Hoopsville bounces to Stevenson
Ten teams set out to win the annual DIII tournament

by Avonte Jackson
Villager staff writer

For its second year in a row, Stevenson University will host the Hoopsville National Invitational Classic November 22-24 in the Owings Mills gymnasium.

The classic, sponsored by Buffalo Wild Wings, is the largest on-campus event dedicated to Division III basketball and showcases some of the best teams in the division. Only the D3hoops.com classic, held in Las Vegas, is larger.

From seven different states, 10 teams will be playing in this year’s classic. Teams this year include Birmingham-Southern College, Cabrini College, Keystone College, University of La Verne, Middlebury College, Ohio Wesleyan University, Salisbury University, St. Mary’s College, Stevenson University, and Trinity University.

For its second year in a row, Stevenson will face Middlebury College.

“We at the Hoopsville National Invitational Classic continue to strive to bring in some of the best teams in the country and others who are up and coming,” said Dave McHugh, tournament executive director, on D3hoops.com.

“We also continue to look to have teams from around the country get a chance to play programs they normally wouldn’t play on their regular season schedule.”

“I’m really excited about the quality of the teams. All of them have outstanding coaching and terrific student-athletes,” said Gary Stewart, Mustang head coach and founder of Hoopsville.

Stevenson will face Middlebury College, who advanced to the 2013 NCAA Division III men’s basketball championship last season and Birmingham-Southern College, who finished last season with a 20-8 record. Last year, Stevenson grabbed two clutch victories at the classic as they defeated Gallaudet University 82-65 and UMass-Boston 72-70.

Returning for the Mustangs this year is sophomore Christian Roberts, who was named the 2013 Commonwealth Conference and ECAC South Rookie of the Year.

“We’re preparing by dedicating ourselves to practice like the number one team in the country every day,” said Roberts. He believes confidence and dedication will push the team to bring home victories for Stevenson.

“Every day, we work on becoming the best team in the nation,” he added.

What inspires the Mustangs most about playing in this year’s classic is the quality of competition that they will face.

“I’m excited about playing and watching some of the best Division III teams in the nation, all in our gym,” said sophomore Colby Giacubeno.

“We have high expectations for the team and plan on bringing the MAC Conference Championship trophy to Stevenson,” said Giacubeno.

Picked to finish second in the Commonwealth Conference, the Mustangs are confident about the upcoming season, which kicks off on November 16 against Cairn University.

“I feel great about the upcoming season and about being ranked number two in the preseason poll,” said Roberts. “Other teams recognize our potential, but it is up to us to play to our full potential.”

This will be Stewart’s third year as head coach. Along with coaching his team, he looks forward to mentoring the student-athletes, whom he describes as impressive.

Stewart expressed his appreciation for all of the hard work and commitment that have gone into making Hoopsville possible. He thanked President Kevin J. Manning and various members of the Marketing and Public Relations team as well as the athletic staff at Stevenson.

“They have worked tirelessly; their commitment is extraordinary,” he said.

“This classic could not happen without the commitment from the university.”

With Stevenson as host, Stewart believes that it is crucial for everyone to show their spirit. “It’s incredibly important that our students come out and support our student-athletes and the classic,” he said.

The tournament starts on Friday, November 22, with Ohio Wesleyan University facing University of La Verne at noon. Stevenson will take on Middlebury College at 6 p.m., and will face Birmingham-Southern University Saturday at 5 p.m.

Starting November 18 at The Rock, students can pick up their free ticket for either one, two or all three days of the classic.

“We need every student wearing green and cheering loud for the Mustangs. We’re going to try to make it the largest party ever held on this campus,” said Stewart.
“For Colored Girls” highlights struggles of Afro-American women

by Kasio DeGraffenried
Villager staff writer

Stevenson University will present “For Colored Girls,” a play based on Tyler Perry’s film of the same name, directed by Chris Roberts, associate professor and program coordinator of theatre and media performance.

The play will run November 14-15 and 20-23 at 7 p.m. at the Inscape Theatre on the Greenspring campus. General admission tickets are $10; tickets for seniors are $6 and for students $5.

According to Stevenson’s website, the play is a series of 20 poems called “shore-poem.” The play is about the coming of age of a playwright living in the 1950’s and facing the struggles of being a woman of color. The play also deals with how men treated women during that time period.

The cast includes seven students, each with their own monologue, which Roberts describes as “poetic.” Unlike other adaptations of the play, Roberts says that the cast of women will be present on stage throughout the entire time, whereas in the Broadway production, the actors leave and return to the stage when it is their turn to perform.

This adaptation of the play includes scenery by professor Lori Rubeling.

“For Colored Girls” will be the ninth play Roberts has directed during her years at Stevenson. She adds that students should see the production “because these girls are good! Come cheer on the actors like you would cheer for a sports team.”

Muslim Student Association is third faith-based club on campus

by Matthew Perry
Villager staff writer

The Muslim Student Association (MSA) is one of the newest additions to Stevenson University’s club community and the third faith-based student organization on campus.

According to the club’s official website, MSA’s mission is “to familiarize the Stevenson community with the Islamic culture and thought,” as well as to promote an understanding of Islamic culture and religion.

Masooma Zohra, president of MSA, and Shazad Chaundry, vice president, plan to meet these goals by hosting events on campus inspired by Islamic culture.

