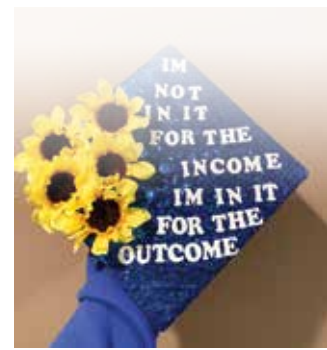
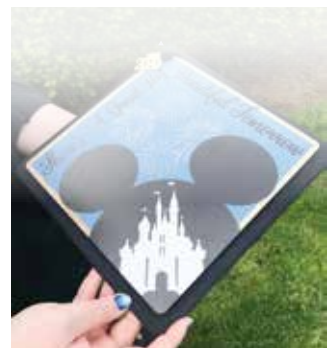




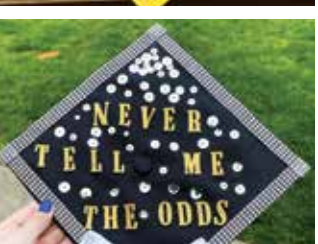
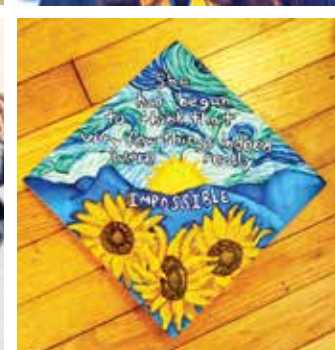
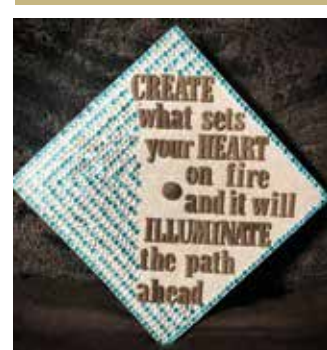
The Magazine of Centenary University

Summer 2020

CENTENARIAN



Super Salutem Servetis
(Safety Before Tradition)



INSIDE \$2 MILLION LEGACY GIFT

Leadership Endures

When planning for Centenary University's first virtual commencement, I chose the theme *Super Salutem Servetis*—Safety Over Tradition. It was a sentiment that seemed to define the spring semester. Today, it has endured as a guiding principle on our path forward in welcoming students back for the fall, and for the future of this University.

There's no doubt that the COVID-19 pandemic has changed our world forever. For the near future, many long-held traditions that society holds dear will probably look a little different. Here at Centenary, we've mapped out a fall semester that will certainly be like no other in our 153-year history. At the heart of our campus reopening plan are two guiding principles: preserving the safety of our students and the academic integrity that has always marked a Centenary University education.

"Since its founding, this University has educated leaders who are equipped to face every crisis with strong technical skills, knowledge, integrity, and resilience."

classes, and online interactions whenever possible for classes and student activities. As you'll read in this issue, our students and faculty were extremely successful in adapting to the virtual environment that became the new normal last spring. It was certainly a time to be Cyclone proud.

Yet, as a University we have an inherent goal that's much deeper than the challenges we face in the present. It's our job to look to the future at all times, ensuring that our academic offerings match emerging needs in the job market. While no one could have predicted a worldwide pandemic, Centenary last spring reintroduced our medical laboratory science program and launched a data analytics concentration—two careers that are now critical in detecting and tracing COVID-19. Moving forward, Centenary's health sciences major set to start this fall will meet the growing demand for trained medical personnel, in the Skylands region and beyond.

I have great hope for the future of Centenary University and our students. Since its founding, this University has educated leaders who are equipped to face every crisis with strong technical skills, knowledge, integrity, and resilience. That's a Centenary tradition that will always endure. Now more than ever, our nation needs the type of leadership this University provides.

Dr. Bruce Murphy
President

While our intent is to have students return to campus in August, we must reduce population density to mitigate the spread of the virus. Working with the State of New Jersey, we've developed a roadmap for the fall that emphasizes social distancing, smaller

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Centenary responded with agility and creativity when learning went virtual.
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When times got tough, Centenary stepped up.
10. **Leaving a Legacy**
With a \$2 million legacy gift, Louise M. Monet Hill '40 created a lifetime of opportunity for Centenary students.





Picture Perfect

Centenary University President Bruce Murphy, Ed.D., couldn't congratulate each member of the Class of 2020 in person, so he did the next best thing: "posed" for official photos with the graduates. A photographer, Dr. Murphy personally edited digital photos provided by graduates like Brooke N. Carty. The result: commemorative keepsake portraits of the University's first virtual Commencement.

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ON THE COVER

Super Salutem Servetis

Safety Before Tradition defined the spring semester during the COVID-19 pandemic.



A NEW KIND OF COMMENCEMENT



When the COVID-19 pandemic locked down the nation in mid-March, plans for Centenary University's 145th Commencement were in full swing. Administrators were determined to celebrate the accomplishments of the Class of 2020, on time and safely. The result was a virtual Commencement ceremony on May 9 with the theme *Super Salutem Servetis* (Safety Before Tradition).

While unconventional, the event conveyed the traditional pomp and circumstance that has marked Centenary graduations for well over a century. "These were not normal times, so it would have been impossible to carry on as normal," explained Bruce Murphy, Ph.D., president. "At the same time, the Class of 2020 worked extremely hard for their degrees and deserved to graduate on time. The centerpiece of the event was the conferral of degrees, which is the essence of all commencements."

The University awarded 506 degrees during the event recognizing graduates who completed associate, bachelor's, master's, and doctoral degrees. Photos of graduates dressed in their academic regalia appeared on the screen as their names were read. A contest was even held for the most creative mortarboard decorations.

Fred Mangione '93, senior vice president, sales and

marketing, for the New York Jets, delivered the keynote address, telling the graduates, "The Centenary University Class of 2020 will always be remembered for what it went through. I know because of that, you will be ready for any challenge that lies ahead...Remember that tough times do not last, but tough people do."

Yet, valedictorian **Marissa Conroy '20** emphasized that those tough times do not define the Class of 2020: "We did not make it to this moment by luck. We fought, we cried, we worked, and most importantly, we thrived. We have more strength than we may realize, and we will need to rely on this strength as we move forward into these uncertain times...This is simply the closure of a chapter. We have so many more to write and I see a lot of great events in our future pages. We, after all, are the authors of our own stories."

Transfer valedictorian **Alexandria N. Acosta '20** earned an associate degree from Warren County Community College before delaying her entrance to Centenary due to financial reasons. That challenge has deepened her appreciation for her accomplishments: "It doesn't matter when you do something. If you work hard, every milestone in your life will have value."



There is no set timeframe for accomplishments.”

Jennifer L. Russo '08/'13 also shared a reflection with the Class of 2020: “As you go forth and begin your career, remind yourself of not only the knowledge you have attained at Centenary University, but your life experience. Compassion and being present are essential. And remember, as Carl Jung once put it, ‘We are not what has happened to us, but what we choose to become.’”

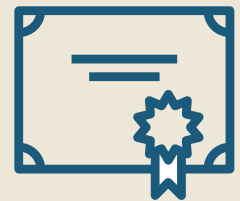
When the quarantine is lifted, Dr. Murphy has pledged to host the graduates on campus to celebrate their new status as Centenary University alumni. In addition, members of the class have been invited to participate in the 2021 Commencement ceremony. “I’m looking forward to the day when we can welcome the Class of 2020 back to campus in person, as Centenary University’s newest alumni,” Dr. Murphy said.

By the Numbers: Centenary’s 145th Commencement



1st
ever virtual ceremony

13
doctoral degrees



131
master’s degrees

362
undergraduate
degrees



54,000+
online viewers
Enough to fill Yankee Stadium



COVID-19 THE VIRTUAL EXPERIENCE



COVID-19 shuttered businesses, quarantined families, and closed schools. Thanks to careful pre-pandemic planning, Centenary University was ready.

