

Bearcats sprint to PAC championship win

By: Sean Callahan, Editor-in-Chief



The Bearcat Men's Cross Country Team poses for a photo after winning their ninth PAC title. (SOURCE: JIM BERGER)

Cross Country is a team sport in which success is achieved through the efforts of many individuals. While one runner may reach first place, that means little for the entire team if their teammates place far behind runners of other teams. Saint Vincent College's (SVC) Men's Cross Country Team has not earned another PAC championship win since 2019. But on Saturday, Oct. 28, at 11 a.m., at Thiel College, the male Bearcats came together to win their ninth team title in the PAC against nine other teams.

The team scores were determined by adding the placements of the top five finishers of each team. According to the PAC website, out of the 114 runners who took part in the 8K—a race of about five miles—the Bearcats won by gaining placements of third, seventh, 13th, 16th, and 17th, for a combined score of 56, and first place as a team.

The Bearcats exceeded team runner-up W&J by 15 points. Although W&J ran a competitive

race, gaining second, fourth, and 11th place, their team's fourth and fifth scorers could not outrun the Bearcats' third through fifth scorers.

Additionally, although Kevin Arseneaux of Geneva College won the individual championship, covering the course in 25:52, Geneva's second scorer only gained 18th place, followed by 23rd, 26th, 34th, equaling a combined score of 102, for a team placement of fifth.

Following the conclusion of the race, Kevin Wanichko, Head Coach of Cross Country and Track and Field, was voted the PAC Men's Cross-Country Coach of the Year.

Wanichko is proud of the team, even beyond the five runners who scored. He felt the journey to the win truly started last year, when the team fell short in the PAC Championship.

"We were preseason number one, picked to win. But then we had a rough day last year and got fourth," Wanichko said.

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Exciting expansions planned for campus

by Brianna Saylor, News Editor

Saint Vincent College (SVC) has exceedingly grown over the past decade. In fall of 2012, the Sis and Herman Dupré Science Pavilion completed a 40-million-dollar renovation, and in 2020, The Dale P. Latimer Library opened to students. The cafeteria has also undergone several new expansions. Now, through the united efforts of a truly dedicated and extensive community, SVC administration has begun unveiling exciting new details about the Strategic Master Plan for the future and expansion of the college over the next 10 to 12 years.

Dr. Jeffrie Mallory, Executive Vice President and Chief Operating Officer (CEO) of Saint Vincent College, explained the importance of paying it forward, or leaving SVC better than the current community found it for future generations to enjoy. Mallory also discussed some exciting new projects that are in SVC's future—some of which include the new Dunlap Family Athletic and Recreation Center, updates to campus housing, a tentative addition to Dupre, and plans for repurposing the famous Sauerkraut Tower.

Mallory expressed the college's commitment to approaching the Dunlap facility.

"While the [predicted renderings of the building] may change with the continuance of this project, which is set to begin in May 2024, in the grand scheme of things—the overall layout of the building and what's in it will stay the same," Mallory said.

There are also construction plans for residential buildings. Mallory explained that every building has a lifecycle, and it must be balanced with what is feasible in terms of how long it has been used and its quality. Regarding Bonaventure Hall (Bonnie), Mallory explained that this building is at the end of its lifecycle, and there is little that can be done to improve it further. He says that while the freshmen dorms have held up well, the college has noticed that upperclassmen need more variety.

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NEWS

Men's Cross-Country wins ninth PAC title

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Timothy Patterson (right) leads the pack, while running a tight race against Geneva's Kevin Arseneaux. (SOURCE: JIM BERGER)

Wanichko feels last year's result gave the team extra motivation to come back and win the PAC this year. But he also attributes this year's success to multiple aspects of the team and its culture.

"It starts with the leadership on our team. We had three great captains to lead our program," Wanichko said. "But even outside of them, it funnels down to the rest of the group, doing what they need to and being committed to the group."

Timothy Patterson, senior criminology major, placed third overall in the race, with a time of 26:10, as the Bearcat's first scorer and leading runner. He earned First Team All-PAC following the conclusion of the race.