Zohra hopes to promote a sense of community at Stevenson and “dispel common stereotypes about Muslim culture.”

MSA represented itself at Stevenson’s annual Welcome Picnic, where students had the chance to learn about different student organizations on campus.

MSA partnered up with the International Student Association to fundraise and offer free henna tattoos.

On November 1 in the Rockland Banquet Room, MSA jointly celebrated the Diwali Festival of Light and the Eid-ul-Adha Festival of Sacrifice. MSA’s first event featured Indian food, henna tattoos, and an Indian classical dance performance.

MSA will host other events throughout the school year. Students interested in joining or learning more about MSA can contact Zohra via campus email or by visiting the club’s official website.

ISA promotes diversity throughout SU

by John Coombe
Villager staff writer

The International Student Association’s mission is to foster global kinship, build awareness, and educate others about global connections.

ISA seeks to both enhance the international experience at Stevenson and promote diversity on campus through activities, events, educational opportunities, and much more.

The club holds general meetings on a bi-weekly basis, with about 15-20 people in attendance, and the number continues to grow.

Taste of Cultures, Multicultural Week and Workout Madness are some of the many events that ISA hosts.

Last year, ISA received several awards at the Student Activities Leadership Banquet, including “best education program” and Club of the Year.

By hosting events, ISA seeks to both enhance the intercultural experience at Stevenson and offer free henna tattoos.

ISA hosts many community service projects, fundraisers, and events throughout the year. Students interested in becoming a member of ISA can contact Maumi Cannell-Chatterton via campus email.
Stevenson to introduce two new majors in spring 2014

by Erin Smiley and Jasmine Moses
Villager staff writers

Beginning in the spring of 2014, Stevenson University will introduce two new Bachelor of Science majors: digital marketing and theatre and media performance.

The digital marketing program will incorporate multiple areas of study, including marketing, information systems, and visual communication. By combining these three areas, digital marketing will bring something new to the field of study.

Due to the increasing demand in social networking skills by today’s employers, it is important for students interested in marketing to be able to excel in each of these fields once they have graduated.

The courses offered within the program will allow students to gain a great deal of knowledge in social networking and the web, as well as to master the fundamentals for landing a career in marketing.

A wide variety of new career opportunities have accompanied the advancements in technology over the past decade. These changing times have increased the demand for proficiencies in digital marketing, which the new major addresses.

Takisha Toler, assistant professor of marketing, said, “There are thousands of jobs across the world that use these skills. By combining the three components of marketing, visual communications and information systems, it will make our students very competitive.”

A vast array of career opportunities are available in the business and marketing fields for a digital marketing graduate. These jobs include social media marketers, virtual marketing coordinators, and electronic customer managers.

The courses that will be required for digital marketing will help students become well-rounded and knowledgeable in all aspects of the field. These courses range from basic fundamentals in design and marketing, to more challenging upper-level courses such as E-Commerce business solutions and strategic marketing classes.

Toler explained, “It will be a program with challenging courses, but many companies have come to us and said that it is necessary for potential employees to excel in these areas.”

With the continuous growth of the field of digital marketing, employers’ expectations will also increase. A degree in digital marketing will allow students to use their knowledge and expertise to stand out from others.

The new theatre and performance major will be more performance-based and will allow students who want to focus on that aspect to do so.

The development of the major came when it split from film and video in the School of Design, and theatre moved to the School of Humanities and Social Sciences. After that, two programs had to be developed, and theatre and media performance was created.

For current students who are interested in switching into the major, Chris Roberts, program coordinator and professor of theatre, explains that it can be done.

“There is a place in our old curriculum where there are four liberal arts credits, and I am allowing juniors and seniors to take some of the new courses that we have developed in theatre and media performance to make up for that. I am also making substitutions to make it easier so that students get the advantage of this program, which is much more performance-oriented,” Roberts explained.

Within the theatre and media performance major, students are going to be fully trained for the stage and for media.

“‘There’s nothing like it in the state of Maryland, and we’re not even sure if there’s something like it nationally…Most people who act make their living doing voiceovers, commercials, performing on TV, that sort of thing. So, we want to train them to do that. Most students don’t get that. They might take one course if they’re lucky,” said Jim Salvucci, dean of the School of Humanities and Social Sciences.

The program equips students with the tools that they need for various careers, such as being an actor, talent agent, or production manager. It will enable students to have first-hand experience in performance that will prepare them for the future.

For more information regarding the new majors being offered, visit the Stevenson University website.
The Magic of Running

by Matt Sammarco
Villager staff writer

Three months ago, I embarked on a journey. I knew when I began that the road wouldn’t always be easy and would certainly be long. I was up for a new challenge and knew that it would all be worth it in the end. Three months ago, I started running.

Until then, I was not an active person. The idea of running was daunting, and something I could never see myself enjoying it. In my mind, running was for naturally athletic people, not for “normal” people like me. However, for some reason, in the heat of August, I decided to give it a try. My goal was to complete a 5K, but even that goal seemed out of reach when I could barely do one lap around my small neighborhood.

It was a slow journey; I started with alternating walking and running, and slowly increased how long I was running. Some days, I didn’t want to run. After all, running can be hard and takes some motivation to get going. Each time, I felt a little stronger and ran a little further. I would just feel better after a run. It magically made me feel happier and less stressed during my demanding senior year.

