 per ticket, and students outside of Saint Vincent College will pay \$10. The shows take place Oct. 28 and Oct. 29 at 7:30 p.m.

Be sure to buy your ticket from the Box Office outside of the Performing Arts Center as soon as you can during the performance days! Many people from Latrobe and the surrounding area have shown interest in the Summer Theater series on campus, and they can't wait to see more.

"It's nice that people from the Latrobe area and surrounding neighborhoods will come and support," Professor Brandt said.

Oktoberfest: German tradition arrives on our campus

By: Suki Rowden, Staff Writer

Saint Vincent College enjoyed the German tradition of Oktoberfest on Oct. 12 in a historic celebration. The event included haustus, or evening refreshments, beer from Straub Brewery, and a pretzel bar. A collection was also held at the event to promote donation to the Ridni Charitable Fund, which supports Ukrainian children who have been affected by the war.

Oktoberfest is generally thought to be a solely German celebration, but it also has close ties to Saint Vincent's own history. Originally, Oktoberfest was



Nicole Abrams (left) and Amanda Pugliano (right) pose for a photo while enjoying the provided beer, wine, and pretzels. (SOURCE: ROWDEN)

Continued on page 8

SVC's close ties to the origin of Oktoberfest culminates in an excellent celebration of culture

continued from page 7

meant to commemorate the wedding of the Bavarian prince, Ludwig and Princess Therese of Saxony-Hildburghausen on Oct. 12, 1810. The kingdom of Bavaria was a founding state of the German empire and now comprises the entire southeastern portion of the country. The wedding festivities lasted for five days and later became an annual tradition.

Thirty-six years after Prince Ludwig's wedding, Saint Vincent was founded with the support of Ludwig, who was now king. King Ludwig I sent artwork, musical instruments, and books to the college to support the Bavarian monk's mission. These artifacts later became a large part of the German identity present in America.

Attendees of the Oktoberfest celebration were given a remarkable opportunity to view the featured exhibition Royal Patronage: Selections from the King Ludwig I of Bavaria Gift, which explores the history between Saint Vincent and its royal benefactor, as well as a glimpse at many rare books within the college's collection. Included in the collection were portraits of King Ludwig I and his wife, a collection of articles describing the culture of Munich at the time, as well as Boniface Wimmer's notebook from 1830.

Andrew Julo, curator of the Verostko Center for the Arts, with his small but skilled team, organized the event to bring the community together.

When asked what his favorite aspect of the exhibit was, Julo said, "Just seeing so many people here, celebrating together in the community [...] and free beer!"

Many familiar faces could be seen milling around the second floor of the library from students to monks, to professors, and some unfamiliar faces as members of the community from outside the school enjoyed the celebration as well.

A student, Amanda Pugliano, a senior integrated science major, enjoyed her time at the celebration, delighted in the different beers and delicious pretzels. "I love taking a little break in the middle of the day to connect with people," Pugliano said.

The celebration of Saint Vincent's Bavarian roots was a great success with a large turnout, contrary to the library's quiet reputation. Julo hoped the exhibit would speak to and represent the "immigrating spirits" SVC was founded by. He stated the exhibit told the tale of the Bavarian colony of monks who were likely to never see their home again. King Ludwig I sent his portrait and other pieces that were intended to aid in their learning.

"The portrait was hung in the refractory where the monks would pray to it every day. [That portrait] was important because it brought home to them," Julo said.

SPORTS

Bearcats Brave Breezy Weather Against Bethany Bison

By: Jacob Rzempoluch, *Sports Editor*

Oct. 8 saw back-to-back soccer action for the Bearcats, with both the women's and men's teams playing Bethany at the UPMC Field on campus. Results were mixed, with the women's team losing a close match 1-0 to the Bison and the men fighting for a draw against the defending Presidents' Athletic Conference champions.

"We didn't come out as strong as we know we could have," captain Tanisha Grewal, a junior biology major, said. Despite the loss, the Bearcats stayed tough throughout the match. Sophomore goalie Madison Arnold had a notably strong per-

formance, recording 6 saves while the Bearcats took 6 shots. The former PAC Defensive Player of the Week has completed 4 shutouts this season and allowed an average of only 0.874 goals per game as one of the top goalies in the conference.