"We didn't miss one day of instruction," said Bruce Murphy, Ed.D., Centenary University president. "Centenary had engaged in extensive planning when we first started hearing about the virus. So, we were ready. I'm proud of the way our students and faculty pivoted immediately to virtual learning."

Enacted March 21, New Jersey Governor Phil Murphy's stay-at-home order effectively shut down the campuses of the state's universities while Centenary students were on spring break. Moving quickly, faculty transitioned their courses to an

online format. An important consideration was maintaining the academic excellence that has come to define a Centenary University education.

It soon became apparent to Vice President for Academic Affairs Amy D'Olivo, Ph.D., that Centenary students weren't just academically surviving—they were thriving. From the start, professors found creative ways to address individual concerns and continue challenging students. For instance, Robert Battistini, Ph.D., associate professor of English, once called a



Zoom meeting at 11 p.m. on a Saturday night, because he knew his students would be online then. "It was wonderful to see our faculty and students come together virtually without skipping a beat," Dr. D'Olivo recalled. "Faculty went above and beyond to make sure we were addressing the needs of each and every student."

For Centenary's business students, a worldwide pandemic was no reason to cancel their annual Sports and Entertainment Management Conference in April. Each year, the student-run event gathers panelists from major sports franchises around the country to discuss careers in the field. Working online, the students retooled the event into four panel discussions held over two days on Zoom. The students even successfully overcame an attempt by a Zoom-bomber to derail one of the panels.

David Perricone, associate professor of sports and entertainment management, said, "These students deserve all of the credit. This was their project and they worked through every problem. To me, this was much more than a grade for them. It prepared them for real life." **Victoria Speakman '20**, agreed: "This has taught us to always be prepared for the 'what ifs' we might encounter in the business world."

"It was wonderful to see our faculty and students come together virtually without skipping a beat."

In the sciences, seniors found some unorthodox ways to complete 50-hour internships, which are required for graduation. Julie LaBar, Ph.D., assistant professor of environmental science and director of the University's Center for Sustainability, said several students addressed the requirement through LinkedIn Learning courses. Another student, **Ashlee Smith '20**, did an internship with an environmental consulting firm entirely online.

Two Centenary seniors found themselves unexpectedly immersed in the pandemic. Forensic science major **Victoria Cattano '20** logged many extra hours for her internship in the morgue at Morristown Medical Center, where she is now working for the summer before starting a graduate program in forensic and biological anthropology at Mercyhurst University this fall. In addition, **Michael Cordero '21** completed an internship at a pharmacy that underwent major changes due to COVID-19. Cordero did so well that the pharmacy offered him a job.

"Nothing can truly replace the experience our students get in an onsite internship, but I think we were able to come up with some meaningful solutions that will benefit our seniors as they move on to graduate school and employment opportunities," Dr. LaBar said. "Overall, it was certainly a unique semester."

High Marks

When the semester ended, Centenary surveyed students about the transition to virtual learning. An overwhelming number of faculty received top marks for their quick pivot to online teaching. In fact, a majority earned scores in the top 80th percentile for virtual teaching, with five faculty members receiving perfect scores.



Creative Recognition

Awards ceremonies went virtual this year for Centenary scholars and student leaders. Events such as The Academic Awards Ceremony and the Student Leadership Awards Ceremony went on as scheduled virtually. The Cyclone also personally delivered many of the Student Leadership Awards to students' homes.



National Honors

Centenary University's competitive business team was nominated for a 2020 Enactus Excellence Award at the Enactus National Exposition, which was held virtually. In addition, four students—Sara Schaarschmidt '21, **Brittany Bradley '20**, Darnel Burnette '21, and **Marc Santora '20**—were selected as semi-finalists for USA Leaders of the Year awards, and Schaarschmidt was named a national finalist.

COVID-19

HEART OF THE REGION



When the pandemic hit, Centenary University was a beacon of hope for the Skylands region, providing expertise, personnel, equipment, and compassion to those who needed it most.

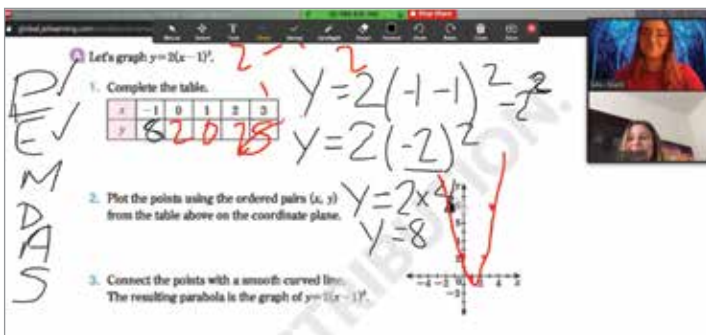
During the height of the pandemic, **Ilana Ash '15** worked more than 60-hour weeks at three MedExpress Urgent Care sites in northwestern New Jersey. Her days were exhausting—but for Ash, the fight against COVID-19 was personal.

Ash lost her 84-year-old grandfather to the virus, which also almost claimed her grandmother. Through the anguish, Ash found hope making a difference for others. As the pandemic unfolded, patients arriving for COVID-19 testing found a skilled technician and compassionate ally in Ash, who rotated through MedExpress Urgent Care clinics in Hackettstown, Ledgewood, and Rockaway. “We all worked 12-to-13-hour shifts, and I was ok with it,” Ash said of herself and her co-workers. “The company was absolutely amazing to us. Our team is very strong-minded and we help each other out. This is what we signed on for.”

A biology major at Centenary University, Ash originally considered a career as a doctor or veterinarian. After internships with a chiropractor and at a veterinary hospital, she accepted a summer shadowing position as a nursing assistant in Morristown Medical Center’s Emergency Department. Ash fell in love with the job. Following graduation, Ash worked full time while completing the prerequisites she’d need for acceptance to nursing school. She enrolled in Sussex County Community College’s nursing program in January 2019 and expects to graduate as a registered nurse this December.

During the pandemic, the nurse-in-training put her medical knowledge to good use to save her 77-year-old grandmother, who became ill and short of breath soon after Ash’s grandfather died. Immediately recognizing the emergency, Ash brought her grandmother to the hospital. The virus can advance quickly in older patients, so Ash argued for her grandmother to be admitted, but the hospital declined. Trusting her instincts, Ash drove to Morristown Medical Center, where her grandmother spent 10 days recovering. “I fought to get her hospitalized,” Ash said. “I’m so thankful I was able to step in. It saved her life.”

Now, Ash is encouraging other young adults to consider careers in healthcare: “People in the community acknowledged and were grateful for what we do. We were the essential workers who had jobs. It’s important for current college students to see that.”



Teaching the Teachers

Centenary University's education program emerged as an important resource for area teachers transitioning to the virtual classroom. Working with their cooperating teachers in school districts, Centenary student teachers—as well as the University's education professors—shared best practices to enrich online learning for local school children.

Timothy J. Frederiks, Ed.D., chair of the Education & Mathematics Department, told a reporter with *ROI-NJ*, "They are really at the front lines, along with their cooperating teachers, helping to prepare, deliver, and assess distance learning activities... in some cases, they're also serving as technology coaches for teachers who may not be as familiar with online learning."

In addition, the students set up a weekly "Centenary Happy Hour" for faculty, students, and alumni in the field to meet up virtually during the pandemic. "It was a good way for us to stay connected," Dr Frederiks said.

Creativity for a Cause

As a shortage of Personal Protective Equipment (PPE) to protect healthcare workers made headlines, Centenary University stepped up to help. The University donated its own stock of PPE to local hospitals, while the Fine Arts Department and Centenary Stage Company used their creative talents to make masks for frontline workers.



Using two 3-D printers on campus, Centenary Stage Company partnered with WisEngineering LLC to produce plastic face shields for healthcare workers and first responders. Centenary University fashion and theatre students, as well as faculty, also created cloth face masks for frontline workers in hospitals and pharmacies.

"Part of Centenary's mission is to prepare students to be productive and caring members of society," explained Meghan Reeves, professor of fashion and costume design. "We wanted students to know that the skills they are learning can be used to give back to the community."



