LOVE YOUR MELON
MU group supports children with cancer

Campus Cats
Lancaster’s feline friends get a helping hand

ATHLETIC MINDS
Learning about the lives of student athletes
A note from our editors

We wanted to create this magazine to give our editors the experience of more creative page design. As explained on the back page, we are attending the CMA convention in New York right after this edition gets published, so we wanted to make a high quality gloss magazine to take with us and “show off” our paper.

To the right you’ll find a “color key” that shows how the magazine is organized. Find a theme that catches your eye and read away! I hope you enjoy all the stories we compiled and designed for this special edition!

Julia Walters, managing editor

Our staff

Jared Hameloth, editor in chief

Our staff has worked so hard putting these stories together and designing the layout for the past three weeks! It’s much harder than it seems to put together a magazine and getting it out in only three weeks, especially around our already busy schedules with school and work.

We’ve never done anything quite of this caliber before, so we were all a bit out of our comfort zones. Even though it was a new and, at times, tiresome, experience, I truly couldn’t be prouder of our staff for their effort and maintaining a great attitude. They are the reason why it all came together!

Julia Walters, managing editor

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Sugerbowl Pizza
By Shaun Lucas

To these Pennsylvanians, it’s not just a game: numerous areas across PA host tournaments for Super Smash Bros. Read how these tournament leaders create events for many competitors.

By Brian Markley

Millersville junior pitcher Jeff Taylor returns home to rediscover his love for the game of baseball.

By Rachel Laughlin

How can institutions improve youth and teen interest and skill in writing? Millersville’s Creative Writer’s Guild tries to answer that question by inspiring student expression.

By Shaun Lucas

To these Pennsylvanians, it’s not just a game: numerous areas across PA host tournaments for Super Smash Bros. Read how these tournament leaders create events for many competitors.

By Kat Virula

Take a peek at some of the street art downtown Lancaster has to offer!
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In this section you’ll find:

pg. 6: Local murals in downtown Lancaster offer an outdoor gallery

pg. 13: The love of music: billboard charts reveal just how much love is in the air

pg. 16: How long can emo rap really continue?
10 murals you need to see in Lancaster

BY KAT VIRULA

If galleries aren’t your thing, try walking around downtown Lancaster. It’s home to more than 40+ murals. Many of them are created by local artists and showcase aspects of life in the city.

Some are on main thoroughfares, such as Manor, East King or North Prince Streets. Others are in seldom traveled alleys or side streets, such as Coral and West Grant Street. You can view these masterpieces on foot or while you are en route. They can add a beautiful detour to your destination.

I decided to take a walk around the city and came upon these 10 pieces. There are more to seek than we could fit in. So go out there and explore Lancaster!

Photos taken by Kat Delaney and Kat Virula.
Rise With Strength
Location: North side of the 600 block of Manor Street, across from the Kunzler & Company, Inc. Visible going westbound on Manor.
Barney Ewell & Ida Gantz

Location: Mural is on northwest corner of North Street, in southwest Lancaster. Honors two famous people from the neighborhood: early childhood education activist Ida Mae Stewart Gantz and olympic sprinter and gold medalist Barney Ewell.

Two Dudes Painting Company

Location: Poplar street, between Fairview Ave. and Laurel Street.
What Do You Want To Be?
Location: Northeast corner of Laurel and Fremont Street
Lafayette Elementary School
Location: On eastern border of school property, south of St. Joseph Street.

Keystone Art & Culture Center
Location: Northeast corner of Pearl street and Prangey Ave.
La Academia Family
Location: West side of the first block of North Ann Street, between East King and East Orange Street.

Medicinally Diverse
Location: Along West Grant Street, right side of garage.
2nd Street Dove
Location: South on Coral street, turn left onto 2nd street. The Mural is facing you on the left side of garage.

2nd Street American Flag
Location: Other side of the Dove mural.
How Love Affects Our Music and Our Brains

Many of us, even those who claim to not listen to ‘popular’ music, cannot dispute the impact of the Top 100 songs that are always playing on the radio. You find them everywhere, from stores in the mall, to the restaurants in your town, to the local nightclubs and bars. There’s no way to escape the most popular songs that always somehow gain an obscene amount of attention. Current songs that come to mind are Circles by Post Malone, Someone You Loved by Lewis Capaldi, and Bad Guy by Billie Eilish. These songs become popular because they often speak unsaid truths to people and strike some nerve that is difficult to reach for many.
Without them, it would be so much more difficult for people to communicate their feelings. They address emotional issues that are hard for some people to form into words.

Before we even dive into songs about love specifically, it’s important to initially understand why music is so beneficial for our brains in the first place. Listening to music is almost like a natural kind of high, according to Dr. Michael J. Breus of Psychology Today. It releases dopamine into the brain, which is a neurotransmitter associated with happiness and euphoria, which can be considered a natural antidepressant, as this article will explain and go into more detail later on. Additionally, listening to music can relieve a great amount of stress, including chronic stress problems.

As many are already aware, stress is a very real danger to our bodies. It can cause physical health issues and lower our body’s immune system so that we are less prone to illnesses and diseases. However, something as small as taking some time out of your day to listen to some of your favorite songs has the ability to lower stress and, therefore, increase your physical health and well-being. Music can also be a huge help with sleep, which is no small benefit. According to the National Sleep Foundation, 98 percent of Americans suffer from insomnia. Listening to some music right before going to sleep can truly help get a better night’s sleep, which can lead to a plethora of other benefits considering that sleep is such a huge part of our well-being. The main point is that music is so nurturing for our brains no matter what it is. Whether you listen to classical, pop, rap, country, or indie, you will reap all of the positive qualities that music has to offer.

One specific concept that so many people can relate to is the concept of love. When thinking about this on a deeper, analytical level, it makes a lot of sense. Love is such a complex emotion and often, it’s hard to pinpoint exactly what’s going on in the brain when a person is falling in love or experiencing a deep and intimate relationship. The emotions are quite intense and complicated; this is especially true for those who are experiencing it for the first time.

It’s foreign and confusing but also not altogether negative; it’s simply different. Taking this into consideration, it’s understandable as to why people turn to music for comfort, especially in this sense. When others can sing about feelings that you are unable to discern for yourself, these love songs that are constantly around us can feel less annoying and more soothing.

That being said, it can sometimes feel like every Top 100 song is about love. But how many of these Top 100 songs are actually centered around this topic?

According to the current Billboard Top 100 songs, I concluded that about 45% of songs are about falling in love, being in love with someone, and/or heartbreak. This encompasses all genres including pop, rap, country, and indie. There were some sacrifices that had to be made when attempting to decipher which songs would fall under the ‘love’ spectrum. I did not include any songs that were overtly sexual because I wanted to really make a distinction between lust and the actual emotions that are felt when people are in love or experiencing heartbreak while falling out of love. While some songs could be interpreted as being an emotional connection as well as a physical one, in order to evade any discrepancies between trying to decide the true meanings behind one song verses another, I just omitted overtly sexual songs to keep it really cut and dry.

Even without the omissions, almost half of all popular songs right now revolve around love or relationships. So what does this mean? What does it tell us about love and how it impacts all of us?

Looking at it psychologically, perception plays a large role in how much we appreciate songs. This can apply to any form of entertainment, but regarding love specifically and all its various aspects, there’s just something about a love song that can hit you harder than other songs. This comes from the differing perceptions that everyone comes into a song with. The experiences that we carry with us on a day-to-day basis translate into everything we do and everything we take in.

Even songs that are about one specific topic, someone could find a whole other meaning out of it. When we take a song and put our own meanings on it based off of our own lives, it creates a new bond with a song that is difficult to break. This is why a certain song can always make you think of one specific person, no matter how many times you hear it in different contexts. It will always have the same effect for you because of how you perceive it.

When looking at music in this way, it’s easy to see why people turn to music in times of distress or confusion specifically for people involved in romantic relationships. When artists can put words to the feelings that happen inside the brain and their listeners can find some semblance of themselves in a song, it could have the potential to increase communication effectiveness between two people.

However, there are a few psychologically scientific processes that happen in the brain when someone is in love, according to researcher Helen Fisher. Fisher is an anthropologist who specializes in learning about human behavior; specifically, the science of attraction, why people fall in love and how it affects the brain. Fisher is the author of the book “Why We Love: The Nature and Chemistry of Romantic Love.” According to the book and Fisher’s extensive research, love is divided into three separate stages. The first stage is lust, which is the initial attraction that affects the limbic system. After this, the early phases of romantic love occur during the attraction stage. Finally, the last stage is referred to as attachment, regarding how people choose a partner and fall in love. This stage is when the deep-seated feelings of love are settled into the brain and we move into considering a long-term partner. During attachment, this is the prime time for changes in the brain regarding the brain chemistry.

One major thing that happens is that dopamine and norepinephrine both substantially increase. Both of these chemicals are associated with pleasure and excitement. Specifically, dopamine is a reward center in the brain and is associated with more intense feelings of pleasure, such as euphoria. To give some context, an increase of dopamine is what you’d feel if you took a hit of cocaine.

Additionally, bursts of norepinephrine are linked to feelings of euphoria as well. Because this is an intense happiness, high levels of this neurotransmitter are also linked to panic attacks, high blood pressure, and hyperactivity. It makes sense that becoming close with a new person is nerve-wracking, but looking at what high doses of norepinephrine can do, we could consider the idea that this could be why falling in love with someone can make people more nervous and erratic.

Taking all of these chemical aspects of what love truly does to us, it doesn’t take much to understand why there are so many songs about being in love. Especially for those who are experiencing a first love and have never gone through the intricacies and chemical changes before, it’s also no surprise as to why these love songs receive all the hype from their audiences. The confusing feelings caused by an excess of these significant chemicals that one may experience regarding love or heartbreak, can find completion and fulfillment within the lyrics of a particularly therapeutic and emotional song.

Particularly for any traumatic experience regarding love, such as heartbreak, the human brain processes intense emotions and there are a few
specific areas that are affected. These are all structures within the limbic system of the brain, which combine the areas of the brain that process emotions and memory.

For one, adrenaline kicks in and floods through the body; specifically to the amygdala. When this happens, the memory of the traumatic event is permanently marked on the amygdala. It also affects the thalamus, which is often referred to as the gateway of the brain, where senses from the external environment are translated into language.

During the trauma as well, the prefrontal cortex, which is relatively self-explanatory when understanding the role of this portion of the brain. The prefrontal cortex is linked very heavily to fear. During a heartbreak, it’s extremely common to feel fear over a multitude of things including the fear of being alone or the fear of never being able to have any sort of relationship with the significant other ever again. Depending on the relationship or the people involved, there are a plethora of other fears that enter the brain during a particularly bad breakup. Therefore, heartbreak and trauma associated with that greatly affects the prefrontal cortex. The last significant brain structure that is affected by trauma and heartbreak would be the hippocampus.

Because the hippocampus stores memories, trauma would be the most compelling kind of memory that affects this area. When memories are marked on the hippocampus, they stay with you forever, whether consciously or subconsciously. These structures combined illustrate how the true trauma of heartbreak affects the brain, which, in turn, helps us understand exactly why this concept is so alluring when it comes to popular songs and what we relate to the most.

Many have equated going through a bad breakup as on par with kicking a drug habit. While this might seem slightly dramatic on the surface, it’s actually not such a bad comparison. Especially considering all of the chemical complexities going on in the brain, this is actually extremely similar to a drug addiction.