After three months, all my hard work culminated with the KidsPeace Trick-or-Treat 5K on Saturday, November 2, 2013 at Camden Yards in Baltimore. It seemed crazy to me, while surrounded by hundreds of other people, that I am now a real runner. Just a few months ago, I would never have thought I would run an entire 5K through downtown Baltimore without stopping.

While running has had a huge impact on my life in a short amount of time, it is so exciting to think about how this 5K benefited KidsPeace as well. KidsPeace is a charity that serves the needs of children and families across the United States; more specifically this 5K benefited the Foster Care System in Baltimore. A 19-year-old spoke at the event with her foster parents about how KidsPeace changed their lives, and their gratitude toward the runners was amazing. While this 5K marked a huge personal accomplishment for me, it also was about giving Baltimore’s foster children a chance at a better life.

I still cannot get over the fact that I ran 3.1 miles without stopping, and I’m so happy I decided to make a change for the better in my life three months ago. The real magic of running is how it brings people together. A man with whom I kept pace the entire 5K patted me on the back when it was over, saying that I did a great job. Tons of volunteers cheered us on throughout the entire race, and we were all there to run for a great cause.

“The real magic of running is how it brings people together,” said Conteh.

Being a resident assistant is a unique opportunity

Conteh is a junior and a first-year RA, but more importantly, he is a psychology major. He enjoys making the connection to his major in his position.

“When I want to be a psychologist, I really enjoy talking to the students, helping them resolve conflicts or sometimes giving them advice. Because there are mostly freshmen in PatapSCO, I’m often helping kids cope with being away from home and getting into the college routine,” said Conteh.

Conteh said that he was inspired to become an RA after experiencing positive rapport with his RA during his freshman year.

“I really didn’t think about becoming an RA until halfway through my freshmen year. I had a really great RA, who also happened to be a psych major. He influenced me to become an RA too,” he said.

Conteh encourages other Stevenson students to explore becoming a resident assistant, and he describes how to pursue the opportunity.

“The school will send out emails to all students with information about how to become RA. Or, you can drop into Res Life and they can help you out.”

With any luck, maybe you will be that first friendly face welcoming the freshmen class next year.

“Controlled chaos” may be how an onlooker would describe move-in day at Stevenson, or at any university for that matter. Nervous freshmen, frazzled parents, signs with arrows and the names of residence halls, and many cars trying to fit in an already crowded lot reveal the nature of the assignment. Students in, parents out, all in a timely fashion.

Suddenly, if you’re a new student alone in a room with a roommate whom you’ve just met, things may begin to look pretty grim. There is a knock on your door, and there stands a smiling young man with his hand out, saying, “Hi! I’m Sam, your resident assistant, or RA. Welcome! Let me know if I can be of any help to you, and we’ll be having a floor meeting at 4:00 where you can meet everyone else on your floor!”. That first introduction to your RA may just be the thing that makes you begin to feel like you belong there.

While Samuel Rakai Conteh was growing up in West Africa, becoming a resident assistant at Stevenson University was hardly on his radar. After moving to Maryland in 2006 and arriving at SU after graduating from high school, a resident assistant at PatapSCO Hall is exactly what he became.

“Controlled chaos” is something Conteh doesn’t want students to worry about. “I’ve been listening to the Killers and The Killers are my favorite band, because I’ve been listening to them since high school, and I love alternative music.”

OP/ED

“Who is your favorite artist or band, and why?”

“My favorite band is Snow Patrol, because their songs encapsulate the emotions of what I have gone through during my life.”
– Chris Parris, business communication, senior

“My favorite artist is Beyonce, because I love her family and life values, and the music she produces.”
– Kali Gill, psychology, freshman

“My favorite artist is Chris Brown, because he has issues, but acts human. I also like that he is multitalented.”
– Takeysa Tyrell, fashion merchandising, senior

“The Killers are my favorite band, because I’ve been listening to them since eighth grade, and I love alternative music.”
– Tori Rudacille, English, senior
ESPN magazine features insightful interviews with favorite sports superstars

by Mark Panneton
Villager staff writer

One of the new issues of ESPN magazine features NBA superstar, LeBron James. The magazine gives the reader an in-depth, inside view of his rise to greatness.

This latest is an interesting issue because it includes three different interview segments with James, and each one lets the reader see things from his point of view and his life journey. The magazine also has a great segment on how James has always looked up to Michael Jordan as a role model and how Jordan helped pave the way for James’ success.

James is one of -- if not the biggest-- stars in the NBA right now. At 28 years old, he has two NBA rings, two Finals MVPs, four season MVPs, and two Olympic gold medals. Many people are intrigued by James and want to know more about him, which contributes to the reason why this magazine issue is so popular. Critics and fans continuously debate the topic of the best NBA player, and the three names that come up most often are Michael Jordan, Kobe Bryant, and LeBron James.

James is entering his 11th year in the NBA and is considered to be one of the best players based on his success. This issue of ESPN magazine focuses on the way in which James plans to take his game to the next level and finish as the one of the greatest players ever.