Hunger to Help

The pandemic caused the unemployment rate to soar, triggering a steep rise in food insecurity. When Midnight Run—Centenary University's monthly outreach to the homeless in Manhattan—was canceled, organizers shifted gears quickly to feed the hungry closer to home.

Sponsored by the Office of Campus Ministry, contactless food drives benefited Hackettstown-area food banks serving people in economic distress. Rev. Timothy Nicinski, chaplain and director of Campus Ministry, dubbed the collective effort Midday Run: "People who never had to ask for support found themselves in a difficult situation due to COVID-19. We were doing everything we could to support our neighbors, in a safe way."

In addition, the Division of Student Life partnered with Centenary's food service provider, Sodexo, to provide 100 bagged lunches to an area food bank. The lunches were delivered by Assistant Dean for Student Life **Tiffany Kushner '20**.

COVID-19

THE PATH FORWARD

Agility is key as Centenary University plans for the return of students to campus. Here's how the fall semester will unfold.

Centenary University is preparing to welcome students back to campus, as planned, on Monday, Aug. 31. In response to the ongoing pandemic, the University's administration has developed an in-depth roadmap that emphasizes safety alongside the academic rigor that is synonymous with a Centenary education.

"Like all colleges and universities around the nation, Centenary is adjusting to a 'new normal' following this spring's COVID-19 outbreak," explained Centenary University President Bruce Murphy, Ed.D. "As a small university, we are uniquely positioned to respond with agility to developing situations, ensuring that our students continue to receive a superior education."

Developed by a multidisciplinary team, Centenary's plan complies with guidelines set forth by the New Jersey Office of Higher Education. The semester will utilize hybrid courses—which combine on-ground and online learning—as much as possible to promote social distancing and reduce population density on campus. Students who are not comfortable returning to in-person classes have the option of taking all courses remotely for the fall semester. Classes will switch to a fully remote format for the final weeks after Thanksgiving break, with exceptions for student-athletes in season and students who need access to campus facilities, including labs and the Equestrian Center, to finish their coursework.

This summer, the University is adapting campus facilities including classrooms, residence halls, and dining halls to promote social distancing. In addition, social distancing will be introduced to student activities as much as possible to enhance safety. For intercollegiate athletics, Centenary will continue to follow guidance from the NCAA, the Colonial States Athletic Conference (CSAC), and New Jersey's governor. Kerry Mullins, vice president for student life and dean of students, said, "We will be implementing initiatives to educate the students on safe behaviors and safety measures to keep themselves safe and mitigate the spread of COVID-19."

While there are no certainties moving forward, Dr. Murphy noted that Centenary is prepared for every contingency the virus could present: "This pandemic continues to evolve, and no one is quite sure how it will affect universities this fall. The upcoming semester may be a little unorthodox, but I'm confident that we are well prepared to provide a great Centenary experience for our students."



“This pandemic continues to evolve, and no one is quite sure how it will affect universities this fall. The upcoming semester may be a little unorthodox, but I’m confident that we are well prepared to provide a great Centenary experience for our students.”



A Lasting Legacy

A \$2 million estate gift from Louise M. Monez Hill '40 will make a life-changing impact at Centenary for generations to come.



Growing up in Warren County during the Great Depression, Louise M. Monez Hill '40 knew what it was like to work hard for a college education. A generous aunt stepped up to pay her college tuition and that of her older brother, Thornton. Now, a bequest from Hill's estate will provide the same opportunity for current and future Centenary University students.

The retired teacher decided to designate a \$2 million bequest in her estate plans for Centenary University to establish scholarship support for students of color. While Hill had periodically contributed to the University's annual fund, she had never disclosed the amount of her bequest to Centenary officials. "It was a wonderful gift and came at an opportune time," noted Bruce Murphy, Ed.D., Centenary University president. "As part of our strategic plan, Centenary is advancing an initiative to deepen our commitment to diversity, inclusion, and belonging on campus. Louise's bequest will set a strong foundation for that effort."

Born in Washington, N.J., Hill came from a family of educators. Her mother had once been a teacher, and her older brother went on to become superintendent of schools in Caldwell-West Caldwell, N.J., and to teach graduate education courses at the City University of New York. "Centenary gave Louise a sense of independence," explained Rowena Monez, Hill's niece, who is a Pennsylvania attorney. "It fostered the growth and maturity she needed to go on to Columbia University."

After graduating from Centenary, Hill embarked on a grueling schedule, rising at 4 a.m. to commute via train to work as a secretary at Lafayette College in Easton, Pa. On weekends, she'd take the train east into New York City for classes at Columbia University's Teacher's College, where she received a bachelor's degree in 1948 and master's in 1951. Following her graduation, she enjoyed a long career as a speech teacher at Roslyn High School on Long Island; her most well-



Louise M. Monez Hill '40 and Walter Hill



known student was the late Michael Crichton, best-selling author of *Jurassic Park*, *The Andromeda Strain*, and other novels.

Retiring in 1976, Hill and her husband, Walter Hill, settled down to a pleasant life filled with travel, gardening, art, classical music, and were avid news enthusiasts. Louise also had another hobby—investing. “When it came to investing, Louise was self-taught,” recalled Monez, adding that Hill enjoyed reading *The New York Times*, *Barrons*, *The Wall Street Journal*, and *Value Line*. “She didn’t think of herself as all that good at it, but she did quite well on her teacher’s salary.”

After Walter’s death, Hill lived alone for a time before moving to Willow Valley, a retirement

community in Lancaster, Pa., in 2000 to be closer to family. She passed away on Jan. 28, 2019. At Centenary, her generous bequest will fund the **Grace Y. Bissett and Louise Monez Hill Scholarship Fund**, named in honor of the donor and her aunt, Grace Bissett, a business woman who owned an upscale dress shop and provided the opportunity for Hill and her brother to attend college. At Centenary, Hill’s bequest will support need based, high achieving students entering teaching, religious life, social work, or similar fields that support improving relationships between races. Monez said, “Louise was always appreciative of her aunt’s support. I think she would want recipients of the **Grace Y. Bissett and Louise Monez Hill Scholarship Fund** to pay it forward themselves someday.”



LEAVE YOUR LEGACY

Members of Centenary University’s George H. Whitney Society leave a powerful legacy that impacts the future of the University and its students. Named in honor of Centenary’s first president, this prestigious society enrolls generous donors who have announced their intent to include the University in their estate plans.

The society’s members share a strong belief in the principles and values that Centenary alumni hold dear: small class sizes, a dedicated faculty, a beautiful campus, and exceptional students who are dedicated to providing service to the community and to the world. In addition to loyal alumni, membership includes parents of former students, Centenary employees, and friends of the University.

“The George H. Whitney Society is a means for benefactors to protect and preserve the mission of this University for future generations,” said Faith Linsky, senior director of development and parent relations. “Members are presented with a commemorative pin to wear proudly at Centenary events to recognize their commitment and inspire others to share their dedication to this University.”

There are many personal financial advantages of establishing an estate gift to Centenary. Potential donors are encouraged to consult their attorney or financial planner for more information.