A few days after the match, Grewal stated, "We're a very resilient team, we know we're going through a lot of changes, so we're bouncing back... I think that sometimes a loss can help you with the next game." SVC would reverse their luck a few days later in a 4-0 victory against Thiel, with each goal being scored by a different member of the team.

On the men's side, captain David Rahaman answered an early Bison goal with a goal in the 57th minute. "I think we could have started out a little stronger, on the front foot. We kind of started out on our heels... it was a battle to the end," Rahaman said. The junior English major and secondary education minor would be honored as PAC Offensive Player of the Week for his play in this game and an earlier 2-2 draw against Carlow. Rahaman also scored in that match; both of his goals were assisted by junior Jose Hurtado.



PAC Offensive Player of the Week David Rahaman has scored six goals this season, which is the third most in the PAC. (SOURCE: JULIE WATKINS (athletic.stvincent.edu))

Continued on page 10

Soccer teams begin conference play

continued from page 9

When asked to explain what the Bearcats would need to do to succeed in the PAC playoffs, Rahaman said, “It’s really a mental thing, finishing those games out that are 2-1, finishing the games out that are 3-2, just seeing them out.” He then offered some insight into the team mentality for the season.

“One of our team mottos is ‘All in or in the way’. So ‘all in’ means you’re going to team lifts, you’re bonding with each other, you’re hanging out, you’re going to meals... just cause you want to do it.” Rahaman believes this builds a strong team from top to bottom, encouraging every athlete to buy in to the program’s goals.

The men’s and women’s PAC soccer championships will begin with a quarterfinal round on Oct. 29. Based on conference standings at time of publication, the men’s team is one spot outside of qualifying for the six-team championship tournament, while the women’s team is positioned to take the sixth qualifying spot. Both teams are confident in their ability to perform at the end of the season and hope to shake things up in the conference.

Check out our website for stories not printed in our paper!

Sports

Bearcat sports and those relating to SVC



Apr 20

Men’s lacrosse in strong form

By Luke Mich, Sports Editor The Saint Vincent Bearcats men’s lacrosse team has started out the season very strong and, over a month into...



Apr 10

Wrestling returns to Saint Vincent

By Luke Mich, Sports Editor On Mar. 10, Saint Vincent College and its athletic department announced the return of men’s wrestling to the...



Apr 5

Men’s tennis begins season with spring break trip

By Luke Mich, Sports Editor During spring break, when most students enjoyed the week off from school by going home or traveling south for...



Mar 29

New athletic facility on the way

By David Collins, Part-Time Staff Writer Saint Vincent College has announced plans to open a brand-new athletic facility for students...



Mar 24

Softball opens season strong: Team aiming for championship win

By Luke Mich, Sports Editor Over the past few weeks, Saint Vincent College has been making a name for...



SAINT VINCENT COLLEGE

YOU ARE CORDIALLY INVITED TO ATTEND

THE 2022 MANOLI LECTURE

AND DINNER

HONORING THE MEMORY OF

CHARLES MANOLI, P'45, C'51, D'05

AND

ANITA LAVIN MANOLI, H'51

BENEFITTING THE

**CHARLES G. AND ANITA L. MANOLI
SCHOLARSHIP FUND**

PRESENTING

***“STUDENT CIVIL RIGHTS: GUARDING TRUTH AND JUSTICE
IN A DEVELOPING LEGAL LANDSCAPE”***

BY

KIMBERLY M. COLONNA, ESQ., C'94

THURSDAY, NOVEMBER 3, 2022

5 P.M. DINNER (\$50 PER PERSON)

7 P.M. LECTURE

THE FRED ROGERS CENTER

Kindly respond in one of the following ways by October 24, 2022:

- ♦ *Return the enclosed response card*
- ♦ *Call: 724-805-2949*
- ♦ *Email: carolyn.walsh@stvincent.edu*

Seating is limited, reservations accepted on a first-come, first-served basis.

Team Standings

Women's Soccer

Team	W	L	T	Streak
Westminster	10	3	1	W2
Franciscan	10	3	2	W1
Bethany	9	3	3	L1
Chatham	8	3	3	W1
Saint Vincent	6	5	2	L1
W&J	4	3	6	T1
Grove City	7	6	1	W5
Waynesburg	3	6	5	L2
Allegheny	3	8	3	L2
Geneva	3	9	3	T1
Thiel	2	9	0	L7

Schedule: Allegheny 10/19 3:30 p.m.,
Grove City 10/22 12 p.m., @Chatham
10/25 5 p.m.