Another interesting piece ESPN put inside the magazine is a poll of 26 NBA players that focuses on how the players feel about James as a teammate or competitor. This is an appealing feature because readers rarely get an opportunity to see how players feel about their teammates and opposing players.

This poll enhances readers’ connection to the magazine because it lets them feel closer to the players and get a chance to see what goes on inside the NBA.

In this issue, as with most ESPN magazines, advertisements cover almost every other page. These advertisements focus on cars, insurance, liquor, snack foods, and more. The advertisements in this issue are true to the target market for ESPN magazine, which is males ages 16 to 40.

Take most magazine ads, those in ESPN are colorful with a lot of pictures and slogans to grab the reader’s attention. For example, the Old Spice advertisement makes readers reminisce about a commercial that features Jerod Mayo, and he does an ad for the magazine edition as well.

All in all, this issue of ESPN magazine was a successful and interesting insiders’ edition. It contains insightful interviews with some of the NBA best players and gives a lot of information about LeBron James and his life’s work.

For a subscriber who is not a big NBA fan, it also has many interesting articles on the NFL as well as NCAA basketball, which is predicted to be successful in March 2014.

P.F. Chang’s brings twist to traditional Chinese food

by Britany Post
Villager staff writer

If you are looking for a place to go for a date night, a birthday celebration, or just somewhere to spend time with friends, P.F. Chang’s in Towson is the place to go. This restaurant gives a fresh and exciting twist to classic Chinese food with reasonable prices.

The restaurant’s motto, “We can make anything we can make you want to come back,” is a statement by which all of its staff members live and work. The hospitality makes people feel welcome as soon as they walk in the door and are greeted with a smile.

P.F. Chang’s offers many traditional dishes, from delicious chicken and lettuce wraps to mouth-watering Mongolian beef. The menu has something for people with all kinds of preferences.

Chang’s offers just about everything, including chicken, beef, seafood, vegetarian, and gluten-free. Servers at the restaurant even ask if there are any dietary restrictions or food allergies that they should know about, and when guests inform them of allergies, servers can print out a customized menu specific to those restrictions.

For fall, a seasonal menu offers limited-time appetizers, entrees, desserts, and cocktails. The Crispy Korean Chicken Wings are a fan favorite. The meat on the chicken wing is pulled to one side and served “lollipop style.” These wings are marinated in a mild Korean red chili paste and honey sauce and topped with sesame seeds.

Another dish guests should consider trying is the Harvest Vegetable Quinoa Fried Rice, the essence of fall. It features butternut squash, green apples, zucchini, Brussels sprouts, corn, carrots, and snap peas over a healthy serving of quinoa. To top off the dish, it has a sunny-side egg, and it’s even gluten-free.

In the spirit of the fall season, a fall-flavored dessert would be perfect to conclude any meal. Two of these include pumpkin wontons or caramel apple wontons.

Not only does the menu have a great selection for everyone, but the drink menu is diverse and satisfying as well. The friendly bartenders at P.F. Chang’s are able to make just any drink in addition to the restaurant’s specialty cocktails.

The PF-X is a fun fruity drink, and the Organic Agave Margarita is made fresh with organic agave nectar. Customers will also find some classic drinks with a P.F. Chang’s twist. For example, instead of a Bloody Mary, the restaurant offers a Sichuan Mary, made with Absolut Peppar vodka and tomato juice, which is a little spicier than the original Bloody Mary.

In addition to its full bar, P.F. Chang’s has an impressive wine list. Wine novices can easily pick out a glass of wine that suits their taste buds, or ask for suggestions from the server.

The service, atmosphere, food, and prices at P.F. Chang’s will keep customers coming back time and time again. Other P.F. Chang’s locations include Baltimore, White Marsh, and Columbia.

Local vineyard provides fun, entertainment

by Meghan Rockwell
Villager staff writer

You don’t have to be 21 or older, but it does help. Great wine, food and events are what Boordy Vineyards has to offer, and it’s located right in Stevenson’s backyard.

When you leave the campus and the suburbs behind and take a beautiful drive through the county to Hydes, Md., you will find this vineyard nestled away among Baltimore County’s rolling hills.

Customers can choose to participate in a wine tasting at Boordy, and for $20 a person, guests are able to sample six different wines, keep their wine glass, and get 5 percent off a bottle of wine in the gift shop.

The wine tasting takes place outside, which provides beautiful scenery on a fall day. Some of the wines included are the Riesling, Blush, Sangria, Peach, and Dry Rose.

When guests finish their wine tasting, they might consider taking a tour of the vineyard. The tour is about 45 minutes long, and tour guides talk about the different types of grapes used to make the wines as well as the history of Boordy Vineyards.

After this tour, customers can visit the gift shop where they can find bottles of wine, Boordy shirts, and more items with which they can remember their trip.

Boordy is open year round and has much to offer everyone. Some of the events include the Summer Concert Series, Soups in the Cellar, and Wine Country Christmas.

The Summer Concert Series is a series of live concerts that include bluegrass, country, and rock. In the spring and summer, local vendors from areas all around Maryland participate in an art show for the public.

There is also a farmer’s market on Thursdays during which local farms set up stands and often let customers try a lot of products before they make purchases.

When it is raining or cold outside, events take place in an old wooden barn that holds about 100 to 150 people.