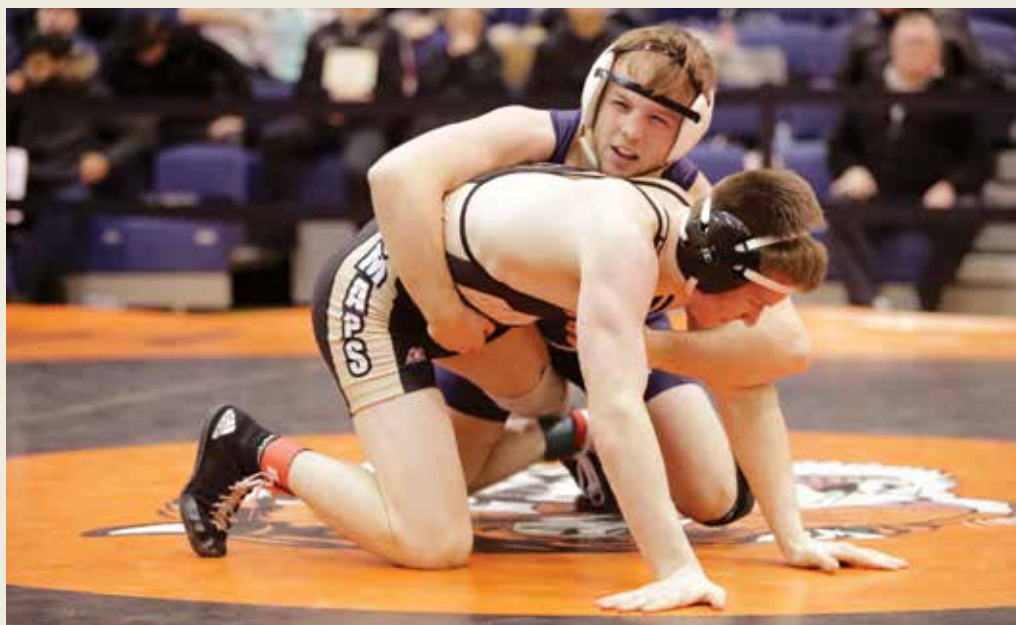
To enroll in the George H. Whitney Society, please call the University’s Office of Development and Alumni Relations to notify the University of your estate gift at (908) 852-1400, ext. 2250, or go to alumni.centenaryuniversity.edu/give-to-centenary/george-h-whitney-society/





True Champion

Cyclone wrestler **Ryan Anderson '23** was poised to become Centenary University's first NCAA national champion when COVID-19 abruptly pulled the plug on the NCAA D3 tournament. The #1 seed in his weight class, Anderson went on to be named the D3 Freshman of the Year. This year's Cyclone squad had lost three national qualifiers to graduation, but still went on to be ranked 20th in the nation. Coach John Garriques is looking to a strong season next year: "I am extremely proud of Ryan for such an amazing rookie season. He has set the bar high for all new athletes who come to Centenary. I can't wait to see the other milestones he will hit throughout his career. The future looks bright."



Basketball Fever

It was a season to remember for the Centenary University men's basketball team. When the dust settled, the Cyclones had recorded a record 18 single season wins, while earning the top seed in the Colonial States Athletic Conference (CSAC) Tournament and their first postseason appearance in the Eastern College Athletics Conference (ECAC) Tournament in four years.

CSAC Player of the Year **Chris LaBelle '21** led the Cyclones, hitting the most free throws among NCAA Division III players and the second most nationally among all NCAA teams. For the second consecutive season, Centenary also had the CSAC Rookie of the Year, **D'Angelo Blackmond '23**. Two other Cyclones—**Billy Veras '22** and **Thomas Weiler '20**—were named to the All-Conference second team.

Jason Geleski, in his first year with Centenary as the team's interim coach, spent the early months of the season building a culture that emphasizes a commitment to teamwork and academics. "We have a great group of student-athletes who do not let their egos get in the way of program goals—they are about the team and the program, to a man," said Geleski, who credited team captains LaBelle, Weiler, and **Pablo Vazquez '20** for providing strong leadership that ignited the team.

Soon after the season ended, Centenary University Director of Athletics Travis Spencer named Geleski the program's new head coach. "It has been a wonderful year for Centenary men's basketball and I am thankful to finally pull the interim tag from Coach Geleski," Spencer said. "In a short timeframe, Jason took over the program in the summer and managed to have a tremendous season."

With only two graduating seniors, Geleski looks to a successful year for next year's Cyclones. "Winning our first CSAC regular season title was one of our goals," Geleski said. "Between the returners we have and the players who are coming into the University, we should again challenge for the CSAC crown next season and are hoping to earn our first NCAA Tournament bid. The support on campus last season was fantastic and kept getting better as the season progressed. I hope Cyclone Nation can pick up right where we left off. I'm hoping to see more alumni at games too."





Through the Lens of Jenna Glinko '23

If you follow Centenary University sports, chances are you've seen the work of **Jenna Glinko '23**. The talented student-athlete is a professional photographer whose shots captured many iconic moments for the Cyclones this year.

A Centenary softball player, Glinko turned her passion for photography into a business at age 11. Today, Jenna Glinko Photography is a successful enterprise in her hometown, East Hanover, N.J. While Glinko specializes in sports, she has also been hired to shoot events including baby and bridal showers, birthday parties, Sweet 16s, and engagement parties.

Originally drawn to Centenary for its softball program, Glinko was sold on the University after just one visit to campus. Soon,

she reached out to Sports Information Director Megan O'Brien offering her photography services. A business administration finance major, Glinko spent much of her freshman year shooting photos at a range of men's and women's athletics contests for the University.

"Athletics and photography are the two driving passions in my life," said Glinko, whose Cyclone softball team got to play eight games in Myrtle Beach, S.C., on spring break before COVID-19 canceled the rest of the season. "We had so much fun in Myrtle Beach. We were very lucky because a lot of colleges didn't have the opportunity to play at all."

Champions in the Classroom

Centenary University recognized 16 student-athletes representing eight sports this spring with induction into Chi Alpha Sigma, the national honor society for student-athletes. To be eligible for the honor, Cyclones must have completed five semesters (three for transfer students) with a GPA of 3.4 or higher, earn a varsity letter, have a coach's recommendation, and be of good moral character.

Marianne Pratschler, Ed.D., associate professor of education and the Cyclones' faculty athletics representative, said, "When athletes excel in rigorous coursework while having the commitment and dedication to participate in intercollegiate sports, special acknowledgment is warranted. I am pleased and honored to approve these student-athletes for membership in Chi Alpha Sigma."

This year's induction class includes:

Cross Country

Cassidy Haller '20

Field Hockey

Dayna Wich '20

Women's Soccer

Brittany Gray '20

Haley Hobbs '20

Karleigh Noll '21

Jill Pullis '21

Ellie Roberts '21

Stephanie Williams '20

Men's Basketball

Bryce Falk '22

Wrestling

Kenny Long '21

Baseball

Nick Scotto '20

Michael Vallario '21

Softball

Courtney Deloughery '21

Tessa Ferentinos '21

Juli Wright '20

Women's Lacrosse

Christina Nelums '22



Let us know what's new!

Send us your news and keep up to date with classmates. Class News and Notes may be edited to reflect *The Centenarian's* guidelines and space constraints. For class agent contact information, please call Elizabeth Freeman at (908) 852-1400, ext. 2253.

1949

Florence Austermuhl Larson
2773 Dahlia Ave
San Diego, CA 92154-1450
(619) 955-3995
florencecl Larson@aol.com

Florence Austermuhl Larson writes: "My sister's husband passed away from the virus. He was in a memory care place in New Jersey. I am doing well while I shelter in place. I have a friend from church who shops for people and gets me groceries. My son and daughter-in-law came from the San Fernando Valley the weekend of my birthday (May 2) and we went to my other son's house for a dinner. They came again for Mother's Day, I go to my church on Zoom, and we can see and talk to each other. I am a great-grandmother for the first time and want to go to Honolulu to see the baby as soon as the risk is over."

Debora Ettinger Moss writes: "My sister passed away from COVID-19 in New Rochelle; she was on a ventilator for 21 days and had to have a funeral via Zoom. I live in an independent care unit with assisted living and skilled nursing. These are completely closed now with only caregivers allowed in. We cannot have any visitors. We can walk and bicycle, but only on our 37 acres. All activity rooms and the dining room are closed. Activity people do exercises on our special TV channel; we also have two movies a day, yoga, and meditation, and the director gives information for 15 minutes a day. Meals are delivered by staff and placed on tables outside our apartments. All transportation has stopped except for medical emergencies and medicine pickups. Housekeepers wear paper gowns, masks, shields, and gloves and have their temperatures taken. People can leave packages at the front desk."

Nancy Hendee Pain writes: "I am keeping busy with a 1500-piece puzzle. It will be on the table until Christmas, I am sure. I miss my water painting class. When my children come, we visit on the back porch. I will be glad when we can do dinner. I don't feel good about flying now, but I want to get to California to see my great-granddaughter; at this rate, she will be

walking before I get there. Hope all you '49ers are well—stay at home."