Football

Team	W	L	Streak
Carnegie Mellon	7	0	W7
Grove City	5	1	W3
W&J	5	2	L1
Case Western Reserve	4	2	W1
Westminster	3	3	W1
Waynesburg	3	3	W1
Allegheny	2	4	L2
Saint Vincent	2	4	W1
Bethany	1	5	L5
Thiel	1	5	L1
Geneva	1	5	L1

Schedule: @Allegheny 10/22 1 p.m.,
@Carnegie Mellon 10/29 1 p.m.,
Waynesburg 11/5 1 p.m.

Women's Volleyball

Team	W	L	Streak
Saint Vincent	14	5	L1
Thiel	15	8	W4
Allegheny	15	8	W8
Grove City	14	8	W4
W&J	10	8	L1
Chatham	10	10	W1
Bethany	10	11	L1
Franciscan	8	11	L2
Geneva	8	13	L1
Waynesburg	3	18	W1
Westminster	2	22	L14

Schedule: Chatham 10/19 7 p.m.,
@Allegheny 10/21 7 p.m., @Franciscan
10/25 7 p.m.

Men's Soccer

Team	W	L	T	Streak
Franciscan	11	2	2	W6
Grove City	9	5	0	W4
Geneva	6	3	6	T2
Westminster	7	5	2	W1
W&J	6	5	2	T1
Bethany	6	6	3	L1
Saint Vincent	5	6	4	L2
Waynesburg	3	6	5	L3
Allegheny	3	7	3	T1
Chatham	2	9	3	T1
Thiel	1	12	2	W1

Schedule: Grove City 10/22 3 p.m., @Chatham
10/25 7:30 p.m.

Women's Swimming

Team	W	L	Streak
Saint Vincent	1	0	W1
Chatham	1	0	W1
Westminster	0	0	--
Grove City	0	0	--
Allegheny	0	0	--
W&J	0	0	--
Bethany	0	0	--
Franciscan	0	1	L1

Schedule: PSU-Altoona 10/22 1 p.m.,
@Allegheny 10/28 6 p.m., Grove City
11/11 6 p.m.

Men's Cross Country

Schedule: @PAC Championships
10/29 12 p.m., @Lock Haven (Region-
als) 11/12 12 p.m.

Results: 1st at Saint Vincent Invi-
tational, 8th at Lock Haven, 13th at
Oberlin

Women's Cross Country

Schedule: @PAC Championships
10/30 11 a.m., @Lock Haven (Region-
als) 11/12 11 a.m.

Results: 2nd at Saint Vincent Invi-
tational, 14th at Lock Haven, 11th at
Oberlin

Men's Golf

Schedule: End of Season

Results: 13th at Allegheny, 1st at Saint
Vincent Invitational, 5th at PAC Cham-
pionships

The Review Staff

Editor-in-Chief
Luke Mich

Production Manager
Victoria Viola

Copy Editor
Kateri Strub

Business Manager
Benjamin Tantalo

Digital Media Editor
Elizabeth Crockett

News Editor
Sean Callahan

Arts & Culture Editor
Erin Brody

Sports Editor
Jacob Rzempoluch

Staff Writers
Elizabeth Van Pilsum
Devin Bonine
John Syms
Suki Rowden

Faculty Advisor
Dennis McDaniel

The Review office is located
next to the Wimmer Bridge.
Office Number:
724-805-2513

Contributions, Comments,
Questions, Advertising:
review@stvincent.edu

Website:
stvincentreview.com

The Review is a member of the
Associate Collegiate Press
www.studentpress.org/acp

Editorial Policy

The Review always welcomes
input from its readers, including
all students, faculty, adminis-
trators, Benedictines and any
other members of the SVC com-
munity. With regards to con-
tributed, non-solicited works,
The Review reserves the right
to chose to accept or reject any
submitted stories or letters to
the editor for publication as well
as the right to edit said pieces.

Mission

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

*as of 10/15/22