The problem with being in a relationship with someone you love is that there is an excess of dopamine in the brain, which is often what happens when a drug addict is hooked on hard drugs. During a particularly difficult breakup, dopamine running through your brain is suddenly cut off and the brain goes into withdrawal. When a chemical that was consistent in the brain for a substantial and consistent length of time gets cut off, it can be hard to function or focus on normal activities. One thing that can help though, is hearing sad songs about heartbreak.

As covered before, music is a natural antidepressant. It has the ability to boost our moods and elevate us from a bad slump. Even sad songs, which might not seem like they would be helpful on the surface, can actually be extremely helpful during a breakup. For one thing, it has that relatable aspect. It helps to know that we aren’t alone during times of distress and emotional trauma. But music also has another effect related to neurotransmitters in the brain; brain scans show that it releases lost dopamine back into our brains.

It’s already been established that music can be a great form of stress relief. Throughout every part of a breakup, it’s easy to see that the brain would be under more stress than usual as a result of a lost relationship. Listening to music in general, but specifically songs that you can relate to, is a great way to feel some sort of relief from the chronic stress that you would be experiencing during a breakup. Unfortunately, it’s still not enough dopamine to completely heal us from our trauma, but it can make us feel some comfort. Despite the music not being enough to carry us through our entire breakup fully, we would be in a much worse place without it considering all of music’s psychological benefits as a whole.

As these explanations and statistics illustrate, love songs are clearly one of the most popular topics to cover in songs. So what do we do with this information and what do we make of it? The answer is...that there really isn’t one. At the end of the day, we could spend all day looking at statistics and scientific explanations for why we fall in love, what we’re attracted to, and why heartbreak feels like a hole in the chest.

But the truth of the matter is, you can’t boil love down to black and white explanations and chemicals; emotions are not so easily understood in that way. All we really need to know is that falling in love is, at its core, perplexing. It doesn’t really matter why we connect with music and why it makes us feel understood. The point is that it just does. When we’re going through any kind of change, especially one as confusing as love can be, sometimes it’s just nice to know that there are others who feel the same way and make us feel less alone with our weird feelings.

Maren Morris said it best in “A Song For Everything” when she sings “When you were lookin’ for the words/Somebody said it first so you didn’t have to/It was looking right at you...Close your eyes and listen/’Cause there’s a song for everything”.

So find your headphones, put on your favorite playlist (of love songs or otherwise,) and let it comfort you just for a little while.
EMO RAP

HOW LONG CAN A GENRE OF MUSIC THAT IS FUELED ON DRUGS STAY AFLOAT?

BY CHLOE BARRETT

With the emergence of a new generation becoming adults, emerged a whole new genre of music, proclaimed, “emo rap.” In the online pop-culture magazine “Study Group,” Emo Rap began as recently as 2013 and combines various vocal styles with punk elements and the emotional aspects of rap. These artists take on an emotional style of rap by combining rap music with the soft undertones that emo music takes upon. With emo rap on the rise, emerged Gustav Åhr professionally known as Lil Peep. Lil Peep, a 21-year-old, hailing from Long Beach, New York was putting out mixtape after mixtape including his well-known works, “Hellboy,” “Crybaby,” and his ep “Come Over When You’re Sober” which was released August of 2017.
Peep was also a part of musical group, “Gothboiclique” which was emerging with similar emo undertones with well-known members such as Wicca Phase Springs Eternal and Lil Tracy. Like many others within GBC, Peep’s music was known to have a dark story around it. Many of his lyrics referencing to death, drugs, sex, and heartbreak. In November of 2017, Peep was found dead in his tour bus from an accidental overdose on Fentanyl. With the death of the rapper, many emerging rappers found themselves referencing Peep and musically following his path. One of those rappers being Juice Wrld. Juice, a 21-year-old hailing from Chicago, was taking the emo rap scene by storm, even referencing those he looked up to such a Lil Peep on tracks like “Legends” and “Rich and Blind.” Within the track “Legends”, Juice raps, “What’s the 27 club? / We ain’t making it past 21” referring to emo rappers, Lil Peep, and XXXtentacion who was fatally shot, and passed away at 20. With Juice Wrld’s career on the rise, he passed away from a drug induced seizure at the age of 21. With the passing of Juice Wrld, it comes into question, “What’s the future of emo rap?” A genre of music that seems to be based on violence, drugs, and heartbreak it has been asked how long a genre like this can stay in play. Since 2017, media has seen big players in the game like Peep, X, and Juice Wrld succumb to tragedy, as well a more niche emo rappers like Hella Sketchy who passed away in 2019 of a drug overdose. There are also some emo rappers like Southern California based, Drippin So Pretty, who swore off drugs, referencing his struggle with addiction in his music with hits like “Last Shot of “Heroin.” Drippin So Pretty sings, “This is my last shot of heroin / I said that once and now I’m here again” With artists like Drippin, there is hope that emo rap can take a turn for the better and will not be immersed with drugs and addiction. With the fan base ranging from teens to twenty-something year-olds, it can be argued this genre is showing the newest generation of teens and young adults that the drugs seen throughout the videos and talk of it heard in the lyrics is in-style. Teaching a new generation this, could potentially be setting them up to fail. How long can a genre of music that is fueled on drugs stay afloat?
In this section you’ll find:

pg. 19: ‘She Kills Monsters’ roars into Millersville

pg. 22: PA Smash Bros. offers a great sense of competition, but also community
‘She Kills Monsters’ roars into Millersville

By Josh Rittberg
She Kills Monsters,” which plays from April 3 through the 12 in The Rafters Theatre, brings a creative spirit to Millersville. This Dungeons and Dragons (D&D) inspired piece follows a young woman named Agnes Evans, who discovers a Dungeons and Dragons module after her sister passes in a car accident. In this adventure, Agnes gets to explore this magical world and also gets to learn about her sister as well as herself. This show promises to be a visual feat. Complete with thrilling fight choreography and animation worked into the show, this production takes another step further into the exciting new innovations of this Millersville Theatre season.

Many of the actors in this production play two characters which include a real world person as well as their D&D alter ego. Noah Sundberg plays Orcus who is a demon, a former overlord of the underworld who only wants to just be left alone and eat Cheese whiz in his cave and watch his favorite TV shows. His other character, Ronnie, is the real world counterpart to Orcus who is a very similar character that Sundberg describes as, “just not a demon.” Emily Perez plays The Narrator, Farrah the Fairy and Evil Tina. The former two are exclusive to the D&D world, while Tina appears in the real world and the D&D world. Perez commented on finding the balance between the Evil Tina personas in both the real and fictional worlds. Both cheerleaders, the D&D Tina is very mean while the real world one is very chirpy according to Perez. Playing dual roles can be a challenge, but one this cast is more than up to the task.

Along with the cast members in this piece, this show in particular is a collaborative creative effort. According to the production’s director Jonathan Strayer, “We have students from other departments who are involved. I think there are integrated technology students who are involved doing some of the animation for us. This is student collaboration at its finest.”

The show also features the assistant directing talents of Millersville student Liz Forrester whose stage management for Millersville’s Fall production of “Midsummer Night’s Dream” drew acclaim and even an award at the well-known theatre festival, KCACTF. In stepping into the role of assistant director for the first time, Iyla Stebbins said that “Liz is a blessing in every single way… but it has been a new light seeing her as assistant director but it really just shows you that Liz can rock anything.” What Liz has been doing in going from a Stage Manager to an Assistant Director shows how our theatre community encourages students to take on different challenges and roles and to get new experiences and grow in the process.

This production involves students from various departments, but the cast also received guidance from renowned fight director, Jared Kirby. According
to Strayer, “Jared works all over the world, onstage and onscreen and does a lot of stunt work and it was absolutely amazing having him here.” According to Kirby himself, “We choreograph violence that will reveal characters through the fights, and by doing that then the violence, the fights I create enhance the story being told because the audience will feel more connected to the characters.” It is almost in a way similar to in musicals in how dance reveals the characters’ motivation through movement. Kirby says that “It is very useful to reveal character as it is honest.” According to Strayer, “It is never violence for the sake of violence, it is violence for the sake of story... we use the violence to advance the story.”

This play does have its exciting share of technical elements of action with video and various elements working together, yet at its heart this is a very human and universal story on the process of grieving and self-discovery. Through the main characters’ journey, Agnes gets to learn about her sister while she goes through the grieving process, and she comes out of it learning more about her own self and her own future.

This play may seem on the surface to be about D&D, but it really uses that specific subject to tell a larger tale and lesson on dealing with the death of a loved one and of self-discovery and acceptance. According to Sundberg, “One of the biggest reasons that I do theatre and that I really really enjoy it and think it is an incredible medium, is that it is a very good way to address issues... but bring them about in a way that can be talked about in a secure space.”

Stebbins says that, “We all have been working really hard to make it authentic... I think it’s definitely a play that fits our college very well and what our college is trying to strive towards in terms of inclusivity and equality.” Making a piece of art that is relatable and emotionally resonant is one of the gifts of doing theatre, and this play already looks to be an important and vital piece for the Millersville theatre department and campus.

With breathtakingly complex technical elements, a moving and resonant story and a tight-knit committed and passionate cast, this play is sure to be a landmark end to this extraordinary season of Millersville Theatre. This production promises an entertaining and enlightening experience for all that demonstrates the diversity of this campus and the imagination and healing power of the art form of the theatre.
SMASH BROS COMPETITION UNIFIES CENTRAL PA.

By Shaun Lucas
For many Millersville students, Friday marks a transition from school week to the weekend. To celebrate their brief recesses, students utilize their Fridays for numerous activities. One particularly popular activity involves numerous students, along with members of the public, gathering in a room on campus. This room, filled with televisions and gaming systems, then unfolds vigorous competition for all in attendance. While nothing physical, competitors mentally test themselves in the popular video game, *Super Smash Bros.*

To outsiders, the passion seems ill-justified; why invest so much in a game designed for families? More so shocking would be how such a franchise has incited nearly two decades of national and international competition. Millersville is certainly no exception, hosting multiple players ranked best within Pennsylvania. In other words, our campus is only one of the forces behind the phenomena that is the Central Pa. Smash Bros. scene.

**How to Play: Smash Bros. 101**

To comprehend the spectacle of local and worldly competitive *Smash Bros.*, it’s best to know the game’s basic functionality:

To avoid confusion, all explanation of game mechanics will follow the most up-to-date and population iteration of the series, *Super Smash Brothers Ultimate* for the Nintendo Switch.

*Smash Bros.* is a series where Nintendo characters battle to knock each other off of the screen. Removal from the screen, akin to “ring outs” in traditional sumo wrestling, results in loss of stocks. If the player removes all three of his/her opponent’s stocks, he/she wins the game. Typically, tournaments run a “double elimination” format, with the winner of two games moving forward in the bracket.

The series abides by Bushnell’s Law of “easy to learn and difficult to master,” coined by Atari founder Nolan Bushnell. While the game can be played at any level of experience, dedicated enthusiasts put time learning and practicing strategies to best their opponents. In addition, the varied roster of characters allows for all competitors to best express their playstyles. For example, fighters like Mario are suited to close combat, while others such as Simon Belmont are suited to long-ranged attacks.