Peggy Bolte Castle writes: "I am blessed to be living in a wonderful senior community. Our meals are delivered to our door each day. Our TV station has exercise and movie programs daily. My balcony, where I read, enjoys a sunny view. It feels like being on vacation, yet I so wish and pray for this to be over!"

Betty Poppele Barrett writes: "The COVID-19 virus has hit hard in New Jersey. I have been staying in since mid-March and have used this time to catch up on many projects that I neglected over the years—cleaning out files, both physical and computer, sorting clothes for Goodwill, and organizing closets and drawers. I am fortunate that my son and daughter live close by and do my food shopping. They make sure I stay quarantined. We also keep busy making delicious meals and desserts. Our Bible study class continues on Zoom and we have church services via Facebook. Now I'm enjoying outside walks as the weather warms up. We pray this will end soon."

Carol Brown Robinson writes: "I am doing well in my retirement home. Most people wear masks. Meals are delivered to my apartment. There is a shopping service allowing each person five items three times a week. My daughter brings a few items and leaves them at the gate to be delivered to my apartment. I am able to get my mail and go to a little store—one person is allowed at a time. There is a loveseat near the elevator where I can sit (several feet apart) with friends and talk. I like to go for walks in the 40 acres of my retirement place, and also go to a nearby park. I meet people on my walks and talk to them. I am planning to go through all the things I have accumulated in the five years I have lived here. I want to be efficient, but I end up reading and watching TV."

Margaret Pfeiffer McCann celebrated her 91st birthday at the end of March. She is now in isolation in her retirement home in Akron, Ohio. Peggy and her husband had a condo in Naples, Fla., and she also has family connections in Poland, Ohio. She and her son both live in Akron, Ohio, now. She reports that her memories of Centenary and Hackettstown are very vivid and

endearing, and she is very grateful for her time there. She and **Elizabeth "Betsy" Braun Andreini-Thomas '69** have struck up a correspondence as a result of *The Centenarian*. Betsy writes, "It's been an angel kiss in all this pandemic and we have been able to comfort, inspire, connect, and support each other over these difficult days, even though we are 21 years apart in age. I just hope I, too, can live to be 91 and still have this kind of clear-minded fun. Because of the pandemic, my class could not celebrate our Centenary reunion this spring. Through Peggy, in a way, I have been able to have my Centenary reunion after all, just in a different form." Of COVID-19, she writes: "We are living in troubling times. Never in all my years do I remember anything like this. I cannot see my family or friends and that tests one's mental endurance. My mother talked about the 1918 flu epidemic, and though our problem will pass, I wonder how history will record this era."

Nancy Morrell McClatchie writes: "I am staying at home. There is a lot of work and just too much to think about."

1957

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Gail Blank Dawson McNally writes: "Here in Alexandria, Va., there are restrictions, but orders are pretty loose. John and I live in a lovely condo on the Potomac River so we can wear our masks, wave, and email our neighbors. Our entertainment riverside is the growing numbers of birds, the blossoming trees and bushes, and the intrepid tennis players and dog walkers. Our master looks over the courts, so the Rafas and Federers may not be our center court match, but still. The dog park is a small area with artificial turf and at this point owners have to drag the poor pups out. From our windows, we also have a view of the George Washington Parkway, which goes from Washington, D.C., down to Mount Vernon. My husband, JJ, measures the health of the stock market by the amount of traffic—right now, not too impressive.

"But we have food and drink and are warm and safe and collecting retirement. Three daughters in the area see to our needs. We, unlike so many, are most fortunate. We do what we can here and there, but God help us with a quick end to quarantine and recovery. All of you stay safe and healthy and may Centenary University flourish once again. Prayers to all."

1961

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Joyce Fierro Velzy writes: "My husband has COPD, so of course he takes the quarantine seriously. I do the shopping, looking glamorous in my mask, glasses all fogged up and feeling smothered after a while. I envy all those who've told me they're getting so many of the projects done that they had put on hold. I'm afraid I'm enjoying all this leisure time too much!"

Debbie Sisbower Lingwood writes: "Our family has recently been impacted by the coronavirus, as our son-in-law was extremely sick with a high fever, a very bad headache, great weakness, body aches and pain, and nausea. He couldn't hold down anything, but could only sip water for a week. However, he has turned the corner and is well on his way to a complete recovery. His wife and three children have all tested negative. They think they had it in January before there was any scare in the United States about the coronavirus. Our son-in-law was the only one in the family that was not sick in January and very early February, so now he's gotten slammed when the virus is making headlines daily. We feel very blessed that the rest of our extended family has remained well and healthy. I have relieved any stress that I have felt by walking and enjoying nature and the beauty of God's creation surrounding us up here on the lake in Maine. Sending best wishes for good health to you all."

Molly Power Balzer writes: "Before the virus hit, I was all set to hop on a plane and go to my happy spot, Anna Maria Island, Fla., but of course, that never happened. One good thing is that the weather in Vancouver has been lovely with everything in bloom; we're seeing some unusual birds, my patio garden is flourishing, and I am healthy. My only questions: When can I get my hair cut? What shall I make for dinner tonight? What day of the week is it? I'm dying to jump in my car, go down to Washington, see my kids, and visit TJ Maxx, Ross, and Marshalls. Now instead of watching the evening news, we turn on Seinfeld."

Jan Kilgore Jobin writes: "We spent two weeks in Anguilla on vacation and were looking forward to three more weeks. There were no coronavirus cases in the U.S.A. when we arrived, but the virus spread so quickly that we flew home. I have missed my family, friends, and activities, but I'm not bored at all. I love to read and have accomplished many projects I never found time for before.

I pray for a vaccine so we can look forward to a healthy future. Stay well and safe!"

Sally Murphy Albano writes: "We're homebound like everyone else; our family is well. Although I am not on the frontline, my nursing skills are still in use with two patients who need medication injections monthly; one is an 8-year-old boy. Schools are closed, so there is no school nursing right now. I think I'll finally retire from that major responsibility and enjoy my free time. I'm still in touch with **Sally Swan Schwabe**, who is doing well. She and her husband, Bob, moved to a lovely retirement area near Lancaster, Penn.; sadly, it's too far to visit frequently."

1962

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Judi Braddock Andrews writes: "I want to thank our Centenary alumni for sharing their stories, specifically about the impact of COVID-19. Like many, our plans were altered greatly when this demon let loose in Italy in February. George and I were scheduled to fly to Dubai in April, followed by a History of the World cruise ending in Italy. We were relieved when the trip was postponed until 2021 and even that is questionable. Also, we're unable to visit family, which is frustrating, but we're making the most of it, thanks to Zoom. We're filling hours with purging closets, sorting pictures, reading, calling friends and family, and walks. Maybe because we have uninterrupted time and everything is so slow and quiet, I have noticed so much beauty all around: fountains, plaques, lakes, flowers, birds, sounds, colors. They've always been here, but I never took it all in. It's great to see daily acts of kindness. Slow and steady, things will improve. I wish all my classmates good health—stay safe."

Lois Montana Kroll writes: "I haven't been out since the second weekend of March, when I saw **Judi Braddock Andrews** at lunch. I am considered high risk because of my proclivities to get pneumonia. I do lots of gardening. I have also started to paint again and now realize how much I enjoy it. I've spoken with **Meg Breuer Scott**, **Bobbi Leslie Demsey**, and **Clare Breuer Callahan**; I've also emailed **Mary Vredenburgh Botros**, who reports that London is really closed. All is well, however, I'm getting bored with staying in. I'm hoping to get to Cape Cod in early June, but am waiting to hear how the planes are doing; I'm not thrilled about the Boston Airport. I'm also looking forward to

short beach walks (with mask), since the beaches are open. This, too, shall pass. Stay safe."