When it’s warm outside, there are many places to set up a picnic, including sturdy picnic tables; this is where customers can purchase food as well. Boordy sells ice cream, local burgers, and small plates, and all of their food is delicious and fresh.

A visit to Boordy Vineyards is especially great for people who are tired of visiting the same restaurants and bars. This vineyard does not disappoint, and it has much to offer its guests beyond a lovely glass of wine.
Amelia Beever showed her lyrical abilities at Stevenson’s talent show on October 1 at the Inscape Theatre on Greenspring campus. Beever is a junior elementary education major who has performed at the annual talent show for the past three years. In her freshman year, she sang “Hallelujah;” sophomore year, “Use Somebody;” and junior year, “Put Your Records On.”

Beever explains how she got started in the show: “I liked to sing and I wanted to see if I could do it,” and her song choices reflect whatever song fits her mood.

The singer reminisced fondly that she met a lot of people participating in the talent show in her freshman year. Each of the talent shows allowed Beever to face the biggest challenge she had to overcome: nerves. Her friends reassured her that she “did fine” after each performance, although Beever admits, “I tend to be pretty hard on myself” about mistakes made while singing.

She got the word out through posting on Facebook and by talking to her friends, encouraging them to come hear her and to tell others about her performance.

Beever said that she had a lot of fun at the talent show and expressed a desire for Stevenson to hold more similar events. She believes more shows would be a great and powerful way to showcase some extraordinary talent and to bring students from all classes together a more. It would also help inspire and strengthen friendships.

There was a lot of variety at this year’s talent show, from singing to hula hooping to beatboxing. Although Beever did not win this year’s talent show, she has already decided that she is going to try out again next year, stating, “It’s my senior year; I might as well give it another shot while I can.”
Ava Schein is a one-woman band who shares her love and talent for music everywhere she goes. She got her passion for music from her parents who are also musically inclined. She began to play the piano at age of 5 when she saw her older sister playing. It didn’t take much convincing from her parents who enrolled her in piano lessons soon after.

Schein’s father is a musician and works in a music shop. Ava herself plays multiple instruments, including the piano and guitar, and she also sings.

Schein began playing in a rock and roll cover band in high school, but now, she mostly enjoys covering and writing folk and acoustic music. She explains how she enjoys transforming non-acoustic songs into acoustic ones: “One year at the talent show we did ‘Hey Ya!’ by OutKast. Taking something you don’t think you could picture as acoustic and make it softer and sound more intimate with just a guitar and a percussion box is kind of my favorite.”

Schein also loves to perform with others. Her band is typically “Ava and Friends,” due to the fact that whom she plays with changes every performance.

Her main involvement with music on campus is with the marching band, which takes up most of her time. Music has affected her positively and has become a huge part of her life now. She believes it’s a way to express herself, and thinks learning to play the piano was the best thing that could have happened to her.

Jon Grant is a fashion merchandising major who is known on campus for his talent in music. Grant has been sharing his indie-acoustic solo music with Stevenson and the surrounding communities under the name Candles and Coffee at various events both on and off campus.

Grant got his start in music at the age of 13; his professional guitarist and audio engineer father influenced him to play various instruments and sing. Some of his inspirations include The Rocket Summer, Cartel and The Weekend.

Writing songs is a large part of what makes music so special to Grant. Most songs are written about the experiences of his close friends and families.

“I love writing so much. I always just wanted to write songs,” Grant said.

For the most part, Grant performs music alone, since he enjoys the creative control, though he will occasionally play with local bands.

Since attending Stevenson, he has performed multiple times and has increased his fan base and recognition.

“Stevenson is a great platform. You are surrounded by 3,000 people your age,” said Grant.

Students may have seen him perform at Patio Jams, the talent show, Battle of the Bands, and Night of the Arts in the past few years. He has even performed with an old friend and former American Idol contestant, Josiah Leming, at Stevenson last spring.

Besides being dedicated to his personal music, Grant plays soccer for Stevenson, teaches First-Year Seminar, is a resident assistant, and sings as a member of the Glee Club. Grant hopes to continue to push for more fine arts activities across campus, and he plans to support and be a part of them. He has released some of his single songs and is working on an EP that should be released sometime over winter break.

Candles and Coffee can be found on SoundCloud.com or on Facebook.

by Elizabeth Jerzyk

Smoke and Water

When Marilyn Lovo, a senior at Stevenson University, isn’t busy with her academics, she enjoys playing in her band, Smoke and Water, previously known as Trigger Wired.

The band formed in December 2010, starting as an electronic rock group. Throughout band member changes, they developed an alternative blues sound with influences from many genres, specifically Linkin Park, The Birthday Massacre, Three Days Grace, and Muse.

Lovo was initially inspired by Evanescence, and taught herself how to play the piano, write and sing just four years ago. The other band members include Javier Uriarte on drums; Chris Wheeler on guitar, vocals, and lyrics; and Malik Lloyd on bass.

All the band members come from the Washington, D.C. area. This year, they have been on a small hiatus, but they have played locally at MAP’s Battle of the Bands, University of Maryland College Park, and private parties. Battle of the Bands was Lovo’s first time singing in front of a large crowd.

“I was nervous,” Lovo said, “We had some technical difficulties, and no sound check.”

It was their first time playing live in over a year, but it ended up being a valuable learning experience. They are now getting ready to play at clubs and venues in the Baltimore area during December and January.