This variety is reflected within the Central Pa. playerbase. Infact, in fourth quarter 2019 Central Pa. power rankings, there were no repeats in players’ most utilized characters.
The weekly tournaments are held on campus every Friday, with brackets beginning at 6 p.m. Along with *Super Smash Bros. Ultimate*, an additional *Super Smash Bros. Melee* event is being held. Both events are free to enter, along with both accepting MU students and members of the public. This “open-to-the-public” rule is unique compared to other organizations on campus, as many groups only accept MU students.

“It’s really rare for events and/or clubs on campus to be open to the public,” *Smash Bros.* Club President Daniel Silvia said. “I think part of us being an exception is how many people gained interest in enrolling at MU due to coming to the tournaments. I’ve had people come up to me during an event and ask, ‘hey, how is tuition here?’ We sort of do wonders for getting interest in the school overall because of these events.”

The success of this open format is relayed in the events’ number of entrants: on the Jan. 31, 2020 weekly, 77 players registered across both games.

Despite the club’s current popularity, the history of the organization is brief and rather bizarre. The Mclub unofficially began approximately five years ago, more akin to hosting practice sessions for *Smash Bros. Melee*.

“After the former club secretary, Tyler Martin, stepped down, he asked if I wanted to take up the role,” Silvia said, recalling his first position of power. “I acted as secretary for two semesters starting my sophomore year. Then, I became club president and I’ve been doing it ever since.”

The genesis of Silvia’s leading role marks another important event of the club’s history: the release of *Super Smash Bros. for Wii U*.

“A lot of players began jumping ship to the new game,” Silvia said. “In this, we began to just play both titles since both *Melee* and the most recent *Smash* game had enough support.”

As the player base grew, so did ambitions for Silvia and his team. In Oct. 2017, the club held the first edition of the “Maurader Mayhem.” Alongside Millersville and Lancaster residents, this event was special due to hosting competitors from both Philadelphia and the Maryland and Virginia Area.

“It was our first attempt at something larger than a normal club event,” Silvia said. “Before hosting a regional event [a substantial tournament for competitors in a large and/or state area], we wanted to get some more tournament hosting experience. With MM, we learned how hard it is to run a great event that will drive people to come back.”

“Marauder Mayhem 7” occurred on Oct. 12, 2019. Along with this series, the club eventually got to hosting regional events. The first venture of high caliber competition was “SmashVille” on April 15, 2018. Besides featuring talent from across Pa., the event also marks another monument in the club’s history: their official recognition from the school.

“Until we asked the school for funding and/or to use the school for a big public event, we were considered a ‘rogue club,’” Silvia said. “In them finding out, a lot of other stuff was changed. This included a new rule about attendance, while remaining public, must be litigated to only those eighteen or older.”

Alongside other details, Millersville’s ticket office would be required for competitor admission if the attendance reached a certain threshold. In this, a cap of approximately a hundred players was set. Despite complications, “Smash-Ville” was a success. The regional series now continues under the rebranding of “King of the ‘Ville,” with the next event planned for April 11, 2020.
“Raise the Bar” is a weekly fighting game event held every Monday at Spring House Brewing Company. The event features brackets for both Smash Bros. Ultimate and Smash Bros. Melee, alongside rotations of other popular fighting games such as Street Fighter V.

Despite the tourney’s association with Smash Ultimate, the series began out of a lack of Melee events.

“There was nothing in terms of Melee during the summer around the Lancaster area,” “Raise the Bar” Tournament Organizer Jesse Herb said. “Like, during the school year, we had the MU club events, but nothing beyond that. So, due to how many players we had in Central [Pa.], I tried to find a venue willing to host Melee tournaments.”

Herb’s search for a host building was difficult, as many venues didn’t wish to hold large outsider events.

“Even card shops, which you would think would have similar audiences, weren’t really keen on having events,” Herb added. “Their main concerns usually had to do with the competitive nature driving away more casual audiences.”

Eventually, the series landed in the Lancaster pub, “Tellus360,” in May 2019. “Tellus360” features multiple entertainment aspects for the engagement of customers, such as live music, a roof-level bar, and even activities such as “Music Bingo.” In addition, Herb mentions other financial benefits of hosting video game tournaments.

“Obviously, if people are playing and they get hungry, they’ll see that the bar offers food and drinks,” Herb said. “Then they’ll purchase stuff from inside the bar instead of going somewhere else. It’s a really awesome benefit for simply holding the event, at least in my opinion.”

As time progressed, however, scheduling consistent dates for the series became problematic, as “Tellus360” began leaving availability for Herb. Eventually, a Tekken player who was a regular to the series recommended the Spring House Brewing Company as a possible venue. Prior to hosting “Raise the Bar,” Spring House Brewing Co. already had an “arcade area,” where patrons could bring video game systems to play games while purchasing food and drinks. The first Spring House Brewing Co. tournament was then held on Oct. 7, 2019.

“I’ve been graphing the data of attendance from when we started to where the events are now,” Herb said. “When we started, we were around 9 to 11 entrants overall. Now, we’ve been averaging around 30 entrants on a weekly basis. It’s really amazing to see the growth overtime.”

While entrants are primarily from the Lancaster area, competitors may reach as far as Philadelphia. This diversity became apparent during the Feb. 17, 2019 event, in which the tournament’s broadcast was co-streamed by Justin Wong: a legendary fighting game competitor.

The temporary partnership came with Wong’s outreach on his Twitter, wanting to utilize his online platform to spotlight more smaller tournament series. Herb then commented on the post under the “Raise the Bar” Twitter account. Wong then allowed Herb access to Wong’s “Twitch” streaming account, exposing Wong’s audience to “Raise The Bar” competition.

“I can see why he was a bit hesitant to just choose anyone,” Herb said. “Like, he gave us his login information, which shows a lot of trust. In turn, I was pretty strict on what I allowed to be shown during our stream. Fortunately, it turned out well, along with a lot of hype moments being shown on stream. I think we peaked at around 200 viewers online that night.”

Along with running “Raise The Bar,” Herb currently runs the Melee bracket at the MU weekly events. In terms of larger venues events, nothing is currently planned; yet, Herb displayed interest in asking the recently opened Lancaster card shop, “Owl Central” to host a regional event.
The Tournament Inside the Game Store, Inside the Mall

“H”ard Read’s is a Smash Bros. Ultimate weekly tournament series held at the Harrisburg Mall. One difference from the standard Millersville weekly, however, is the prize pools can go above $100 dollars for the top three finalists. Thus, the series brings in nearly 40 people per week, ranging widely across Central Pa.

“For the most part it just kinda happened. We had a bunch of people that were interested in playing, and a few of us decided that we would just be the one that handled,” “Art of Smash” Tournament Organizer Chasen Baker said. “I was not really the one that start-ed it, but you could say that I was the one that stuck with it. Andy [Hoffman] was also a major part of helping and we have been pretty much doing it since then.”

The tournaments are held in an open room, with plenty of space for dozens of televisions and systems; yet, this room is only part of “Oowee Art & Gaming Cafe.” Alongside video game systems and paraphernalia, the store sells an abundance of pop culture collectibles, such as Anime figures and trading cards. In fact, adjacent to the Smash competitors lies tables of other consumers participating in bouts of collectable card games.

“Tournament Organizer Danté Strange. “I am a performing arts teacher with them and have always had the chance to run tournaments out of the buildings they use as their office. The first two had art studios which inspired the name of my weekly. The name stuck despite our current venue because we still use the space for the arts.”

Despite a few hiatuses in its history, the tournament has run throughout all seasons since 2016.

“I have had three [hiatuses] in total,” Strange said. “First one was because we no longer had the venue that we used. Second was near the end of Smash 4’s downloadable content cycle and lack of attendance. I was only getting 2-3 people per tournament. The one I am on now is due to helping to run a musical. I am the only one staff wise that runs this, so I needed to put the tournaments on hold until I could offer my time back to it. It starts back up March 18th.”

Prize pools are present for each tournament, funded by competitor admissions. Most of the admission goes towards paying the owners of the venue for use of the building, along with electricity costs. In addition, Strange will often increase the pot bonus for high placing players,

“The consistent pot bonus at my event is actually provided by my own funds to try and help boost attendance,” Strange added. “I’ve even had a few players donate a bit more than the standard venue and tournament fee to put towards the bonus.”

The event provides a tournament series locally available to those in York County: a city/area with limited general Smash Bros. tournament opportunities. In fact, Strange began “Art of Smash” after attending a local event held at his friend’s house.

“And from there, I wanted to offer another tournament that was closer to my area since I tend to be pretty busy,” Strange added. “And, unfortunately, I don’t get a lot of time anymore to travel.”

While “Art of Smash” moreso focuses on minor events, Strange plans on improving advertising and hosting a tournament stream in the series’ future.

“Hopefully this would work as a form of advertisement and make others aware of the tournament as well as encourage them to come and participate,” Strange said.

“The store owner ran other events and wanted Smash to be part of it, but he was looking for people to run it,” Baker added. “We pretty much took advantage of the situation and offered to run the events so that people had something to come back to on a weekly basis.”

Alongside the venue, Oowee store owners provide electronics required for competition, mainly televisions and Nintendo Switch systems. The store rents out these devices by the hour, thus preventing the cost of around $500 retail value. In return, both the venue and bracket fee, each $5, goes to paying the store.

Creative Venue for a Creative Game

“A”rt of Smash” is a bi-weekly tournament held on Wednesdays at “Weary Arts Group South,” in York, Pa.. The event usually features Smash Bros. Ultimate singles. The tournament features the unusual setting of a theatre production office. In this, the venue is littered with props, set pieces, and more elements of stage resources.

“I got the unorthodox venue through my connections with a company called Weary Art Group,” “Art of Smash” Tournament Organizer Danté Strange. “I am a performing arts teacher with them and have always had the chance to run tournaments out of the buildings they use as their office. The first two had art studios which inspired the name of my weekly. The name stuck despite our current venue because we still use the space for the arts.”

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What’s Next for *Smash Bros.*?

With the *Smash Bros.* series striving in player base for nearly two decades, *Smash Bros.* will likely continue in bringing new tournament opportunities for players of all ages. Another factor aiding in the franchise’s success is the rise in esports and broadcasting. In fact, Lebanon Valley College provided multiple members of their *Smash Bros.* club with esports-based scholarships.

Alongside scholastic support, other players gain financial bonuses through top level *Smash Bros.* competition. Stephen “Sandstorm” Myers, a Pennsylvania native, is perhaps the most successful professional gamer within the region.

At regional level, Myers is currently ranked first on the Central Pa. power rankings. At a national level, the eighteen year-old has wins on top 50 world-ranked players, along with being considered the best player of his two characters, Ryu and Ken Masters. Even beyond *Smash Bros.*, Myers is currently ranked best in the world in another platform fighting game, Brawlhalla. Due to his prowess, Myers is sponsored by “Tempo Storm:” a professional esports team representing numerous competitive games.

So what’s the largest obstacle aspiring *Smash Bros.* competitors must face to gain success?

Well, Nintendo themselves are often criticized by community figure heads due to constant restraints on the competitive usage of the franchise. One example in 2012 is when Nintendo attempted to pull *Smash Bros. Melee* from the game roster at the fighting game tournament, “Evolution Championship Series (EVO).”

But fans continue to support their beloved game. On Feb. 23, 2020, the *Smash Ultimate* super major event, “Frostbite 2020” had 1280 registered players. In addition, online viewership reached over 70,000 people during the top 8 finalists bouts. Beyond esports events, the franchise continues to bring in sales for Nintendo, with an approximate 15.7 million units sold internationally.