Patterson is grateful for the efforts of his fellow players and coaches, including Wanichko. He described feeling grateful that the team's efforts paid off this year, and that they won the PAC.

"This is one of the best teams in SVC [Cross Country] history, so we knew we could win it if we all performed. The top ten has included many of our runners throughout the season as everyone continued to improve," Patterson said. "Our team was able to run together from the start and keep our lead the whole time."

Ethan Wymer, junior placed seventh overall as the Bearcats' second scorer in a time of 26:30. Like Patterson, Wymer also gained All-PAC First Team for his performance.

Brady Sundin, sophomore health science major, previously declared PAC Newcomer of the Year, placed 13th overall as the Bearcat's 3rd fastest finisher, with a time of 26:49, earning him All-PAC Second Team.

Regarding last year's PAC championship, Sundin described a sentiment similar to Wanichko's, saying, "it hurt very badly when we fin-

ished fourth, but this only gave us more fuel to get it done the following year." He emphasized the training of his fellow teammates and their individual accountability as contributing factors to this year's success.

"If the foundation of miles is not there over the summer, then when it comes time to really compete in the fall it is hard to play catch up, but we did well in that regard. It feels amazing for us to pull off a PAC title this year," Sundin said.

While Sundin is grateful for the recognition as PAC Newcomer of the Year, it is not about the accolades for him. He hopes he has made a positive impact on his team and its culture, and wishes to continue improving his personal bests, to benefit his team in as they move forward.

Aiden Jackson and John Syms, both juniors, placed 16th (27:00) and 17th (27:03) respectively, as the Bearcats' final two scorers. They both earned PAC Honorable Mention.

Next up for the Bearcats is postseason competition at the Regional Championships, where the Bearcats have expressed personal goals. Sundin wishes to run under 26 minutes, while Patterson wishes to make the top five players overall. Wanichko has high hopes for the team.

"Our goal from the beginning of the season has been to get better every week. [We want to] peak at the right time and get our best foot out there," Wanichko said. "I'd really like to see us at top ten in the region...go out and have the best day we can have."

The Bearcats will compete at the NCAA Division III Mideast Regional Championships on Saturday, Nov. 11, at 11 a.m. at Lock Haven University. Following this will be the NCAA National Championship at 11 a.m at Carlisle, PA.

Dr. Mallory explains new future construction plans

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An electronic rendering of the planned Dunlap Family Athletic and Recreation Center. (SOURCE: STVINCENT.EDU)

“There’s an element leadership looks at when it comes to our students, in particular, what’s ethical and what’s right, especially when it comes to the residential footprint,” Mallory said. “Between Bonaventure Hall, Gerald Hall, and Saint Scholastica, the college is looking at a format that includes two or three smaller, two story, residential houses, with apartment-style configurations. We plan to implement these over the next 8 to 10 years.”

In addition to the dorms, Mallory also addressed SVC’s decision to split with Carlow’s Nursing Program, which has resulted in concerns about what that means for the future of SVC’s nursing majors.

“It’s proposed we will be accredited by the state body to serve as a fully functioning school of nursing,” Mallory said. “[However,] it’s a growing field with cohorts bigger than thirty-plus students; thus, the logistics for a nursing program have necessitated us to look at having a new facility just for that.”

He explained that a new nursing building would be a shared facility. He expressed the possibility of “significant growth, not only in current programs but also future pursuits of adding additional ones.” Permitting everything aligns, the plan is to begin construction in the Spring or Summer of 2024.

Lastly, the restoration of the Sauer-

kraut Tower has been proposed. Mallory explained how Father Paul has been discerning how the building could be used. Currently, there are two options being considered. The first is for the tower to house SVC’s extensive collection of rare books. Ideally, the building would consist of five floors for books with an open middle visitor area on the first floor. The second option would repurpose the building for faculty and staff, who could use it for research purposes.

Collectively, the college is undertaking a Master Process Plan for the next 10 to 12 years’ worth of construction on campus. All the projects mentioned would be included in the master plan.