Leni Finkelstein May writes: "Maybe it's our age or this virus, but it doesn't matter—I find myself thinking back on the good times. Coincidentally, out of the blue, I got an email from **Lynn Blanchard Ashby**. It was such a lovely surprise and so great to catch up, if that's even possible. We only spent two years at Centenary, but I treasure the memories of those two short years. We didn't have many of us at the 50th reunion, but it was so much fun. I would love to have one day with all of us together. I'm still happily with my high school guy. We have a 54-year-old son and a 50-year-old daughter, as well as five grandchildren. We're still in New York City and now spend the winter in Palm Beach. I send all of you my love."

Patty Leslie Finneran writes: "I'm hoping that all of our classmates are well during this terrible time. I came down to Florida in mid-February for a week and am still here in May. I'm not going home to New York for a few weeks, as West Coast Florida is reasonably safe compared to other states. Two of my girls are back in New York with their families of two and four children. My son is on the east coast of Florida, where things are much worse. My daughter, Suzie, is expecting her fourth child and will be returning to New York for appointments with her doctor. It's a scary time. We lost Bill, my ex-husband (but good friend) in November to prostate cancer. A very sad time for all but glad he is at peace. "Other than that, we are all fine and life is good. I am playing tennis and golf when things open up and am very grateful for all the good things in my life: 11 grandchildren, good health, many friends, and generally lots of 'lifetime sunshine.' I serve on a couple of hospital boards, which keep me busy and out of trouble. One of my dear friends is **Laura Brunings Hoffman '67**. I would love to go to our next reunion and reconnect with old friends. Stay well."

Ann Holman Keech writes: "This pandemic has such an impact on all aspects of our lives. My husband of 55 years, Everett, and I feel fortunate to have recently moved from the old house of 42 years in Devon, Penn., to The Quadrangle, a retirement community in nearby Haverford. Having this caring community (at a distance with masks on) and beautiful acres for walks are a big help during this isolation time. Zoom gatherings also help. I am constantly aware of all the people doing battle with COVID-19, saving lives, cleaning, comforting, and succumbing to it themselves. I am both worried for family

and friends, and grateful."

Suzanne Stewart Krause writes: "Living in South Carolina probably has not been as dramatic with the pandemic as elsewhere. My husband, Buzz, went to heaven 3-1/2 years ago from pancreatic cancer, so my social life has been changing and staying at home did not seem unusual for me. I live in an older community and the golf club has offered takeout dinners each night, which I enjoy. Lowe's is located nearby, so my flowers look great on my porches and there is always yard work. I'm still involved with the doll business; this gives me time to prepare for my retail shows starting in August. My 21-year-old grandson has also been living with me. My friends and I are beginning to get together outside. All in all, I have been okay, but worry about all the folks who had to close their businesses and have financial problems. I'm praying for the future."

Marguerite "Meg" Breuer Scott writes: "My husband and I pray for the families who have lost loved ones to the virus and for the healthcare workers who are risking their health and lives every day. Dick and I returned from Hawaii at the end of February and many of our fellow travelers wore face masks during the

long return flights to Savannah. I was sick approximately one week later with many of the symptoms of the COVID-19 virus. Fortunately, my illness was probably the seasonal flu. Living on Hilton Head Island poses some unique challenges. Many wanted the bridge closed to all non-residents. The town council chose to close the beaches and at one point closed all short-term rentals. As of May 1, the beaches opened to residents only and short-term rentals were available. The island is a resort destination, so it is packed with restaurants; the owners and their staffs are suffering devastating losses. My neighbors and I have conducted a food drive for our local Deep Well nonprofit and have continued to hire local companies for the outside maintenance of our homes. We have also purchased gift cards from local restaurants, with a significant portion of the proceeds going directly to staff. We are collecting books to donate to the local library when it reopens and we have taped thank you notes to our mailboxes. We anticipate a large number of visitors for the summer season. Of course, we are concerned about the ability of our local hospital to manage a potential increase in patients, as well as our ability to maintain social distancing in restaurants

CLASS OF 2020

Crowning Achievement



Aarene Greene '20 understands how important it is to have strong mentors. After arriving at Centenary University, she noticed that some first-year women of color had a tough time adjusting to campus. Her solution: Crown to Crown, a mentorship program she founded to help her peers become better acclimated to life at Centenary.

Soon, she also signed on as a First Year Leader and started the University's Black Student Union.

A forensic science major, Greene explored her career options through several internships, including with the Newark Regional Medical Examiner's Office, Skylands Orthopedics, and as an Emergency Department Ambassador at Morristown Medical Center. This fall, she will begin a master's program in biochemistry and molecular biology at Georgetown University.

The Newark, N.J., resident says, "Centenary gave me confidence I didn't have before. When I first came to campus, I was set on being a medical examiner. Through work experiences, I'm now leaning toward becoming a family physician because I want to serve the underserved Black community."

CLASS OF 2020

Baptism by Fire



Derrick Elliott '20 knows a thing or two about overcoming a crisis. A business administration major, who graduated with a concentration in sports and entertainment management, Elliott was part of a student team that did a quick pivot to transition Centenary University's annual Sports and Entertainment Management Conference

to a digital format during the COVID-19 pandemic. They even successfully navigated around a Zoom bomber who threatened to derail the major event.

As he prepares for a career in entertainment planning and management, Elliott now has real-world experience in confronting business problems. He's thankful for the training received from Centenary professors like David Perricone, associate professor of sports and entertainment management. "Centenary valued me as a student," said Elliott, a resident of Freehold, N.J. A Student Government Association officer who completed more than 100 community service hours as an undergraduate, Elliott added, "Centenary is very tiny, so it's easier to make connections. I like that professors are so involved and care about your success."

and supermarkets. I look forward to my almost daily bike rides and time on the golf course. Dick and I have enjoyed more FaceTime and old-fashioned telephone calls with family and friends, including **Lois Kroll** and **Bobbi Demsey**, and emails with **Mary Botros**. I count my blessings and wish the Centenary family good health."

Linda Van Winkle Watkins writes: "I hope this finds everyone well and coping with the COVID-19 pandemic without too much trauma. Our grandchildren will be passing on many stories to their children and grandchildren. We spend the winter months in northern New Hampshire, so we have not been hit as hard as many. Old Man Weather has kept us entertained; building snowmen in April is something I never expected to be doing. We always have projects, so this has given us opportunities to complete many jigsaw puzzles, finish reading many books, painting projects, and cleaning out closets. We have become very familiar with Zoom for meetings, to see family and friends, and even to hold a Zoom birthday celebration. Best wishes to all classmates and Centenarians—stay well."

Judy Colton Christensen writes: "I'm

actually enjoying this downtime. I was really tired of being so busy and having to be places at an appointed time. Of course, the two of us aren't alone, since Katie and her husband also live here, along with her 20-year-old daughter, so there's a lot of activity going on. Sadly, my daughter's husband had cervical spine problems in January, which led to surgery and left him unable to walk. He was in rehab for two months, is now home here, and is undergoing a lot of therapy. We have a constant flow of therapists in and out and he is making progress. The doctor says he'll walk again, but it will take a long time. The pandemic has made a large impact on his rehabilitation. All outpatient therapy at the local hospital has been canceled, therefore, he isn't getting the intense therapy he had when he was an inpatient. I spend my time painting, puzzling, reading, and eating. I go out every day for Diet Coke, which is really the only time I go out. Dano and I drive over to both of our sons' homes and visit them and the grandkids from a distance. I'm dying to give each of them a big hug!"

Karen Hartmann Tricoli writes: "We just got the news that our house is sold, (in spite of the pandemic) and we will

be moving to Naples, Florida very soon. We currently live north of Tampa but wish to be closer to Miami, where our children and grandchildren live.

"We thought the world situation would prevent us from selling our home of 20 years, but it seems to have worked in our favor. My husband of 46 years and I are really looking forward to having a new start in a lovely retirement community and spending time with family. I send all good wishes to my former classmates and their loved ones."

1963

Ellen Fiencke Whitaker

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Joan Harkavy Gil writes: "Although I permanently reside in Puerta Vallarta, Mexico, I have been living in Texas with my daughters and grandchildren since March. I was in Texas for a medical appointment when the coronavirus threat emerged, and could not return home. I would love to be back in my own home, but I treasure the time spent with my daughters and grandchildren.