In summation, with the dedication of fans, *Smash Bros.* will likely thrive to another two decades and beyond.
In this section you’ll find:

pg. 29: Millersville junior pitcher Jeff Taylor returns home to rediscover his love for the game of baseball

pg. 32: Raney Cellars hops into MU with local craft beers

pg. 35: Millersville has a feral cat population – learn about the people that help them out!

pg. 40: Need a bite to eat? Try out these local places with this short guide from our staff

pg. 43: Millersville’s commitment to sustainability remains during Earth Day’s 50th year

pg. 46: ‘Love Your Melon’ supports local children with cancer through fundraising

pg. 50: ‘Rebel Cause’ helps Lancaster’s homeless through the power of Star Wars
Home is where the heart is. It is where one is most comfortable, most familiar with their surroundings. Some leave for a while, but eventually return back with a new perspective on life. Experiencing new surroundings and going through different hardships away makes us appreciate the welcoming, open arms of home.

For Millersville pitcher Jeff Taylor, home is where he discovered his initial love for baseball, and then later rekindled that same love for the game. Taylor is a junior who transferred to Millersville from Penn State. He grew up locally and graduated from Penn Manor High School in 2017.

Graduating a year before Taylor, I knew how skilled of a pitcher he was. He was the best pitcher I played aside, but he was always humble about how he went about his business. When I had heard that he was transferring back to Millersville, I knew I needed to tell his story.

Taylor had a buzz about him while pitching at Penn Manor High School, a buzz that the school never saw before when it came to athletics. He holds the school record for wins, with a career record of 21-4, and he also set school records for strikeouts and innings pitched.

“Jeff was one of the best players I ever coached, he had a tremendous drive to succeed and took the ball every time it was his turn. In my time as coach he was the winningest pitcher of record. He was always looking to get better and was very coachable and competed at practice every day. As a person he was even better; very respectful of the coaches, team mates, opponents and umpires. Truly a first class individual,” said Taylor’s varsity coach at Penn Manor, Jim Zander.

Along with his stellar school records, Taylor also had an ERA under one in each of his previous three seasons. He ranked number two in the state of Pennsylvania in strikeouts, punching out 114 batters. Numbers like these would inevitably attract scouts, both college and professional.

During his senior year at Penn Manor, scouts began to pop up around Comet Field anytime Taylor was scheduled to take the mound.

“I filled out a lot of physical forms and health forms and they filmed some things, pitching wise, so I knew they were there. I knew they were around,” Taylor said.

“I did a lot of pitching in front of college coaches as it was, and then before my senior year of high school, I did pitch in front of scouts beforehand. I did a pro workout with the Rangers before my senior year started. The nerves were there regardless of whether they were there or not.”

Taylor spent two years at Penn State, and while there he dealt with arm fatigue. In his freshman season in 2018, Taylor threw thirteen and one thirds
innings, striking out twelve. However, Taylor’s love for the game of baseball began to fizzle out.

“The opportunity wasn’t there for me. I wanted to enjoy the game again,” Taylor said.

When asked about the differences between his time at Penn State and his current experience with the Marauders, Taylor noted there are some competitive differences, but the standard remains the same.

“The way we hold ourselves and go about things, there isn’t that much of a difference. The goal here is to be the best staff in the nation, and that requires you to hold yourself to a higher standard.”

“Competition wise, we faced the No. 4 team in the country and they pitched an Ole Miss transfer. We schedule big name programs to play in non-conference games and there is a little bit of a dip-off in the depth of these teams, but your best guys are just as worthy as the guys you would’ve faced in division one. Our best guys out of Millersville, they get drafted. The best guys out of division one schools, they get drafted.”

The decision to leave Penn State was not an easy one for Taylor. He loved the school and the environment that came with studying and playing at one of the biggest and most popular universities in the country.

“I enjoyed playing baseball there. It was an up and down experience. I grew as a player. Some things regressed but you live and you learn and you move on. As a school, it’s a top tier university in the country. I made a lot of friends there so it was definitely hard. I made a late decision. By the time I got fully set up and accepted here, I had three days to schedule classes before school started. It definitely wasn’t easy, but I knew if I want to have fun playing, I knew coming here, I didn’t really think of anywhere else.”

“I had study hall with Saquan Barkley,” Taylor added with a laugh.

While the decision to leave Penn State was tough, Taylor knew that Millersville was always his next destination.

“I played summer ball and had some friends from different schools, and they were like “hey, why don’t you come here?” I knew that I could stay close to home, I knew they had a winning program, I knew I would have fun regardless if I got hurt and couldn’t play anymore or if I didn’t make the starting rotation. It was an easy safe bet.”

“The college life is definitely different. It’s a smaller school, the setting is a little smaller and the big names aren’t here, but I love being around these coaches and these players,” Taylor said.

Millersville is home for Taylor, and Coach Shehan has played a large role in his baseball career early on.

“I went to baseball camps here and now I’ll end up working them. Shehan has known me for a while. I talked to him throughout high school even when I was committed to Penn State. He was a good source to have. I knew if I was ever going to leave Penn State, I was going to come here because I know he has such a good program and they have a lot of fun here.”

“The number one thing I’m looking forward to is having fun, but I want to win. This organization proves that we can win. Shehan has a way of getting guys that’ll step up and play right away. We’re extremely deep,” Taylor said about this year’s squad.

Taylor also elaborated on the culture that Shehan has created.

“It’s totally different here. There’s leaders here. The seniors serve and when we go out to eat it’s the freshman first. The young guys learn from the older guys and the transfers are getting acclimated quickly. Everyone has bought into it. We have to shave before practice, and its one of those things, but everybody does it and they will kick you out of practice if you don’t shave. We have to wear polos and khakis on trips, even for breakfast in the morning at the hotel. He’s teaching us for what it is after life and if you get drafted,” Taylor says.

One of the most interesting topics that came up in our conversation was about sidewalks around campus.

“You have to walk on the sidewalks on campus because if they wanted you to walk through grass there would be a sidewalk. The sidewalks here are stupid. It’s such a windy route to get to the
weight room, but if you pay attention to the baseball team, we will always take the sidewalk to get there while everyone else cuts through the grass. He holds us to a high standard that almost looks a little weird from the outside, but if you're bought in you're bought in."

Taylor opened up about his pitching arsenal and what he is working on.

“I’ve been throwing a four-seam fastball that tails a lot, and I can’t help that. It’s a curse and a blessing. I throw a changeup. I’m working on a curveball and a slider separately. They aren’t as strong as my changeup, but they’re both out pitchers that have been working so far.”

Taylor made his Marauders debut in the second game of the Houston Invitational that Millersville played in a few weekends ago. While the Marauders dropped the game Taylor started, he pitched well, striking out five and holding No. 4 Central Missouri to two earned runs.

“It was a once in a life time experience. We did a lot of fundraising to get there and played some really good teams. Got to see the whole stadium and walk around and it was awesome,” Taylor said on his experience in Houston.

Coach Shehan knew Taylor from a young age, but now that he is with the Marauders, it is a perfect fit.

“Jeff has gelled well with our program. Not only is he an outstanding talent on the mound, he is a great fit for our club culturally. He practically grew up on campus, attending youth camp and games at the Coop for as long as I have been a coach here. He knew our program as well as anyone who never actually put on our uniform. From a recruiting aspect, we look for talented individuals who also live out our values of being selfless and relentless and Jeff defines both of those values. He is motivated and enjoying baseball again, and when a hardworking talented individual is having joy in what they do, they’re typically very successful. Jeff is on his way,” said coach Shehan.

“We were thrilled to have him at home.”
New craft brewery hops into Millersville

Raney Cellars Brewing Company has opened up just down the street from Millersville University serving up some of the best local craft beer that Lancaster County has to offer.

BY JARED KISH

Brewing beer is a passion, it’s a craft, and it’s something that any home brewer takes a lot of pride in. It’s definitely a rewarding hobby and some even turn it into a career. For Sean Raney, owner of Raney Cellars Brewing right here in Millersville, Pennsylvania, brewing beer has always been a love for him and he has made it his life’s work.

Raney started brewing back in college when his brother got him into it while living down in Austin Texas. From there, Raney and his wife moved out to Eagle, Colorado where he landed an internship with Bonfire Brewing. As any beer lover knows, Colorado is a hot bed for craft beer and for Raney, it was the perfect place to learn the ins and outs of the trade.

As Raney got acclimated to the industry out in Colorado, he worked his way up the chain. “It got me started in the industry and I learned from a good guy out there, the head brewer there, and I worked my way up underneath him,” Raney said.

After being trained in Colorado, fine tuning his skills, Raney and his wife moved here, to Lancaster County, where he took a job as the head brewer at Mad Chef Brewing. With his wife originally from Mount Joy, his brother living in Maryland, and his parents living in the area, it made perfect sense for Raney and his wife to settle down in southeast PA.

Raney has always liked the idea of being an entrepreneur after witnessing his dad own a business so opening a brewery was always in the cards.

“We ended up moving back here and really started entertaining the idea and getting the money together and getting the business together. After looking for a space for two years we finally found this place in Millersville.” Raney said.

It took a few more months to get the licensing due to the government shutdown which put a halt on the dream for a bit, but with the building being in pretty good shape already, Raney didn’t
need to do tons of construction which truly sped up the process.

“It was really like the perfect scenario for us, we wanted to have a simple, chill, relax, place to hang out and it just worked out.” Raney said.

Everything was coming together for Raney and his wife, and they would soon be adding another brewery by the name Raney Cellars to the wild increasingly popular fad of craft beer and microbreweries.

The driving force of a brewery is obviously its beer and with Raney Cellars on the cusp of opening up, Raney needed to start brewing. He gave himself plenty of time to test out different beers to have opening day and also brought in a little help from his friends over at Mad Chef to make sure the beer he had ready to go was top notch.

“I had a guy who was helping me out who used to work for me over at Mad Chef. We brewed a couple of batches, got all the tanks full, and we had six beers ready to go when we opened. We gave ourselves about two months to get everything going and get the tanks full.” Raney said.

Raney had the beer, he had the brewery, and with six mouthwatering beers ready to go, Raney Cellars was finally a full functioning brewery here in Millersville.

To keep breweries afloat it is crucial to have an evolving tap list. No true beer lover wants to go back to a brewery time and time again to just drink the same beers and Raney is fully aware of that. However, it does take time to brew and get that perfect combination with the hops and other ingredients because it is a lengthy process.

“Most of the stuff we do here typically turns over in 20 days. Anywhere from two to three weeks for most beers. Something like a lager may take a few more weeks like five to six, but for most of the ales fermentation, you can turn the beers over pretty quick.” Raney said.

Walking into Raney Cellars you will notice a couple of barrels located around the brewery. Raney and his team have dived into doing barrel aged brewing as well as their normal brewing process with the three fermenters he has on site. In fact, before Thanksgiving last year, Raney Cellars was able to produce a rye whiskey stout.

“The whole goal here is to have our draft list of clean beers. We have a huge stone basement underneath the brewery and were going to get a big barrel aging process. It’s going to take a little longer to get some of that stuff going. Eventually, we will have all these barrel aged beers.” Raney said.