“There is a logical nature for how we think these projects need to unfold and that’s where we get a clear timeline, that’s where we look at the resources needed, either internally or externally,” said Mallory.

The college has been working together to carefully plan how these pieces fit in and how they can deliver them to both present and future generations of the SVC community.

The Weekly Review Staff Top Ten: Potato Foods

Featuring: Alwyn Jimmy, Part Time Staff

- 1.) *Garlic Potatoes (Just so, so, so underrated.)*
- 2.) *Roast potatoes (Try cooking them in goose fat for extra flavour and a golden-brown colour.)*
- 3.) *Chips (They go extremely well with some battered cod. Don't forget a generous helping of vinegar and salt too.)*
- 4.) *Hash browns (One of the most underrated potato variations, so easy to make.)*
- 5.) *Crisps (The most variable choice with the flavour of the crisp being hugely influential on whether it's great or average.)*
- 6.) *French Fries (Arguably the most common way people eat potatoes these days, it's a slightly over-rated classic.)*
- 7.) *Mashed Potatoes (A simple but effective complement with roast meat and enhanced with gravy.)*
- 8.) *Jacket Potatoes (Also known as baked potatoes)*
- 9.) *Sweet Potatoes (Despite being the healthiest choice, unless you're counting calories, not worth it.)*
- 10.) *Potato Salad (Undoubtedly the worst way to eat potatoes. Disagree? Argue with a wall.)*

ARTS AND CULTURE

40 years of women at SVC

By Tanner Adomaitis, *Staff Writer*



The event consisted of many Honorees. (SOURCE: SVC INSTAGRAM)



A panel of Brother Norman Hipps, O.S.B., Alice Kaylor, and Father Earl Henry, O.S.B. (SOURCE: ADOMAITIS)

In 1982, it was decided that Saint Vincent College (SVC), a then all-male institution, would become co-educational. In the following year, 1983, SVC welcomed its first freshmen class of both men and women. Now, forty years later in 2023, on Oct. 26, an event honoring 40 women with exceptional achievements both at and outside of SVC was held called 40 Forward.

In her opening remarks of 40 Forward, Morgan Paris, Institutional Marketing Manager and Editor-in-Chief of 1846: The Magazine of Saint Vincent College, stated that the idea that repeatedly and naturally arose for the event was to choose 40 women for 40 years, which became the feature of the program. Over 200 exceptional women were nominated, and a selection committee was assembled to select 40 women to be honored in the program.

“We made our selections based on strong representation of the mission of Saint Vincent College, achievement and leadership in their field, and service to and impact on the college,” Paris said. “It was very tough, but we found our forty.

Honorees selected included alumni as well as current and former faculty and staff. Following the opening remarks, a panel consisting of Brother Norman Hipps, the Academic Dean at the time of the decision, Alice Kaylor, former Dean of Studies, and Father Earl Henry, who worked in admissions at the time of the decision, discussed the decision and implementa-

tion process of the college becoming co-educational. Hipps discussed how the transition to co-education was not irregular at the time and followed by elaborating on the basis for the discussion.

“I think in the experience of many of our faculty and myself, we really appreciated the presence of women in our classrooms from Seton Hill,” Hipps said.

The decision to become co-educational was made in January of 1982, giving the college a year and a half to prepare for their first co-educational class. Henry also provided commentary on the decision process, and his thoughts behind the discussion to become co-educational.

“We were educating men for professional lives, and they need to experience the presence of women in their lives in an educational setting, so what are we waiting for?” Henry said.

The average percentage of women in the first co-educational class for most colleges and universities was approximately 13%. For SVC’s first co-educational class, 33% of the class were women. The panelists also discussed the positive reaction of the men to the college becoming co-educational. To end the panel, Kaylor offered closing remarks.

“As I look out tonight and I see all of you wonderful women, who are so distinguished and have given so much to Saint Vincent, to your family and professional lives, my wish would be that for the next 40 years of current students to continue your path,” Kaylor said.