"I don't know of any family members, friends, or neighbors who have contracted the virus. I hear (but can't confirm because I am not there) that the situation in Mexico is pretty serious, especially in the metropolitan areas. It does have strict 'stay at home' measures in place, with governors of the individual states within Mexico making those decisions.

"Like the U.S., Mexico insists that people stay at home, except to buy groceries or work at essential jobs, and wear masks when out of the house. Statistics on coronavirus cases and deaths in Mexico are very sketchy, as the individual state governments don't send data to the central government.

"I hear that unemployment is rampant in Mexico (but it always was). The people live from day-to-day. All schools are closed, but some schools are fortunate enough to conduct distance learning. Likewise, restaurants, movies, and bars are all closed, and all sporting events have been canceled into the summer. Personally, I feel that this pandemic is terrible, and because of our age, my husband, Eduardo, and I are very worried.

"My daughters in Texas are all working remotely from home, and my grandchildren are all attending classes online. Time will tell as to the quality of this form of education. One of my grandchildren is taking hockey online—visualize that! Another is taking guitar lessons online. Everyone is coping well.

It is sad to think about all the high school seniors who will not have a senior prom or graduation this year, but it could be so much worse.

"**Judi Coles Zieg** and husband, John, have relinquished their traveling ways for now, and have been renting a house across the street from their daughter for the last two years. Thankfully, neither Judi, nor any family members or friends, have contracted the coronavirus. She and John are not that worried, but they are careful.

"Looking back, Judi's granddaughter caught an unusually bad flu last fall, with all the symptoms of the coronavirus—high fever, extreme muscle ache and fatigue, and coughing. Sadly, she's also one of the high school graduates who's missing a graduation ceremony and all the other typical senior high school events. Judi's daughter-in-law is a teacher with three young children at home. She is trying to teach her students via Zoom from her home, but it is extremely difficult and clumsy.

"Although Judi and John cannot go to their gym, they do a lot of walking. Judi always loved to cook and now is a major cook. They never did go to many restaurants or do takeout, so nothing has changed there. In June there was a family celebration of her son's 50th birthday."

Ellen Whitaker writes: "I spoke to Ken Winter, husband of **Karen Weingartner Winter**. As some of you may recall, Karen was diagnosed with Alzheimer's disease several years ago and is now living in a skilled nursing facility.

Because of the pandemic, Ken has not been able to enter the facility to visit Karen since the middle of March. You can imagine how stressful this must be to some of the residents, although Karen is handling it well. However, three times a week Ken is able to 'visit' Karen via Skype, which the facility sets up. Thankfully, none of the residents there have contracted the coronavirus. Ken is holding up as well as can be expected and remains positive and in good health.

"Although I really miss working out at the gym, since I pretty much stayed at home anyway, working on personal projects or working in our garden, I didn't have any trouble complying with New York State's shelter-in-place decree. My husband is 80 years old and has diabetes and heart disease, so he is apprehensive at times. Otherwise, he is doing just great. He successfully works his part-time job from home and loves every minute of it.

"We had planned a wonderful vacation to Washington, D.C., to see the cherry blossoms, then go on to Williamsburg, but the Williamsburg Inn called to

cancel, citing the Virginia governor's shelter-in-place decree until June 14. We were very disappointed, but nowhere as disappointed as those who have lost loved ones, or jobs, or both.

"A major change in our day-to-day routine is to stop watching TV news. The few times we do watch TV now, we watch *Law & Order*, *The Big Bang Theory*, and *Modern Family* re-runs. Do you believe they even have *The Lawrence Welk Show* re-runs? Do you like my T-Rex face mask?"



Ellen Fiencke Whitaker

1969

Elizabeth "Betsy" Braun Andrieni-Thomas

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Elizabeth "Betsy" Braun Andreini-Thomas writes: "As I work for a big grocery store as a cashier near the beach, I am an 'essential employee' and have had a steady job. At the age of 70, I am fortunate to have pretty much my same routine, except now I'm wearing a mask at work. Keep calm and carry on!"

1975

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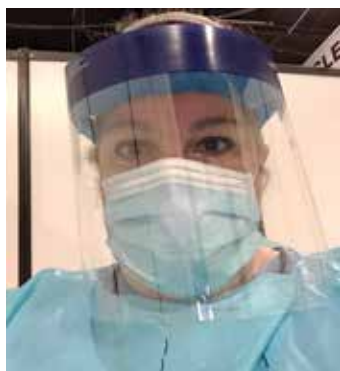
Carolyn Holt Miksch writes: "I am retired and still living in Delaware with my husband and our Aussie, Licorice. With everyone in lockdown this year, our lives have been quiet, much like everyone's, I would imagine. It's funny—who would have thought approximately 45 years ago that a big thrill would be going to the grocery store or the post office during 'senior time' wearing gloves or a mask. That's our lives for now and I will take it because I am alive, I have a roof over my head, food in the refrigerator, a yard to walk in, and a husband. These days, that's a lot to be happy about. Stay safe fellow graduates!"

1988

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Connie Hart Sjosward writes: "COVID-19 came in hard and disrupted everyone's lives in one way or another. As for myself and my family, we are fortunate that our lives have had only a minimal effect. My son, Connor, who was a freshman at Centenary University this year, had to finish the remainder of the semester via online classes. Moving him out of his dorm was a somber day. We saw no other students and the campus had an eerie silence to it. I work as a preschool educator and still connect with the students through online instruction. It's not the same as human interaction, but safety comes first. I would like to personally thank all medical staff and essential workers who need to be out there working for our safety. I appreciate your selflessness and dedication. You are all heroes!"

Linda Crawford Moran writes: "I was a pediatric nurse working in an ambulatory care setting when COVID-19 became more than just a virus. In addition to my regular job, I worked at one of New Jersey's pop-up field hospitals at the Meadowlands Exposition Center caring for COVID-19 patients. I met amazing patients, nurses, doctors, respiratory therapists, social workers, pharmacists, and physical therapists. COVID-19 has affected everyone in one way or another. I was mildly sick in February and was recently tested for the antibodies; the test was positive for past COVID-19 infection. My twin boys, Brett and Justin Moran, are seniors in high school and have persevered through the abrupt ending of their senior year. We are Jersey tough and will come out stronger."



Linda Crawford Moran



Linda Crawford Moran, center, and colleagues

1991

Justine Steinfeld Mahon
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Justine Steinfeld Mahon writes: "I never thought I would be talking about a pandemic, much less living through one. As a nurse, this pandemic has stretched me mentally. I have students at the school I work at and a family, including a husband who is a first responder and an essential New Jersey worker. I have also been volunteering with our local

health department doing contact tracing on COVID patients and their families. I have teenagers and this is new territory for them; learning from home is new and frustrating at the same time.

Adjustments are slow and steady and safety is very important. I have heard so many stories from my community while working with the health department. So many have been affected by loss in some way or another. Feeling helpless sometimes happens when all you can do is listen. I do love what I do; having a career that constantly challenges you to think differently and come up with solutions is what I love about nursing.

"I am first so thankful for all of you. I made a smart decision so many years ago to attend Centenary. When we were on campus, we had pay phones; we went and knocked on each other's doors or wrote a note saying who called. My kids have never seen a pay phone and removing their cell phone from their person is a bit of a challenge. Email? We had mailboxes for letters from home or friends. Things have changed for the

CLASS OF 2020



Path to Med School

After **Lauren Steiner '20** earned an associate degree from Warren County Community College, she enrolled in a large, public New Jersey University. She felt lost: "There were so many students that the professors didn't know your name." Following the advice of her mother, **Laura Steiner '10**, she transferred to Centenary University.

As an intern at the St. Luke's University Health Network, Steiner has participated on research teams studying lifestyle medicine and physician burnout and prevention. She parlayed that experience, as well as a Centenary study abroad trip to Oxford University, to seal her acceptance to a master's program in biomedical science at the Philadelphia College of Osteopathic Medicine.