Raney enjoys brewing beer but loves doing the barrel aged beers. That is exactly how Raney Cellars got its name. Raney is owner Sean’s last name, but the Cellars part is derived from Raney doing some barrel aged stuff out in Colorado. Though he didn’t have the space at Mad Chef, Raney Cellars has given him the space and opportunity where he could get back to creating barrel aged brews. According to Raney, the barrel aged beers are soon going to be part of the Raney Cellars identity.

The pioneers of barrel aged brewing have always interested Raney and there is no feeling like transferring the beer into the oak barrels.

“There’s guys just pushing the limits on barrel aging and it was always very appealing,” said Raney.

With Raney Cellars being a fairly new operation, there are no plans to start canning and distributing their beers to sellers, but this gives Raney the opportunity to work on new projects, such as his barrel aged beers.

Sean Raney and his wife have built a brewery here that is totally worth visiting. It’s clear he got the best training in Colorado because the beer speaks for itself. With great beer, great atmosphere, and even better people working there, Raney Cellars is a must stop for any craft beer lover when traveling through Millersville and the Lancaster area.
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Caring for Lancaster County’s Cats

By Sydney Clark

Photo courtesy of Pet Pantry
Centerville Pet Rescue
237 Centerville Rd, Lancaster
Providing a home, caring for, and feeding animals in need

Pet Pantry of Lancaster County
26 Millersville Rd, Lancaster
Supports food banks and animal rescue in PA

Lancaster Pet Organizations
Millersville University Organizations
Monitors felines on campus and fundraises the money to feed them

Campus Cats Helping Paws

Top: Infographic made by Julia Meassick. Bottom: Photo courtesy of Heidi Noecker
Millersville University hosts a monitored feral cat population on campus and many students may not even be aware of it. Not only are there feral cats, there is also a running organization that oversees if the cats are getting the care that they need. Campus Cats monitors the felines on campus while Helping Paws funds the money needed to feed them.

A feral cat differs from a stray because strays may have been someone's pet that were either left outside or escaped from their home. Strays are accustomed to human contact, while feral cats aren't. Feral cats are unfamiliar with human interaction and can see humans as predators.

Campus Cats is a program designed to control the feral cat population on campus by monitoring them with motion-sensored cameras, trapping them to make sure they are spayed/neutered, then releasing them back into the colony. Dr. Jean Boal, a biology professor at MU, originally started Campus Cats after an explosive feral population broke out. These cats would roam around and breed, creating more ferals.

After years of trying, Dr. Baol eventually went all the way up to the Millersville cabinet. Around 2011, she was approved to start Campus Cats, which is now an official MU program. Now that Dr. Boal has retired, Millersville's Nursing Department Secretary, Melissa Williams, has taken over the program.

Campus Cats can only operate within Millersville's campus. Students tend to see stray cats near the House of Pizza, but nothing about the stray cats can be done over there. House of Pizza is not on MU's property along with the residential homes on N. Prince Street.

The motion-sensored cameras set up near feeding locations on campus gives Williams the chance to monitor the population and see if there are any new cats in the colony. If a new cat is sighted, she knows to do a TNR—a trap, neuter, release program. This ensures that the ferals can't have anymore kittens, keeping the population stabilized. This is also an opportune time for the captured cats to get their shots.

After a TNR, the cats receive an ear tip. Ear tipping is a common, universal sign that the cat has been spayed or neutered, had shots, and is being monitored. This also allows Campus Cats to keep track of everyone in the colony so they're not trapping the same cat multiple times.

Helping Paws is a student run organization that helps feed the cats and assists in the upkeep of the feeding stations. They also run fundraisers to raise money that pays for the cat food. Elyse Clay, President of Helping Paws, explains, “We go through about $300 worth of cat food about every 2-3 months because of how many cats we have.”

Helping Paws is a club for students who are passionate about animals. Not only do they help with the feral cats, they also volunteer at local animal shelters and run fundraisers. Clay mentions that raising money to support an organization is just as beneficial as hands on help.

Being aware of the cats' presence on campus can also be beneficial to them, Williams explains, “It's just about educating people about feral cats because a lot of people don't know we have a feral cat population,” she continues, “Or they misunderstand what a feral cat is.”

Knowing that a feral cat isn't like a typical house pet is important so people trying to help don’t feel the need to trap them and take them to an animal shelter.

Clay explains the misconception people have on feral cats by saying, “People get the misconception that [feral cats] need to be rehomed or rescued and that is something that is not the best scenario because they end up going to shelters and getting euthanized because they're not friendly and they're not socialized,”

Clay continues by talking about the goals of Campus Cats: “To not have any more cats introduced into the population, to keep the numbers that we have stable at about 15, and then hopefully just let those cats live out their lives.”

It's also important that the trapping of cats should be left to Williams, who is experienced with the process. A student with good intentions shouldn't necessarily go and try and capture any of these cats themselves, due to the potential of them getting injured themselves. If that cat or kitten does end up getting captured, the student would have to cover the cost of the vet out of their own pockets.

Clay explains, “It’s definitely awesome that people recognize the cats and want to help. We just have to make sure that it is done in the right way so that it works out well for both parties.”

Taking action benefits the cats on campus. “I think if more people were a little more active in handling feral cats, we could do a lot better for the animals that we have,” Williams concludes. Although Campus Cats and Helping Paws aren't given enough recognition for the time that they put into helping the animals on Millersville’s campus, their work does not go unnoticed.
The Pet Pantry of Lancaster County is a non-profit organization whose main goal is to support the animals and pet-owning families of this area’s community. They help community members “Meet the Need” through a pet food bank program, a low cost spay and neuter program, and an adoption program. This helps families provide for their pets as well as giving homes to animals in need.

Melody Sanders, Dr. Bryan Langlois, and Krystle Black are the original founders of the Pet Pantry, which first began in 2011 with just $25. They provided food to 18 families to start, and then the organization continued to grow from there. They started in Melody’s living room and garage, which then moved to storage units and even a warehouse space. In the warehouse space, they were able to operate a surgical suite to perform spays and neuters.

The Pet Pantry’s mission is to “Meet the Need” for families and animals in Lancaster County’s community. For them, meeting the need is caring for animals who require it most. If a vet bill costs thousands of dollars and a family can’t afford it, they then get referred over to the Pet Pantry. Sanders explains, “When we first started with those 18 families, as it started to grow then also the need for those animals to be seen medically started to grow. If they can’t afford to feed them, then they sure as heck can’t afford to take them to the vet. So now we literally help vet some of those animals. We require that they get spayed and neutered. We require that they stay up with their vaccines.” This extra step allows these pets to stay as healthy as possible.

Their feral cat assistance program helps “Meet the Need” of community cats. For $35, these cats get spayed or neutered, get their rabies and distemper vaccines, and receive an ear tip. The Pet Pantry is hoping to assist 2,000 community cats this year.

A common misconception of the Pet Pantry is that they only feed local animals. They go beyond food and constantly help animals in other ways. In 2019, they adopted out one cat shy of 500. The Pet Pantry has built an organization worthy of pride. Through dedication to the animals of the Lancaster County community, they are able to see that those animals are having their needs met.

Sanders credits the community for helping them get the food that is needed to feed these pets. “A majority of the food comes from the community. We would not exist if it was not for the community’s support, and I mean that literally.” Donations are their main source of food for their program.
Centerville Pet Rescue (CPR) is another local organization who has animal welfare in mind, specifically cats. Their mission is to care for, rescue, and rehome animals in need. This organization that started in 2015 found a home in That Fish Place - That Pet Place on Centerville Road.

Noelle Noecker, one of the founders of Centerville Pet Rescue, explains that the rescue started as a group of long time friends who were passionate about helping in need animals. The rescue gained funds in an unfortunate way.

Noecker explains, “Then one of our founding members was diagnosed with Stage IV cancer and when she passed away, we had been talking about starting a new rescue. We didn’t have a name, we didn’t have anything. We just had a lot of ideas of things that we wanted to do. She passed away and wanted the donations, in lieu of flowers, to be left to the rescue.” Stella is represented as Director Emeritus to officially recognize her contribution to the organization that she helped create, one that she would be proud of.

When deciding on a name for the organization, Noecker knew that they wanted people to know that although they are located in That Fish Place - That Pet Place, they are a separate entity. They didn’t want a similar name like That Rescue Place. “My thing was that we need something that has a catchy abbreviation to it: Centerville Pet Rescue. We can abbreviate it CPR, because we’re lifesavers. Technically that’s what we’re doing. From there, I had the idea of the life preserver ring to play on the lifesaver theme for our logo. We wanted it to be different,” Noecker explains. They also wear different colored shirts and lanyards to be differentiated from the pet store.

The Humane League once occupied the space, so the set up was slightly different. Centerville Pet Rescue started with one small room and then the space grew. They even have a separate room for FIV+ cats so that they can be separate and still have space to play and exercise. This allows them to safely house the FIV+ cats, while making sure they aren’t missing out on anything that the other cats are getting. A misconception surrounds these cats that they can’t live a long and happy life, just like any other feline.

New additions are always being added to their space like volunteer-made tables. Recently, a cage was even made out of an old storage closet. Even with limited space, Centerville Pet Rescue has 15 cages and can hold 18 cats at minimum. Some of these cages even have room for multiple cats.

The cats that they rehome come from all over Lancaster County. Requests constantly come in from people looking to rehome their pets. A friend of Centerville Pet Rescue works at a kill shelter and every so often, a cat will be on the list to be euthanized that are incredibly nice, friendly cats. These cats will be surrendered to CPR to try and get adopted out. Twice, cats that were on the kill list were surrendered to the rescue and were rehomed in 24 hours. Some cats even come from feral colonies if CPR thinks the cat has a chance to get adopted.

Heidi Noecker expands on how many cats they have adopted out recently, “Last year, being open roughly three days a week, just a few hours a day, we adopted out over 400 cats. This year we have so far adopted out over 100, and we haven’t even increased the hours yet. Things are moving quickly. We’re growing, which is fantastic, and it is all thanks to our volunteers and our fosters.”

Centerville Pet Rescue ensures that cats in need are getting help that will give them a good quality of life. These hard-working volunteers devote their time to operate a successful rescue that works to see that cats are getting a safe, new home.
Max’s Eatery - 38 West King St

American Eatery with an neon 80’s tropical aesthetic. A hotspot for the people of Lancaster area, and a destination for ‘foodies’ alike.

**Snapper Dishes Of Choice:**

**THE SMASH BURGER**
Smashed and griddled beef patty on a butter grilled Alfred and Sam’s roll with pickles and chips

**MAC & CHEESE MEAL**
Pipette pasta coated in a creamy cheese mornay sauce, topped with buttered Ritz crumbles, served with a side of seasonal market veggies

By Holdan Hitchcock
Cafe One-Eight - 18 West Orange St

Cafe One Eight is a Family-owned-and-operated hub that shares its name with the street it resides on. This cozy cafe provides a warm atmosphere as it serves a bevy of nutritional meals for breakfast, lunch, and dinner.

**Snapper Dishes of Choice**

**AVOCADO TOAST**
Smashed avocado, grape tomatoes, feta cheese, on rosemary bread. Topped with two over medium eggs and smoked pepper.

**GOTHAM SANDWICH**
Chicken breast, provolone cheese, basil pesto & roasted red pepper on ciabatta bread.
Issei Noodle - 44 North Queen St

Issei Noodle is Lancaster’s worst kept secret. The word is definitely out on this quaint eatery that hosts some of the best authentic Japanese ramen dishes in the Lancaster area.