Tailing the panel, Heather Albright called the names of all honorees who were asked to rise and receive recognition for their remarkable accomplishments. Afterwards, honorees Sue

Hozak, Deputy Athletic Director and Women’s Volleyball Coach, Dr. Doreen Blandino, Chair and Professor of Modern and Classical Languages, and SVC alumna Jennifer Miele offered remarks about honorees who have passed away.

Hozak spoke first, honoring the late Coach Kristen Zawacki, the first female coach in school’s history who was named the head women’s basketball coach for the first season from 1983 to 1984 and later assumed the same position for the softball team in 1985. Blandino honored the late Professor Emeritus Vera Slezak of Foreign Language, who was the first woman to serve on the faculty. Lastly, Miele spoke in honor of the late Carolyn Attneave, who became the first Native American woman ever to earn her PhD in Psychology.

To close the event, the Master of Ceremonies Aubrey Cintron, SVC alumna, the Director of Alumni Relations and the first woman to hold the position, offered final remarks honoring the women who came before her and allowed her to forge her own path that led her to her position.

Those looking for more information about the honorees and their historical impacts can look forward to the Winter Edition of 1846: The Magazine of Saint Vincent College.

Cutie's Coffee

By: Elizabeth Van Pilsum, Arts and Culture Editor



Cutie's Coffee Company is in a renovated storefront and owned by Kaitlyn Crawford. (Source: VAN PILSUM)



On Oct. 14, a brand-new coffee shop opened up in Greensburg. (Source: VAN PILSUM)

Good news for the coffee-lovers of Saint Vincent College (SVC): a new coffee shop has opened in the local area. Located in Greensburg and approximately 20 minutes from campus, Cutie's Coffee Company is a brand-new addition to the independent coffee shops near SVC.

Cutie's Coffee Company is owned by Kaitlyn Crawford, who also owns The Doormat Company, which provides custom doormats to customers as well as doormat painting classes. Crawford narrated her journey to opening the coffee shop on her Instagram page, @cutiescoffecompany. Starting in Feb. 2023, Crawford renovated a vacant store to create an apartment on the top two floors and the coffee shop on the ground floor. The building is made of hand-made brick dating back to the early 1900's, and all the original brick exterior and interior was preserved while other massive changes were made. The parking lot was repaved, and inside the coffee shop, there was new electricity, flooring, walls, and ceiling. One big renovation was converting the front window into a garage door to open in warmer weather.

By the time of the grand opening, Cutie's Coffee Company was almost finished, and the only thing missing was extra seating, which arrived later that week to complete the look.

The coffee shop opened to the public on Oct. 14, and it was a celebration of the local community with a handmade vendor market,

local brewery, freebies and raffles, and lots of coffee. Some SVC students visited Cutie's Coffee Company opening weekend and had a good experience.

"I absolutely love to explore different quaint little coffee shops, so I was super excited to check out Cutie's," Celena Colcombe, junior theology and psychology double major, said. "The workers were super friendly and welcoming. I tried two different fall drinks, and both were really good! They were also playing great music which only added to the delightful atmosphere."

A second student, Kaley Lazere, junior psychology major, also had similar experiences.

"The space was very cute and unique. It was fairly small but it worked well for what they were doing, and it was very aesthetically pleasing," Lazere said. "I'd totally go back."

Lazere also enjoyed the drinks she got from the shop, especially the seasonal chai she tried. "It was really good, and the chai flavor was better than most others I've had," Lazere said.

If you are interested in visiting Cutie's Coffee Company yourself, it is located on 243 W Otterman Street in Greensburg and is open from Monday to Thursday 6:30 a.m. to 7 p.m., Friday from 6:30 a.m. to 4 p.m., and Saturday to Sunday from 8 a.m. to 4 p.m.

SPORTS

Women's soccer season ends in penalty shootout

By: Alwyn Jimmy, Part Time Staff Writer



The Bearcats in action at the UPMC Field. (SOURCE: JIMMY)

Despite a competitive performance across a match that went the full-time length, the Saint Vincent College (SVC) women's soccer team was ultimately defeated in a penalty shootout that went down to the wire.