A biology major who minored in chemistry, the Washington Borough, N.J., resident hopes to use the master's program as a springboard into the college's prestigious medical school. "A huge part of Centenary is that everyone knows one another," Steiner says. "The professors get to know you, and they tailor classes to meet your career interests."

better in the last 15 plus years.

"A few weeks ago, fellow Centenary friends including **Dyan Cutrona, Ericka Richbell-Paradiso '90, Carla Colburn '90, Vicki VanDine, LoriAnn Pecoraro, Tami Abbott Horan '96, Kimberly Kirwan Burton, Pam Stritehoff Piro '89, Christy Post Murphy '90, Denise Calabrese '88, and Sheila Serocke Linville '90** connected via Zoom and/or Facebook. Please forgive me if I forgot anyone. I love hearing what everyone is up to and especially find it amazing how we just pick up conversations like it was Centenary dorm days all over again. Centenary has meant long-lasting friendships, a call that is always returned no matter what time it is, a lifeline for uncertain times, and a sisterhood of understanding. I am so grateful and thankful for these moments. **Carla Colburn, Ericka Paradiso, Ruth Eaddy, Kellie Sweeley, and Isabelle Arway**, thank you for always making me laugh and reaching out. It has been a blessing."

Kellie Gray Sweeley writes: "The pandemic has affected me in ways I never thought possible. I have Lupus, so going out or doing anything can compromise my health. Besides worrying about myself, I have recently become a caretaker to my mom. If I go out, I have to be careful not to give

her anything. My husband works in the city, so this was a huge concern with him initially commuting. My Centenary community has been helpful; I keep in touch with friends on Facebook."

Rochelle "Rocky" Boyett-Guidas writes: "I work for an equine emergency service provider. We started our company on March 13. Bad time for a new business; it's been hard isolating while helping out my elderly parents, but I am thankful to be working."

Ruth Eaddy writes: "I believe as my mom used to say, 'This shall pass.' I feel this pandemic has certainly made me realize what is really important in life. Some of my patients are very skeptical—and I don't blame them—and others still take precautions but seek my service. I truly understand how they feel; their safety is my concern. I have made some tough decisions regarding my activities. We all should. This virus is going to be around for a while and the old way of life has been forever changed."

Sharon Land Keane writes: "We all can agree this is an unprecedented time where we, and the entire world, are affected by this pandemic. There was no course or committee meeting titled 'Preparation for When the Pandemic

Occurs.' Yet here we are. I was in the middle of my second-to-last quarter in a clinical mental health counseling residency and received word from my program that all students were no longer allowed to go to their sites. In addition to my business clients, I had a full patient load at the private practice who were in various states of crisis, recovery, treatment, and wellness. Thank goodness the owner is amazing and progressive; within a few days the entire practice had transitioned to telemental health. Most of my clients doubled their requirement for sessions, which translates into therapists spending much of their time in front of a computer.

"Being a somatic therapist, I was aware of the negative consequences to our mental, physical, and emotional health of remaining in survival mode for too long. I did my best to take self care and make nervous system regulation my focus for me and everyone. But we are not built to sustain ourselves as we've been impacted for so long. So I can't say I've been successful at staying out of survival mode in its entirety. I have dealt with this using humor and being authentic, while advocating behind the scenes and creating care and safety plans. I have donated services to those in need and will continue to do so."

In Memoriam

Diane Kelsey Adams '50.....4/22/20
Marilyn Lewis Jenkins '51..... 6/18/20
Joyce A. Conover-Embley '53 5/7/20
Harriette Ayers Ansbach '5712/27/19
Eleanor Conklin Archinal '54..... 12/22/19
Nancy Brand Barringer '70..... 2/19/20
Janet Bath '51 4/12/20
Cynthia Cooper Boyer '52.....1/15/20
Penny Rabin Brown '642/11/20
Elizabeth Campbell '46 4/27/20
Nancy Martindale Cantwell '6712/18/19
Constance Mott Cardillo '63..... 2/8/20
Lois Dodd Crum '51.....11/4/19
Katherine Sholler Currie '50..... 5/27/20
Elinor Riordan D'Aloia '46..... 3/27/20
Louise Lane DeGeorge '52..... 4/12/20
Mary Lou Wilcox Emery '58..... 2/21/20
Anne Middleton Flood '49..... 6/2/20
Margaret Pauley Gundlach '59 4/12/20
Muriel Tompkins Haines '43..... 4/21/20
Cynthia Winning Hopper '82..... 4/25/20

Carol Peterson Kent '623/24/20
Jean Thixton Knapp '49 11/6/19
Daniela Cosme Kompa '971/19/20
Barbara Ehresman Krauss '5510/10/19
Charleen Clark Larson '55.....1/2/20
Nancy Dodd LeFevre '55..... 12/28/19
Kathleen Longfield Maresco '70 5/4/20
Laura DeRaso Melvin '75 4/26/20
Georgine Hill Mendillo '43..... 5/4/20
Diane Stephens Montgomery '60 ..10/19/19
Elizabeth Fobes Murphy '61.....12/13/19
Patricia Nordman '95 4/22/20
Kathleen O'Brien '77 5/23/20
Janet Bowie Patterson '53..... 3/7/20
Doris Stockman Pooley '54.....5/11/20
Patricia Novicke Schwoebel '89 1/29/20
Jeannie Pierce Scott '48 4/15/20
Roxann Bacon Sema '80 12/30/19
Susanne Edgar Spain '52..... 2/14/20
Evangeline Roby Sweitzer '53..... 2/4/20
Dorothy Kline Welsh '48..... 4/18/20

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SCIENCE SUPERSTARS



When it comes to student research, Centenary University science majors have proven they can go toe-to-toe with the world's best. At an international conference, the University's four entrants in the student poster presentation all placed in the top 10—including winning first and second places—and bested more than 750 entries from research powerhouses including Harvard, Yale, Cornell, Stanford, and Johns Hopkins.

Sponsored by The Society for Integrative and Comparative Biology, the conference in Texas required students to submit poster presentations of their original research and explain their findings in detail to judges. Centenary students Pier Semanchik '21 took first place and Clerson Xavier '21 placed second, while **Tess Horvath '20** and Jefferson Jean-Paul '21 both placed in the top 10.

The Centenary students all worked with Lauren Bergey, Ph.D., professor of biology and dean of special academic programs, to study an invasive shrimp specie from Japan that

has been discovered at the Jersey shore. To develop their presentations, the students tapped the expertise of Linda Ritchie, assistant professor of mathematics, for assistance with data analytics, and Julie LaBar, Ph.D., assistant professor of environmental science, on water quality analysis.

After the four students presented their findings, they left Texas for the long drive back to Centenary. The conference hadn't yet ended, but they needed to return to school. Along the way, Semanchik opened an email notifying them of their extraordinary accomplishment. Cheers filled the car.

When she arrived in Texas, Semanchik had no idea the Centenary students would be competing against both undergraduate and graduate researchers. In fact, she wasn't focused on the competition at all. "We were just proud to be there representing Centenary," said Semanchik. "All of the great universities there...the fact that we were underdogs who came out on top makes us all feel very honored."

Last summer, Xavier and Jean-Paul, who are cousins, had the opportunity to study sea life at the Harbor Branch Oceanographic Institute through a special Centenary

program. Xavier said, "We're both the first generation in our families to go to college. To do the kind of research we're doing as undergraduates is amazing."

In Texas, Horvath was the veteran of the Centenary student researchers. She had worked on two research projects, and also presented at an event that drew about 50 people. Still, she had never presented at a conference, and Texas drew thousands of people. She describes the moment they found out how well they had placed as "unreal." "We couldn't believe it," she recalled. "It gave us a really big sense of accomplishment."

Dr. Bergey is proud of her students' accomplishments—but not surprised: "This is a small university, so students have research opportunities that aren't available until the graduate level at larger universities. At Centenary, all of our students are willing to work hard to succeed. Their dedication showed at this conference."



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