SNAPPER DISHES OF CHOICE

WONTON SPECIAL RAMEN
Pork and shrimp wontons, spicy Tan-Tan pork, shrimp, bok choy, egg noodles, chicken broth, green onions, cilantro, fried shallots.

BLACK GARLIC RAMEN
House black sesame garlic oil, sliced chashu pork, egg, bok choy, bean sprouts, bamboo, seaweed, tonkotsu pork broth, green onions.
MU makes a commitment to sustainability during Earth Day’s 50th year.

By Jake Markoff
The Global Goals for Sustainable Development are a set of 17 guidelines created to accomplish the tasks defined in the 2015 U.N. agenda, “Transforming our world: the 2030 Agenda for Sustainable Development.” Most people probably think of climate related issues when they hear the word sustainability, but these goals paint a much wider stroke.

The Global Goals seek to make a better world in all aspects, from ending poverty and hunger, to insuring equality and safeguarding democratic institutions. All member countries of the U.N. agreed to pursue these goals in accordance with their agenda; however, as with most U.N. actions they hold no true authority and with scenarios like the U.S. withdrawing from the Paris Climate Accords taking place, there is still a lot to be done.

As part of Millersville Universities ongoing commitment to sustainability and creating a better future, both the sustainability department and school president made an official pledge to pursue the 17 goals campus wide. Starting with the construction of the Lombardo Welcome Center, the university’s previous president started a climate action plan with the mission of reducing campus wide emissions to zero by 2040.

The Sustainability director, Chris Steuer, and current president, Daniel Wubah, both believe that there is more the university could be doing for sustainability, which is why they made the pledge. Since the completion of Lombardo, the sustainability department created a grant program called The Zero Energy Fund. With the money saved from the energy the building generates, the school offers up to $2,500 to students looking to make a difference in congruence with the 17 goals.

Previously funded projects include “Integrating Art into Green Infrastructure” and “Cross Pollination: Native Gardens & STEM in Urban School,” with new applications granted each Spring. Millersville University not only promotes sustainable living, but offers its students an avenue to put their own plans into action to secure a better future for the planet.

Millersville’s commitment to sustainability is shown in several projects. Recycling on campus follows the “Big 4” rule of corrugated cardboard, plastic bottles and jugs with necks, metal cans, and glass bottles. A new initiative encourages students to reduce their use of single-use plastics by offering reusable water bottles to all incoming students.

“Our purpose is clear. Climate change is perhaps the greatest challenge of our time with the power to exacerbate other pressing global challenges, such as hunger, poverty and inequality. It is also a solvable challenge.”

-President Daniel Wubah
and glass. Any additional trash is not, however, wasted. Lancaster county has a robust waste-to-energy process that burns refuse to provide energy to local homes and businesses.

All of Millersville’s dorms are partnered with Terracycle, a company that takes used plastics and other waste to create new usable objects. Profits that the university makes for sending these materials to Terracycle are donated to Smile Train, a charity that benefits children born with cleft lip.

Another way in which Millersville practices sustainability is by composting waste from the dining halls, and using that compost to fuel community gardens located behind Huntingdon House. Within the same area there is outdoor furniture made from reconstituted plastic waste.

Several other garden fixtures are located throughout the campus, including several rain gardens designed to be a natural barrier for runoff, native plant gardens to support the local environment, and an apiary managed by the entomology club.

This year marks the 50th anniversary of Earth Day, and people are ramping up sustainability efforts globally and locally. Millersville will be continuing previous efforts like the annual Ville Un-plugged which takes place from March 23 to April 12.

This is a competition between residence halls to see who can use the least energy with plans for a new trophy that will migrate to the winning hall each year. Additionally, the sustainability department is incorporating aspects of national goals for Earth Day 2020.

Events designed to get more student and community organizations involved in sustainable thinking, environmental clean up events, and themed art exhibits are a few planned initiatives. There are hopes to group with the dining halls in order to implement more environmentally friendly procedures.

Reducing waste, and implementing more plant based and less meat based options in the coming years are two major pledges the sustainability department hopes the dining halls can achieve. These are just a few of the opportunities students at Millersville have on offer to engage in sustainability.
Love Your Melon is a for-profit organization with a mission to give a knitted beanie hat to every child battling cancer while supporting the fight against pediatric cancer. Love Your Melon was founded in an Entrepreneur class at St. Thomas University in Minnesota by two friends, Zachary Quin and Brian Keller, with the idea of creating a company that also provided a positive impact on society. Since October 2012, Love Your Melon donates 50% of its profits to families affected by pediatric cancer and has so far raised over seven million dollars towards cancer research.

Fast forward to October 2018, where three students founded the Love Your Melon Group of Millersville University. Samantha Rowles, Kaitlyn Trexler, and Hannah Kateusz are the fellow co-founding members of the Millersville chapter of Love Your Melon.

“We founded the group because it was something we were very passionate about, and we felt it was something that was lacking at Millersville University. We knew there were other groups at some of the other college campuses nearby, such as Temple and West Chester University,” says Samantha, current Vice-President of Love Your Melon at Millersville; Samantha is a Junior currently majoring in Secondary Social Studies with Special Education.

In the past few months, the group organized various awareness events. A card-making table was set up, where students outside of the club could make cards for the children in the hospitals. Love Your Melon also partnered with the Ronald McDonald House of Hershey – a favorite event of Hannah Kateusz.

Hannah, a senior majoring in Early Childhood Education, and Secretary to Love Your Melon of Millersville, when asked what the group means to her, she states, “Being able to volunteer and to give back by spreading awareness for Love Your Melon and the funding they put towards cancer research; also the joys of being able to bring smiles to the kids and just being able to make what they are going through just a little bit easier.”

The group has also partnered with other organizations that share the same goals as Love Your Melon. In past events they have run Alex’s Lemonade Stand, a charity that also provides funding research for pediatric cancer research through selling lemonade at lemonade stands. Each semester the members of Love Your Melon make trips to nearby children’s hospitals such as Penn State Hershey and The Children’s Hospital of Philadelphia.

Kaitlyn Trexler is a Junior studying Special Education in English and President of Love Your Melon shares about their hospital visits, “One of my favorite memories as being a part of the group was our first visit to Penn State Hershey. On all of our hospital visits we dress as superheroes and one of the girls had me pose with my cape and she drew a picture of me. The smiles on her face and the other children are memories I will carry with me for the rest of my life.”

The charitable efforts do not stop there. Love Your Melon also likes to incorporate a ‘Superhero Day’ in which the group spends time with a specific child or “as we like to call them, our superheroes because to all of us they are the real heroes.” says Samantha Rowles, and the child gets to spend a whole day doing the things they love, whether it be going to their favorite restaurants or taking them shopping etc.

In the coming months, the Love Your Melon group has other awareness events that they will be hosting around campus. They will be hosting bone marrow swab events where students can volunteer to see if they have bone marrow that can be donated to people in need. Around Easter time there will be ‘Easter Eggs,’ hidden around campus with fun things inside and some raffle tickets to have the chance to win some Love Your Melon merchandise. Their biggest event will take place sometime in April to spread more awareness about pediatric cancer in the ‘quad’ on Millersville’s campus, in which there will be raffles, with other ‘Melon’ partners and free food.
1 IN 285 children will be diagnosed with cancer

The average cost of a stay in a hospital for a child battling cancer is $40,000

Only 4% of federal government cancer research funding goes to study pediatric cancer

The most common childhood cancer is acute lymphoblastic leukemia.

Over 15,000 per year are diagnosed with pediatric cancer

Only four drugs have been approved for use in pediatric cancer treatment since 1980

Cancer is the #1 cause of death by disease among children

More than 95% of childhood cancer survivors will have significant health-related issue by the time they are 45 years of age

The average age of a child diagnosed with cancer is 6

16 major types of pediatric cancers with over 100 subtypes
My name is Nick Hughes and I am the Opinion editor for The Snapper here at Millersville. Another position I hold is with Rebel Cause Lancaster, which is a charity that helps the homeless. At first glance, we just seem to be a bunch of Star Wars obsessed individuals. This is true, but we all have a passion for helping others in situations less than stellar. Homelessness is an issue in Lancaster and Kaden found a way to address that issue while sharing Star Wars and his love for it with others. I am lucky to know Kaden and I am thankful he gave me a chance to make a difference in Lancaster County.

We have done good work here in Lancaster and I am here to invite my peers at Millersville University to take a closer look into Rebel Cause Lancaster. The work we do goes towards helping the homeless in downtown Lancaster. We can make a difference and I want to use this time to show you all how great charity work can be. There is fun to be had and a lot of friends to be made. Even if you are not a Star Wars fan, Rebel Cause will do what we can to help those people that need it.

Star Wars is what brought us all together and I will be using my time with you today to go over a couple topics. What Star Wars is and why it means so much to us and why we do what we do. I interviewed Kaden Stetler, Rogue Leader of Rebel Cause to find out how we got started. I am a part of Rebel Cause as the social media guy. Again, my name is Nick and I am here to introduce you to Rebel Cause Lancaster.
Rebel Cause was founded four years ago by Kaden Stetler. Stetler and his Dad, Jason, have a podcast called Rebel Chatter. Kaden saw that Lancaster citizens were suffering from homelessness. He wanted to do something about this and came up with the idea of Rebel Cause. Combining Star Wars and charity was an easy topic for Stetler.

He had this to say about his love of Star Wars, “Star War is my inner mythology. The heroic themes in Star Wars led me to want to make a difference in my community and help as many people as I can by starting Rebel cause and fighting for those who cannot.” He has done a lot for the city in the time that Rebel Cause has been around.

There have been events at Tellus 360, which is a bar in downtown Lancaster. That is not the only event that Rebel Cause has done though, they have events regularly at another bar in Lancaster called Rumplebrewskins. The auction streams that they have had is one of the ways fellow Rebels have found the group.

At the Tellus events, Rebel Cause will have live podcasts and Q&As with supporters of the Cause. There is a lot to do at these events and Kaden sets them all up with the help of his rebel crew. Kaden leads the Rebellion against homelessness, but he has his rogue group of helpers.

Nick is the social media guy, and there is also Skylar, Jennifer, Jake, Jame and Tyler. All of these guys are Kaden’s rogue squadron. They can all be found at the events that Kaden has and it is always a great time. The next event that will be held is also going to be at Rumplebrewskins. It will be on February 29 and probably already happened at the time of this writing.
I have covered FarboCo twice during my time with the Snapper. Each time I did that, I referenced Star Wars. There was a reason for this. James Farbo is good friends with the head of Rebel Cause, Kaden Stetler. When I first found out about Rebel Cause, it was through Farbo at his store, FarboCo. I went there to cover the newly opened store back two years ago for the Snapper. If memory serves me right, I called the article, A new Gaming empire arises in Lancaster. It was an apt title considering how much I personally go to FarboCo. Both the old and new location. I think I am the longest consistent customer there. At least, that is what Farbo tells me.

Rebel Cause has had a few events at FarboCo and there was an amazing trivia contest there that I lost. The reason I bring this up is because I am known for knowing Star Wars. I lost and I was, admittedly, a little upset, especially after I found out that I knew all the answers to the final questions that were asked.

I was not the social media guy at this point, but soon after I became a part of Rebel Cause. That story also leads back to the Snapper actually, but I will go into that part later.