On a wet and cold night at the UPMC Field, the Bearcats saw their Presidents' Athletic Conference (PAC) playoff run end in heartbreak. However, the team can hold its head high, as this performance, although an elimination, represented the team's best run in the conference. The Bearcats made their first PAC tournament appearance since 2013 and hosted their first ever PAC home playoff match.

Despite an evenly contested first half, the tide began to turn against the home side as the Franciscan Barons upped the pressure, comfortably controlling possession and creating chance after chance to get on the scoreboard. The Bearcats managed to weather the storm, and even had the ball in the back of their opponents' net. However, their joy was short lived, with the goal being chalked off for a tight offside. The closing stages of normal time saw the home side keep themselves in the game with last ditch defending as the Barons tried to break through.

As overtime began, the Bearcats defended for a large portion. However, the story could have been completely different had the home side's last-minute attempt not been saved. As the final whistle echoed around the pitch, both teams knew that it was a roll of the dice. One team's journey would end in a shootout. At the end of it, the Bearcats

were edged out by the Barons, the shootout ending 5 to 4 in the Barons' favor.

Margaret Perkins, junior psychology major and goalkeeper, said the team could look back at the game, reflect, and learn from its results.

"I think our team could really focus on improving our finishing and place focus on that. Penalties are all about finishing."

Despite the disappointment, Perkins is proud of her team and is impressed at what they have achieved. She said she looked back at the expectations that the team had at the start of the season and felt they had exceeded those expectations.

"Going back to day one, the expectation was that we were going to have to buckle up as it was going to be a long season," Perkins said. "This game was a big deal for our college in general because it was the first time going to playoffs in a long time."

Speaking on the plan moving forward, she said, "despite the shock of their exit in the PAC, the plan now is to rebuild, and fix what we need to focus on."

Women's Soccer, despite experiencing a difficult season end, has had a historic season for the program. The ten wins gained this season are the most the team has gained in one season

since 2012, while this marks only the seventh season in the team's 30-year history where they have won ten or more games.

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Bearcat bowling sets sights high

By: Jacob Rzempoluch, Sports Editor



Senior Monique Koehler was selected as the AMCC Preseason Bowler of the Year after an outstanding junior season. (SOURCE: WATKINS)



The Bearcats secured an early season win at the Grapevine Classic. (SOURCE: @svc_bowling INSTAGRAM)

When a team reaches a level previously unmatched in program history, it can be difficult to continue building. Every year contributing seniors graduate and the level of competition rises. After a historic 2022-23 season that included their first ever ranking in the National Tenpin Coaches Association (NTCA) D-II/D-III poll, votes in the NTCA all-division poll, and a winning record that ranked second in the country, the Saint Vincent College (SVC) women's bowling team hopes to keep winning and to continue making team history. The closure of Medaille University, the 2023 Allegheny Mountain Collegiate Conference (AMCC) bowling champions, provides another opportunity to make program history. If the Bearcats can win the AMCC title, they will automatically qualify for the NCAA championship tournament. In NCAA bowling, teams from all divisions of competition compete for one title, which means that the Bearcats would compete against several programs that can award athletic scholarships.

"I'd'd like to think [Medaille's absence] gives us a better opportunity, but we've already seen that the rest of the conference has improved," Jeff Zidek, Head Coach of the Women's Bowling Team, said. He is now in his seventh year of coaching the Bearcat squad.

"William Smith College was a brand-new program last year; they will be a contender this year. Alvernia is a new program, they're going

to be very good. Plus, the other schools we face regularly, several of them have shown in the past that they can beat us."