“Before You Ask, This Song Isn’t About You” is one of their most well-known songs. Lovo wrote it first as a piano piece, and the other band members added their sound. Another song called “Sunlight” was written when they had six members in the band but discovered it sounded better with four. Their songs are mellow and build up with slight dark twists.

“We are all on different paths, but we all have that drive,” Lovo said about their future. “In the next five years, I see us having our first album out.”

If you want Smoke and Water to play at your private party, contact them on Facebook or Twitter, Trigger Wired.

by Ashely Mil

by Jessica Keech
Learn about diabetes now and lower the risk of diagnosis later

by Jahlani Harris
Villager staff writer

When most people think of diabetes, the first thing that comes to mind are high blood glucose levels. Though diabetes is characterized by high blood glucose levels, it is much more complicated than that.

Diabetes is a group of diseases that causes defects in a body’s ability to produce insulin, thus leading to high blood glucose. In order to know how to prevent the disease, one must first understand diabetes itself.

Diabetes comes in two forms, Type 1 and Type 2, with the latter being the most common form. Even though Type 1 is not as common (only five percent of people with diabetes have this form of the disease), it is still important to understand.

Type 1 diabetes is usually diagnosed in children and young adults and inhibits the body’s ability to produce insulin, the hormone responsible for converting sugar (glucose) into energy needed for daily life. Through methods of blood glucose control and insulin therapy, children and those living with this disease can live long and healthy lives.

Type 2 diabetes is a little different. Instead of not producing insulin, the body does not use its insulin properly, also known as insulin resistance. The body doesn’t produce enough insulin to keep up with its high blood glucose levels.

This form of diabetes is also one of the main causes of death in the United States. Complications of type 2 diabetes include blindness, foot neuropathy, skin complications, hypertension, heart disease, kidney disease and stroke.

Though these complications are all severe and potentially fatal, with proper treatment those living with type 2 diabetes can prolong their lives by many years.

Most people can live a long life with diabetes, but it is still a better option to prevent it completely. One way is to exercise. Diabetes is more common in those who are obese and less physically active.

Being active is especially important for college students because a lot of students are so wrapped up in schoolwork or socializing that they forget about taking care of themselves. Without a proper exercise regimen and a constant diet of unhealthy food (including Ramen Noodles), weight gain is certain and the risk for diabetes increases.

Diabetes is a serious disease with serious repercussions if one’s health is not monitored. Being a major cause of death in the United States, where obesity is a national concern, diabetes must be a focal point.

Key Facts from the World Health Organization
• 347 million people worldwide have diabetes.
• In 2004, an estimated 3.4 million people died from consequences of high fasting blood sugar.
• More than 80 percent of diabetes deaths occur in low- and middle-income countries.
• WHO projects that diabetes will be the seventh leading cause of death in 2030.
• Healthy diet, regular physical activity, maintaining a normal body weight and avoiding tobacco use can prevent or delay the onset of type 2 diabetes.

Stevenson University students are quickly approaching major projects and final exams. While this time can signal some relief, it can also be intensely anxiety producing for many college students. Anxiety is a mental illness with which a lot of college students struggle.

Do you have any level of uncertainty or fear when it comes to taking tests, getting that graded assignment returned, or preparing to perform? Everyone struggles with these moments from time to time; however, there are many different things that trigger anxiety.

Tyra Greene, a professional study skills tutor at SU, says that “in order to control anxiety especially during test, you have to get a hold of it first and understand what is making you anxious.”

When getting ready for exams, students struggle with two main issues: being overwhelmed and not knowing how to study effectively, or being prepared but not realizing it.

Greene also said, “You have to recognize and understand preparedness. The Top 10 ways to control test anxiety are to be prepare, prepare, prepare, prepare, prepare, prepare, prepare, prepare, prepare, and prepare.”

The Academic Link is creating a series of workshops that will focus on study skills. For now, students can schedule an appointment with Greene to learn effective ways to manage time and study smart. She will also be presenting a workshop on Nov. 20 from 5-6 p.m. in Caves that will focus on test-taking skills and test anxiety.

Chris Davey, president of Active Minds, explains college anxiety by saying that it occurs when any fear escalates causing one to blow important things up into bigger problems than they may be.

Active Minds hosts numerous educational meetings on different mental illnesses to help students understand what different illnesses are. The club partners closely with the Wellness Center and believe that it is important to seek a professional no matter how big or small one’s anxiety may be.

If students have difficulty coping with anxiety, the Wellness Center will be hosting “CALM” group sessions on Thursdays beginning on Nov. 7 at 4 p.m.

It is important to remember that everyone struggles with anxiety from time to time. College can be a time when unknown anxieties surface, whether it’s because of living with new people, transitioning to a new area, preparing for a test week, or even fearing a new semester.

Preparation and time management will reduce the risk for an anxiety attack. However, if anxiety becomes an issue, the Academic Link and the Wellness Center are valuable resources for help.
Sergio Capuano, an Italian chef in the Rockland Marketplace, was born in March 1958, in the small tourist town of Napoli, Italy, known for its abundance of resources like saunas made from volcanoes and spring water.