Kaden and Farbo were doing a charity stream at one point when I was not yet in Rebel Cause. A stormtrooper helmet was being offered in an auction and it was bought for a pretty hefty sum of money by one Steve Kirk. Kirk then donated the money he bought the helmet for then gave the helmet to the guy who was betting against him. This was one of the events that really got me into Rebel Cause.

Another stream that they did and the time I think I impressed Kaden was when I was talking to them about Abeloth, an evil entity in Star Wars expanded universe. Farbo was impressed that I knew who she was and I was impressed that they knew who she was and I eventually sought out Kaden to interview him. The rest is history as they say and I have been in Rebel Cause for about two and a half years.
The rebellion against homelessness accepts it to the greatest extent.

There is a feeling of brotherhood when I am at Rebel Cause functions or events. I feel at home when I am working for Rebel Cause, even though my function is behind the scenes working on social media. I want to thank Kaden for inviting me into Rebel Cause and to be willing to bring me on to do social media. It is an activity that I enjoy and I am delighted to do it.

The coolest campaign that I have done for Rebel Cause was the tournament bracket that I started. It was a tournament that pitted Star Wars characters against each other in terms of popularity. The winner has yet to be determined, but I have a sneaking suspicion that it will be Obi-Wan Kenobi. That is the cool aspect of being in Rebel Cause, I get to share Star Wars with others and they seem to enjoy it. I know a lot about Star Wars, but I have found a group that understands my love of Star Wars and accepts it to the greatest extent.

Kaden and I like to try to stump each other sporadically. This spawned from my loss during a Star Wars trivia contest. I could not believe that I lost. Kaden knows a lot about Star Wars though and it was his question that got me. The question was about a line in Star Wars Episode V: The Empire Strikes Back. I feel especially embarrassed due to Empire being my favorite movie, but regardless I got it wrong. I have tried to stump Kaden a couple of times and I am proud to say that I did a couple of times, and he has gotten me as well.

This is just one of the cool aspects that I get to do while in Rebel Cause. Being able to go out and do events is a blast and I love it. I get to meet other Star Wars fans and I get to be in the topic I love the most while in Rebel Cause. Star Wars is a pillar of my life and I daresay that I would not be around if it was not for Star Wars.

Star Wars is the greatest franchise of media ever and I thank all of the creators that made a galaxy far, far away. Without Star Wars, my world is boring and grey, but I do not have to think about that often, I get to watch Star Wars instead. This journey with Star Wars has been great and I love that I am able to watch, read, and react to Star Wars with Rebel Cause. Thank you, George Lucas, JJ Abrams, Kaden Stetler and all the other people associated with Star Wars that have made my life a grand one.

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In this section you’ll find:

pg. 55: Athletic minds: learn about the lives of student athletes here at MU

pg. 60: Dirty dorm? Drab walls? Our photography editor offers some advice to spruce up your room

pg. 62: ‘Creative Writer’s Guild’ helps students express themselves
STUDENT ATHLETES
MANAGING ACADEMICS AND ATHLETICS

Benefits ● Advice ● Hardships
Responsibilities ● Challenges ● Balance

By Julia Meassick and Caleb Wolfe
College athletes balance the responsibilities of being a player and student. This double-life can bring about a variety of challenges, as well as provide lifelong benefits. Millersville University offers an array of sports endeavors and therefore, a large population of its students maintain this lifestyle.

Taiyana Goldsborough:
Taiyana Goldsborough is a defensive player for the Millersville Lacrosse team and is a freshman from Kent County highschool. She chose to attend Millersville as the university was close enough to her home in Maryland, and she received financial aid from both the school and the lacrosse program. She added, “LAX coaches sometimes don’t give out good scholarships, but MU is really good with financial aid.”

Regarding the responsibilities and challenges of being an athlete, one of Goldsborough’s primary complaints was not getting enough sleep. She mentioned this being due to her strenuous schedule which includes: lacrosse games, scrimmage or practice each lasting at least two hours every day, three wall balls a week, team meetings every Friday before practice, biweekly academic meetings, study hall four hours a week, assigned mental health journals which require weekly entries, and all freshman athletes have champs once a week to discuss health, mental health, and important information for students athletes.

She mentioned that on top of this already busy schedule, “we are still required to turn in work and do as well as any other student.” This expectation to succeed both as an athlete and student can be taxing and stressful. “My calendar from the school store is my life saver!” This was Goldsborough’s response when asked how she balances being a student athlete. Furthermore she remarked that planning everything out is crucial.

Being a student athlete brings about many positives, including registering for classes first, receiving free gear, being in a team environment, and learning time management and self-discipline. “Game day is my favorite part of being a student athlete. Playing against other people and winning, it’s the most rewarding feeling. It’ll get exciting during fall ball and game days.”

“Game day is my favorite part of being a student athlete. Playing against other people and winning, it’s the most rewarding feeling. It’ll get exciting during fall ball and game days.”

–Taiyana Goldsborough

Kathrine Grohotolski:
Freshman Track & Field athlete Kathrine Grohotolski competes primarily as a Javelin Thrower for Millersville University. She chose to attend the university because of the team atmosphere and great track program when compared to other PSAC schools. “I knew they would help me achieve my goals both athletically and academically. Millersville gives you things to work on here and help me do better.”

As far as responsibilities are concerned, Grohotolski mentioned having mindfulness in the locker room for mental health. This attitude
applies not only toward herself, but also helping her teammates if need be. She adds that eating and sleeping well also plays into your mental health (alongside the physical benefits). She mentioned the importance of time management saying, “To be successful, you have to focus on practice when there, but focus on academics the other times.” This causes student athletes to learn what specifically to prioritize working on in each moment. Moreover Grohotolski mentioned a responsibility she hopes to have in the future: “There’s a board that decides funding for certain sports, and there are no student athletes on it. So a couple years ago they cut funding for some sports and coaches got very angry. I want to try and make a difference and join the board to get some student representation.”

One of the many positives Grohotolski takes away from being a student athlete is the friendships it creates. She mentions that they get to meet a variety of people through champs and in class settings. Meanwhile her study hall hours ensure that she has a set time to work on assignments.

Finally her advice for other student athletes includes, “Don’t procrastinate, listen to your coaches, and make time for self-care.”

Kaleigh Sasdelli:
Kaleigh Sasdelli is a goalkeeper for the Millersville Lacrosse team. She’s currently a freshman and chose the lacrosse program at Millersville due to the campus being close to home and having her major. She mentions that lacrosse clinics throughout her high school career often commented on the positive environment at Millersville, which helped confirm her decision.

One obligation Sasdelli listed that may be a surprise to some is that she is required to attend many fundraising and community service events. These take place largely in the off-season but occur during the regular season as well. Additionally she remarks that staying healthy and on top of school work can be a hardship, especially when considering that they frequently miss classes for matches.

Sasdelli balances her life as a student athlete through time management and a schedule planner. “I don’t really hang out with people that much, except for my roommates and my team, and all the other times I’m in class or doing homework. It’s hard to balance clubs and friends, if that’s a priority for you.” Sasdelli added that the friends she has made through sports is one of the biggest positives, as it helps supplement the lack of time she has to meet people elsewhere.

Her favorite thing about being a student athlete is being able to take her mind off the weight of academics. Exercise helps relieve stress, and her role in the lacrosse team provides a hobby outside of going to class everyday.

The advice Sasdelli gave for future student athletes is to buy a calendar and manage their time in a serious manner. “I had the worst time management when I came here, and I soon learned I had to get my stuff together. Make sure you love the school too; you need to like the environment and it can be depressing if the environment doesn’t match you.” She ended her advice saying, “I take an hour or two every night to take care of myself,” and suggested other student athletes do the same.

“Make sure you are healthy and stay on top of school work”
-Kaleigh Sasdelli

Bret Howey:
Bret Howey was a member of the Men’s Golf team his freshman, sophomore, and junior years at Millersville, and graduated from the university over a year ago. He knew he wanted to play Golf in college, but also wanted to be a meteorology major. This left him with very few options in-state. After meeting the coach in his sophomore year of high school and being able to attend a school that was close to his hometown, he decided to commit to Millersville.

Like all of the student athletes mentioned prior, while he was a student...
time management was one of the biggest challenges. He also mentioned that competing in golf forced him down a set path both socially and academically. This was due to having few friends outside his sport and less time to complete assignments for his classes. “Sometimes you’d leave your room at 5 a.m. and you wouldn’t get back until 10 p.m. That’s when you would start your homework for the day.”

“Sometimes you’d leave your room at 5 a.m. and you wouldn’t get back until 10 p.m. That’s when you would start your homework for the day.”

-Bret Howey

One positive Howey mentioned was having a community to immediately ingratiate into. “There’s not the challenge of making friends. I know that can probably be a challenge for a lot of people coming to college.”

He also cited that having structure through sports was beneficial, albeit difficult. His favorite aspect overall was traveling and representing the school in various competitions.

Howey balanced being a student athlete by working together with teammates who he shared classes with, and when he originally attended the university looking to older teammates for advice. He urged that, “time management is key.”

In addition when asked how being a student athlete has helped Howey since graduating his first answer was having a good sense of time management. Also being a student athlete taught him how to interact with all types of people. This is because you don’t pick your teammates, but you must get along with or at the very least work well with your teammates. This skill carried over for him in the workplace as he obviously does not get to choose his coworkers.

Howey’s advice for future student athletes primarily centered around looking back and determining what he would do differently now that he has graduated. “The first bit of advice: find out who can help you when you need it and find the right people to be close to. Be yourself and be happy with it. It’s gonna go quick, and if you’re not passionate about it, it’s not gonna be fun. Also nothing is locked in, hence why I didn’t make the team my last year, so try your hardest. You’re representing a huge school, but if you love it you’ll have fun with it.”

PHOTO COURTESY OF MU ATHLETICS
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### Getting Creative

Remember those five books you brought with you to college thinking you’d get around to reading them, but you haven’t touched once? Look through the pages and find some eyecatching pages or words and phrases that have special meaning to you. Rip those pages out and tape or command strip them to the wall. Bam! Instant Tumblr artsy aesthetic!

Maybe you don’t have books you want to rip the pages out of books or you simply don’t like how that looks, so go around campus for inspiration instead! There are tons of events going on all the time. Pick some stuff up and hang them up. Study abroad events are happening all the time. Swing by and grab some postcards they add some color and a great conversation starter.

### Staying Organized

So now your room looks good, but what about staying organized? Head over to your local community aid or Goodwill and grab some mason jars. They make any clutter instantly look intentional and cool. Also, Community Aid has half off for students on Thursdays so don’t be afraid to head over and find some steals for your room.
Before

After
Books, long held to be the great communicative medium are meant to spread knowledge, education, and ideas to all ages. Despite this, many published books are written by adults. While it isn’t necessarily an issue, it does beg the question, why are books, meant for all ages, published from a single, specific age group? Writing is a process enjoyed by people of all ages, but it appears as if only one age group contributes to the collection. One category of writers striving for publication are teens and young adults. These talented youths often band together to share their passions with the collective purpose to get published. These creative writing clubs or organizations serve many purposes for these youths: as an environment towards publication, a social gathering, and a place to improve their writing skills for both entertainment and education.