The Bearcats begin the season nationally ranked, placed 13th in the D-II/D-III poll and receiving votes in all-division poll. SVC was also selected by the coaches of the AMCC as preseason favorites for the conference title. Last season, the Bearcats held a 19-1 conference record heading into the tournament before losing to Medaille University in a tight double elimination battle. Four Bearcats were named to the all-AMCC team, three of whom return. Monique Koehler, senior communication major; Jackie Koehler, senior communication major; and Abby Justice, sophomore early childhood education major are part of a strong, experienced core that can pose a challenge to any team in the conference on the right day. Monique was also honored as Preseason Player of the Year after finishing second in scoring in conference tournaments last season.

The first contest of the season for the Bearcats, the Grapevine Challenge hosted by Penn-State-Behrend, was a successful outing. The Bearcats won the team title by 285 pins and had a 8-1 record over the weekend. The team's only loss was to the new conference foe William Smith College. Sabine Strickland, junior digital design major, and Justice were named to the all-tournament team, with Justice's 5-game total score of 1,073 and 31 straight frames of

sparcs or strikes breaking school records. This performance netted her tournament MVP honors, AMCC Bowler of the Week, and Bearcat of the Week. Justice attributes her successful partially to playing the tournament with the ball of her grandfather Richard Beauchamp, who had passed away this summer.

Two weekends later, the Bearcats competed in two tournaments held by the Heartland Bowling Association. The Bearcats placed fifth on Saturday and sixth on Sunday, with Monique and freshman early childhood education major Lexi Pilyih earning all-tournament honors in the varsity and junior varsity competitions respectively.

"We faced a lot of scholarship programs and held our own," said Zidek "I expected a top-five finish in both events in Michigan, and we finished fifth and sixth. With our scores, it's tough to say we were a little disappointed, but that shows how good we are. With the scores we are throwing, we know we can do better."

The Bearcats certainly feel there is only room to improve at their high level of performance.

"I think we need to focus on coming more together as team scorers instead of as individually ranked scorers," said Justice. "I know everybody wants to finish high and that's important to us as individuals, but to come together as a team is more important to get that nationally ranked spot."

Team Standings

FOOTBALL

Team	W	L	Streak
Grove City	9	0	W9
Carnegie M	7	1	W4
Case Western	6	2	L1
W&J	6	2	W1
Wesminster	5	3	W2
Geneva	4	4	W3
Allegheny	3	6	W1
Saint Vincent	2	5	L4
Thiel	2	6	L3
Waynesburg	1	7	L2
Bethany	0	8	L8

SCHEDULE: BETHANY 11/11 1 PM

MEN'S SWIMMING

Team	W	L	Streak
Grove City	1	0	W1
Chatham	1	2	L1
Saint Vincent	1	2	L1
Westminster	1	2	W1
W&J	1	3	L2
Bethany	0	1	L1
Allegheny	0	5	L5

SCHEDULE: @GROVE CITY 11/11 1 PM, @MALONE 11/16-11/18, @W&J 12/2 1 PM

WOMEN'S SWIMMING

Team	W	L	Streak
Franciscan	3	0	W3
Grove City	1	0	W1
Saint Vincent	2	1	W2
Chatham	1	2	L1
Westminster	1	2	W1
Allegheny	1	5	L4
Bethany	1	2	L1
W&J	0	4	L4

SCHEDULE: @GROVE CITY 11/11 1 PM, @MALONE 11/16-11/18, @W&J 12/2 1 PM

Wrestling

Schedule: @W&J 11/11 9:45 AM, Penn State Behrend 11/14 7 PM, @Wheeling 12/8 7 PM

Men's Basketball

Schedule: Carlow 11/8 7 PM, Penn State Fayette 11/11 7 PM, Chatham 11/15 7:30 PM

Women's Basketball

Schedule: @Marietta 11/8 7 PM, @Penn State Schuylkill 11/11 4 PM, @Lebanon Valley, 11/12

Men's Cross Country

Results: 1st at PAC, 12th at Rowan, 10th at Lehigh
Schedule: @Lock Haven (Regionals) 11/11 11 PM

Women's Cross Country

Results: 5th at PAC, 10th at Rowan, 1st at Thiel
Schedule: @Lock Haven (Regionals) 11/11 12 PM

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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.

*CORRECT AS OF 10/31/23