Sergio has had a strong passion for cooking since he was a young boy, learning the proper way to make Italian cuisine, with love, from his mother. He has a brother who moved to the United States in the ‘70s, so for years he would hear exciting stories about the different opportunities in The States.

A decade later, Sergio reunited with his brother in the U.S. on a work visa, leaving his family behind to explore for himself. The transition from Italy to the U.S. was hard for Sergio, as he said, “After being in America for a year and a half, I was ready to go.” He was at a crossroad while living in Cleveland, Ohio, for the land of opportunity wasn’t what he expected. What made him stay was the birth of his first child by his first wife who was of Irish and German descent. Sergio was married to her for 13 years and had two more children before they divorced in 1993.

A year later, he moved to Maryland. Some-time after, he started a family-owned restaurant with some of his cousins in Hampstead, Md. He invested $25,000 into the restaurant, but ended up losing money due to the terrible economy, forcing the restaurant to close. In 1993, he met the love of his life, a Russian woman whom he married in 2003 in Las Vegas. After the closing of his business, he was offered a chef position at Stevenson University, and around the time of this job offer, Sergio gained his full U.S. citizenship.

Some American cuisine today is not to his taste. “I don’t agree with some of it... it’s too heavy, you know... even the salads,” he said.

Chef Sergio loves cooking at SU. The compliments he receives from the students, staff, and visitors keep him passionate about his craft. He likes to go the extra mile to put flare and flavor into every dish he creates, leaving a lasting memory in every bite. Would he change anything about his life? “No, not at all, except to win the lottery and to travel the world more,” he said.
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Overtime win against Alvernia secures spot in MAC playoffs for women’s soccer

by Lanie Swanhart
Villager staff writer

With a two-game winning streak and current record of 11-7-1, Stevenson's women’s soccer team was optimistic going into their last game of the regular season against Alvernia College.

The team finished with two big wins, one home and one on the road. The Mustangs got to celebrate a 4-1 victory over Albright College on their senior day on Oct. 26, during which junior Meaghan Albright tallied her 18th career assist in the Commonwealth Conference. The Mustangs used a 1-0 win against Alvernia on Nov. 2. The loan goal was scored by Williams. This win secured the Mustangs to fifth place in the Commonwealth Conference standings. Head Coach Graeme Millar is excited about the future of the program.

He says, “I have seen this team play better soccer this season than I have in the past six years of coaching.”

“I think we definitely have had our ups and downs through the season, but we have what it takes. Like Graeme keeps saying, we have the talent. If we play our game and play as a team we will be successful,” said sophomore goalkeeper Annie McCoach.

The team hopes that all their hard work will pay off to get them on a run during playoffs. Millar agrees, saying, “Overall, it has been a great season. We as a team have really proven ourselves. We were dealt the second-seed and our schedule in the region, so for the season to come to this is very exciting.”

The Mustangs faced several tough teams this season including the College of New Jersey, Hopkins, Misericordia, Salisbury, Lebanon Valley, Messiah, and Elizabethtown.

With the regular season coming to an end, the Mustangs won their last regular season game 1-0 in overtime against Alvernia on Nov. 2. The loan goal was scored by Williams. This win secured their spot in the MAC playoffs.

The Mustangs are seeded third in the playoffs, and they will face Elizabethtown in the first round.

Men’s soccer is ready for seasons to come

by Nicolette Stoner
Villager staff writer

The Stevenson University men’s soccer season is coming close to the end. While the season is not over yet, the team is excited for next year.

Sophomore Logan McCarron says that the team has underachieved and that he hoped for a better record. The Mustangs are 8-9-2 overall and 3-4-1 in the MAC conference. The team played well at home this season with a record of 7-1-2.

Conference games included wins against Lycoming (1-0), Widener (3-2), and Hooft (4-3). The Mustangs tied Lebanon Valley (1-1) and lost to Arcadia (3-2), Messiah (3-0), Elizabethtown (3-1), and Albright (3-2).

Coach John Plevyak said he enjoyed the season with “a good group of guys.”

He added, “Coaching the team is like conducting an orchestra.”

Plevyak explained that blending music together is like blending the offense, midfield, and defense into one cohesive unit that moves together.

He also gives credit for some of the team’s wins to Dr. Kevin Manning, the president of Stevenson University. Dr. Manning has met with the men’s soccer team on a few occasions to help them imagine winning and being victorious.

“Manning’s advice to believe in ourselves was a big part of these wins,” said McCarron.

He encouraged them to believe that they could beat anyone.

Plevyak says that the sessions with Dr. Manning helped the team become more confident and composed.

One game in particular that showed the team’s newfound confidence was against Widener on Oct. 8. The Mustangs were losing 1-0 after only eight minutes of play. Eighteen minutes later, junior Yianni Saroglou scored off of a free kick, and two minutes later, senior Steve Hamilton scored from inside the box. In the second half, Widener scored again to tie the game, but the Mustangs used Dr. Manning’s advice to believe in themselves and senior Christopher Panian scored the game-winning goal.

Although the season wasn’t what he expected, Plevyak believes that the team has great leadership in a very “nurturing environment” that, if continued, could make the team much stronger and more consistent.

In the offseason, Plevyak wants the team to get stronger and quicker to help them on the field. He also hopes that the leadership continues on and off the field. McCarron agrees that fitness is something to work on before next fall. He says that he is excited to work hard in the offseason and prepare for the next year because “it is our time to right all the wrongs.”