Thousands of these creative writing clubs exist nationwide. The structure of clubs varies but many adhere to a general set of guidelines. These include: meeting once or several times a week, a group sharing session, and a given writing prompt (which members can follow or ignore to pursue their own interests or projects). However, each group is unique. One such writing club exists outside Lancaster, Pennsylvania, on the campus of Millersville University.

Completely student run and organized, the Millersville University Creative Writer’s Guild meets in Chryst, the primary writing-affiliated building on campus. Though small, the Guild benefits from a friendly, intimate environment. Former club President Mark Dellandre comments, “we have a tight-knit group of friends. A lot of other clubs have members that don’t interact.”

Active members agree. Samantha Kress, a student and active club member for over a year, writes, “Everyone enjoys each other’s company. We learn a lot about each other though writing and discussion, and we laugh a lot, which is important!”

Similar sentiments are expressed by Kayla Preble, designer of the club logo, “It is a small group, so we are all really close and super supportive of one another,” and Madelynn News writes, “We’re all a bit like a family. It’s small and close-knit and everyone is approachable and friendly.”

With smaller numbers, members feel as if they have more chances to speak and be heard, and within a comfortable audience, this environment encourages productivity and involvement. Where other, adult-run, organizations may struggle to encourage teens to participate, the Guild is fortunate to have peers act as both inspirations and sources of encouragement for each other. Such teamwork is valuable in the challenging environment of the publishing worlds. With environmental and social stability, challenges are welcomed among Guild members. One such challenge is working towards the ultimate goal of being published.

Dellandre serves as a major source of knowledge and inspiration to the other writers, as he himself has experienced the publishing process. As of August 2018, Dellandre’s book “The Entropy of Knowledge” hit bookshelves courtesy of Divertir publishers. Dellandre says “I’m always about trying to get
people to work [towards] publication.” He continues, “I ask at the beginning of the semester ‘how many people want to be published’ and almost everyone raises their hand... everyone wants to be published, especially people in the writer’s guild.”

This statement is not an over-exaggeration. As of Fall 2018, over 50% of regular members admit to wanting their work published, and almost all have a shared goal to finish a long-term writing project, whether it be a collection of short stories, an accomplishment of poems, or a full-fledged novel. Many of these works take months, if not years for completion, and require dedication and perseverance.

These goals are nothing to sneeze at, and many reflect very personal reasons for fulfillment. Kevin Negron has one such goal. “I want to write something that reflects my beliefs and that I would be proud of.”

Preble shares a different vision, “My goal as a writer would be to have a book of mine on shelves next to my favorite writers.”

Each member cherishes a different objective to work towards. The club gives them the opportunity to not only pursue their dreams but also offers the opportunity to explore new ideas and share their progress.

Each meeting, President Dellandre would introduce a new writing prompt which is used as a basis of inspiration as well as a topic of discussion. Successive Presidents have followed suit. As an example, a favorite seasonal prompt reads ‘write a story based on the Halloween costume of the person sitting next to you.’ Other favorite prompts include ‘Round Robin’ and ‘Newspaper’. Like games, these activities are unique in that each member takes a turn contributing to a communal story which is shared at the end. While fun, not every prompt is a game. Many members enjoy challenging prompts based on varying styles or genres including poetry, horror, and science fiction. No two prompts are alike.

Alyssa Matchett is an avid lover of the ever-changing prompts, “there is no redundancy because writing is always new!” Additionally, each prompt is concluded with an opportunity to share written works, which can be a monumental exercise by itself. Sharing with a group (especially about something often as personal and heart-felt as writing) can prove intimidating and challenging for all parties involved. In this too, the guild prospers. One main reason for this prosperity is a lack of critical analysis during sharing times.

“I don’t want people to be second-guessing the idea of reading in front of everyone,” Dellandre explains, providing his motives for refusing to implement group critique sessions, “I don’t stress people offering [critical] feedback for a first draft done in a half-hour session. I think of someone wants to come to me [or another member] personally with what they’ve written, then that is an appropriate time for one-on-one feedback.”

While many strive for more critical feedback, this ideology makes members feel safe in presenting their work, and most have come to enjoy it. Katelin McDougald is one of them, “We can share without judgement. I don’t think I’ve ever shared this much of my writing before, it gives me a lot of encouragement.”

The comfortable atmosphere originates from the members’ attitudes, towards themselves and their fellow writers. Chris Higgins writes, “Everyone is very motivated and enjoys watching one another grow and succeed as a writer.”

Michelle Lepera agrees, “there are so many individuals with their own writing habits and its cool to see them blossom into stronger writers.”

Jacob Coopersmith, President of the club during the 2019 year, sums up the overall emotion, “We all get why writing is so special. We may not all write for the same reasons, but we all have the shared bond of writing.”

These club members are not alone in their shared bond. While Millersville’s guild enjoys many perks of being a small and inclusive group, they are not the only people to coalesce and bond over writing. Other writing organizations include Chapter 510 & The Department of Make Believe, 826 National, and NaNoWriMo. All organizations, including these and others like them, strive to bring the benefits of writing to these teens and youth.

NaNoWriMo, which stands for National Novel Writing Month, hosts a program goal to write a short story during the month of November. While this is open to participants of all ages, a large portion are teens and young adults. To involve these younger participants, NaNoWriMo also hosts a Young Writers Program designed for students K-12. This program is meant to inspire students to not only write a novel in 30 days, but to improve their writing skills.

Isaiah, a seventh-grade student from Virginia comments on NaNoWriMo’s YWP brochure, “The Young Writers Program has given me the freedom to write on any subject of my personal choosing and has improved my writing and grammar skills. It has made a huge impact on my English classes and given me an advantage compared to others in those classes.”

True, another seventh grader adds, “Before I was on the Young Writers Program website, my writing was nothing to speak of. And knowing that YWP is a safe community, I feel that I can make conversation, ask advice, and encourage other writers on the site.”

The Young Writer’s Program also exhibits a unique opportunity for educators to connect with their students. Teachers can choose to grade their students based on quality of work or progress, but they can also generate a sense of comradeship by participating alongside them.
Daniel Stone, a sixth-grade teacher in South Carolina, also writes for the YWP brochure, “Students knew there were other people going through the same struggles and feeling the same sense of pride in their work. Their teachers were also writing a novel. This wasn’t just an assignment we were giving them; we were going on the journey by their side, and sharing our fears, struggles, successes, and failures.”

In comparison, 826 National is another writing organization that has served and reached over 38,000 students. 826 National former CEO, Gerald Richards, writes in his letter (from the annual report of 2015-16), “Writing is a powerful act for our students— they use it to communicate their thoughts and desires, tell stories of love and loss, grief and triumph. Writing helps make sense of what you read; writing helps you make sense of the world.”

This report also announces that “86% of after-school tutoring students said 826 helped them become a better writer,” and “94% of parents [with children in the program] said their child received better grades in school.” This proves an additional benefit to writing programs, as continuous, practiced writing can improve grade scores and overall comprehension.

These writing programs help children and teens learn to write well, improving their grades, their ability to communicate, and much more. But the benefits of writing with a group go beyond personal satisfaction and meaningful experiences. Giving youth the opportunity to write, and write freely, engages their needs for self-identification or exploration and creativity. Several studies and therapeutic organizations have been trying to incorporate writing clubs into urbanized cities or other areas populated with troubled youth for just that reason.

One study, published through the International Medical Journal, notes “the transition [period] to adulthood, late adolescence, post-adolescence, and young adulthood is characterized by heightened sensitivity to the process of identity development, self-focusing possibilities, and instability. During this period of searching for a personal identity, individuals struggle to answer the existential questions such as Who am I? Where am I headed? What is the meaning of my life?”

This idea is supported by other experts in the field. “Writing about one’s deepest feelings and thoughts regarding stressful experiences or trauma can bolster one’s psychological and physical health,” psychologists in Social Cognitive and Affective Neuroscience explain. Writing, by itself and within groups or organizations, is a productive way for teens and young adults to devote their time. Not only do they participate in social groups and improve their writing skills, but they also develop their own personalities and senses of self. With a potential, productive goal to have their work published, and an inspirational goal ready for achievement, why aren’t more teens and young adults contributing to these groups?

A difficult hurdle in establishing a writing organization is the diversity in writing preferences, styles, and needs. A group of youth who are more introverted may not do well in environments where group-sharing is enforced. In contrast, an exuberant group with energy and a need to converse will struggle in groups with sedentary sessions and no dialogue. Writing clubs, in their varying numbers and sizes, host different opportunities and different miniature cultures within their ranks in attempts to involve people of all types.

Once a group can adapt to meet the needs of its members, both the clubs and the writers will flourish. These youths find their creative spaces and worlds for them to explore with little real-life consequences. They find a sense of community in the writers around them and a sense of belonging.
to a group. Inadvertently, they improve their writing skills and academic skills. These skills should not be ignored due to the age of their creator. Publishing the written works of young adults offers unique and productive challenges for teens to face and triumphs to experience.

Marylin Nelson, in “How I Discovered Young Adult Poetry” writes, “[writing] presents us with the experiences and thoughts of characters who are not us, and who may not be like us. While reading about characters and experiences we already know is affirming, and while self-affirmation is an important aspect of self-knowledge, literature offers more than the experience of reading in a cubicle with a mirror. Literature allows us to extend our understanding beyond ourselves; it asks us whether we can understand others. Literature teaches us empathy.”

In a harsh teenage world, empathy is certainly something to triumph over. It doesn’t stop there. Gold witnesses, “When distressed young people read [writing] by their peers, they learn that they are not alone in their difficult experiences and strong feelings.”

Struggling youth need more than a productive outlet, they need a sense of community and a feeling of being understood. Poetry, books, and other written resources provide for those needs, and the teens who write them help themselves and those who have yet to come. While published works reach teens around the world, local organizations inspire them to reach out to that world.

Overall, communities benefit from productive youths and their voices, and youth benefit from supporting creative organizations. The social, physical, and mental health benefits are overwhelming, and writing helps youth in their educational pursuits as well. Writing groups, guilds, and organizations allow these individuals to prosper and reap the bounty of their hard work and creativity. Amid creative minds united under a goal of publication, youths find their purpose. Writing caters to many needs. Writing fulfills that purpose.
JOIN THE SNAPPER
THE SCHOOL NEWSPAPER

Journalism • Writing • Design and more!


This upcoming year The Snapper has BIG plans! Come be a part of this exciting club!
ABOUT US

“The purpose of The Snapper shall be to disseminate Millersville University and the surrounding community news concerning students, faculty, administration, and staff in an unbiased and unprejudiced manner and to facilitate expression of the attitudes and ideas of the student body and faculty, administration, and staff”

POSITIONS

We are looking for a variety of positions to be filled:

Associate Editors:
- News
- Opinion
- Features
- Arts & Culture
- Sports

Coordinators:
- Multimedia
- Business
- Photography
- Marketing

WEEKLY MEETINGS

Interested? Stop by during our weekly meetings on Thursdays at 9 p.m. We are located in the SMC in Room 15!
We’re headed to New York!

Every spring, the Snapper crew takes on the Big Apple to attend the College Media Association NYC convention. It’s a four day event full of panels and discussions with journalists, editors and publishers who work in the media industry—and we get to learn from them!

We will be posting live highlights of our trip to our social media accounts, so if you’d like to follow along while we’re there, find us at:

- Instagram: TheSnapperMU
- Facebook: TheSnapper.mu
- Twitter: TheSnapperMU