Cross country teams head to regionals

by Anthony Arcell
Villager staff writer

After finishing in last place during the Hool College Open on Oct. 26, the Stevenson’s men’s and women’s cross country teams fought hard for better finishing times in the MAC Championships on Nov. 2 at DeSales University.

The Mustangs were able to come back from a last place finish at Hool to 11th out of 17 teams for the men and ninth out of 17 teams for the women. The top runners for the Mustangs were seniors Patrick Reynolds and Shannon Henretty.

“The first and last mile of this course proved to be challenging because they were both all uphill,” said Richard Henderson, senior team captain.

The course caused problems for runners to achieve their typical mile times due to the placement of the hills.

Henderson said, “It usually takes me a little over six minutes to complete a mile, but the two hills caused me to have seven-minute miles in those parts of the course.”

The Mustangs only have one remaining race left in the season, the NCAA Mid-Atlantic Regional at Lehigh University on Nov. 16. Both the men and women are looking to finish the year off strong and possibly beat some personal records.

Both teams have improved since the start of the season. Some highlights include Reynolds’s breaking the 29-minute mark for a five-mile course, and Henretty running two 6k’s in 26 minutes this season.

The Mustangs are focusing on speed workouts to help improve times overall during these two weeks off.

“I feel like as a team we don’t run as hard as we should at this last half of the race, but if we work on speed workouts and focus we will do great,” said Thomas “TT” Janaske, junior, and team captain.

The course at Lehigh has the potential to cause issues for the runners if training is taken lightly. This course is covered in hills and can be hard when not paced correctly.

“We need to have a great last two weeks of training to make this last tournament our best of the year,” said Carol Zimmerman, head coach.

With consistency at practice and two weeks off after their last meet at DeSales, the Mustangs hope to finish the season out strong at regionals.
**Mustangs overcome losing streak with an astounding 48-3 win**

**by Luci Diaz**

**Villager editorial staff**

Turnovers have proven to be a crucial factor in outcomes both of the Homecoming game against King’s College and the Oct. 26 loss to Wilkes University, but the Mustangs solidified their offensive presence in a 48-3 win against the College of Misericordia on Nov. 2 at Mustang Stadium.

The route of the Pennsylvania team was a hopeful sign for the Mustangs. Misericordia scored first on a field goal early in the first quarter, but it was all Mustang after that.

Junior quarterback Zach Jefferson stayed solid throughout the game ending with an 11-for-22 record and 130 yards.

Junior running back Nigel Stanford rushed for 31 yards with one touchdown. Freshman wide receiver Cortez Taylor had 99 yards receiving and one touchdown. Junior running back Marcus Holley rushed for 145 yards with three touchdowns, helping the Mustangs go above and beyond the Misericordia Cougars.

Stevenson has continually taken charge of the first half with most of their opponents this season. However, when it comes to the second half, the team has given up too many points to clinch a win.

Head coach Ed Hottle said, “We just need to stop turning the ball over during these close games.”

The Homecoming game against King’s College had a great start with a 17-14 score going into halftime. Quarterback John Gasparovic was hurt during the first quarter, gaining only 4 passing yards, but Jefferson stepped up for 158 passing yards in the rest of the game.

Senior defensive back Tre’von Wilks had a 36-yard interception return in the second half to give the Mustangs a 24-14 lead. Holley led the team in rushing with 101 yards total. Although statistically, Stevenson should have won the game, turnovers once again hurt the team and led them to lose the lead to Kings in the 31-24 loss.

The game at Wilkes University on Oct. 26 was the Mustangs’ chance to snap their three-game losing streak. They had a great start, but were surprisingly taken over by the Colonels.

Holley had the first touchdown with a 24-yard run taking only 2:13 during the first drive of the game. Six minutes later, he scored the next touchdown to bring the score to 14-0.

Senior kicker Charlie Cornell brought the lead to 17-0 with a 29-yard field goal ending the third quarter. At that point, the game seemed to be over in everyone’s eyes, except for the Colonels, who came into the fourth quarter ready to play. Sophomore Justin Kanson, an offensive lineman, said, “Wilkes did not give up on the game, while our team figured they had it in their hands. The game does not finish until the clock runs out.”

Hottle also had a similar thought: “We need to learn how to finish the game and have short memory, and in order to do that is to just play.”

**UPCOMING HOME GAMES**

**Football vs. Lycoming - Saturday, Nov. 16 at 1 p.m.**

**Women’s basketball vs. Salisbury - Thursday, Nov. 21 at 6 p.m.**

**Men’s basketball vs. Middlebury - Friday, Nov. 22 at 6 p.m.**

**Men’s basketball vs. Birmingham Southern - Saturday, Nov. 23 at 5 p.m.**

**The Villager ATHLETES of the WEEK**

**Sarah Modzelewski**

**Sophomore**

**Ice Hockey**

Goalie Sarah Modzelewski made 15 saves against SUNY Canton helping lead the Mustangs to their second win and Modzelewski’s fourth career win.

After a career-high 168 rushing yards at Wilkes, Holley followed up that performance with a three-touchdown day at home against Misericordia, including 145 yards on 23 carries.

Athletes of the Week selected by The Villager’s sports editors