Faculties honors Father Brisson in France

By Katie Rosser

Roughly two weeks ago, 17 DeSales University faculty and board members flew about 4,000 miles to Troyes, France, in celebration of the beatification of Fr. Louise Brisson, priest and co-founder of the Oblates of St. Francis de Sales.

The dean of students, Linda Zerbe, had the honor of going on this trip to Troyes with Margaret Kender, retired dean of students from DeSales University.

“No flight is too far for DeSales faculty and friends where DeSales was created or the Oblates of St. Francis de Sales and the Oblate Sisters of St. Francis de Sales. This created a highly educated group of priests that St. Francis de Sales tried to organize centuries before their time but was unable to complete.

The journey began in Paris, France, where everyone travelled by bus to Troyes for a welcome dinner. The following day consisted of Mass at the Basilica of St. Urban and the Vigil for the Beatification at the Cathedral.

On September 22, Fr. Louis Brisson was beatified and Mass was celebrated by Cardinal Angelo Amato, followed by a reception at the Museum of Modern Art.

DeSales faculty and friends had a Mass of thanksgiving and visited Fr. Brisson’s home and parish church in Plancy. Back in Troyes on Monday, Mass was held at the Visitation, the following day, they visited the crypt of Fr. Brisson and a museum. The bus then travelled to Paris to the Hotel Trianon Rive Gauche where DeSales members were allowed to self-tour the city of Paris. Zerbe and friends took a bike tour of the city, stopping at landmarks such as the Eiffel Tower.

Arriving on American soil, DeSales members returned to Wills Hall for Mass. Zerbe expressed that the trip was a beautiful and a great experience. The trip was an appropriate way to honor Blessed Louis Brisson.

‘Tornado disaster’ hits DeSales

By Chelsea Beach

The students are able to apply what they have been learning in their classes and what they can do to help out by being actively involved through practice and simulations such as this. Everyone has to work cohesively as a team. They all learn together, as well as learn from each other. Everyone should know their roles if something like this did ever occur.

They realize what is expected of them,” said Brinker. “It’s all about creating that moment of realism. You can feel the emotions at any given moment. They decide who is going to be priority care. They decide who can be saved and who can’t be saved.”

Thinking in that mindset can be a very difficult and emotional task. When it comes to the victims, the nurses and medical personnel have to decide whose lives to save and who can wait. In turn, this can cause much anxiety. They have to critically think about who might be more at risk.

Everyone involved must be prepared for what they will have to see and encounter and how they are going to deal with it. In the simulation, they do not know anything about their victims. This is the true test, where all of their critical thinking skills come into play.

Brinker was impressed with the outcome of this drill turned out. “Each year we do this, the drill gets better and better and bigger. We have to give kudos to the students and the EMS students. They were fantastic; they were all on top of their game. I am very proud of them.

Simulations benefit the students. Being in this field of study, they must be prepared for an event like this to happen at any given moment, which is why simulation drills are so important. Every person involved knows his or her role and what they can do to help. They make themselves assets to the community when they are in any public scenario.

What’s new with PACE

By Colleen Gavin

On September 27, PACE held their annual Walk-A-Mile in her Shoes event. Representatives from SAFE, Turning Point, Crime Victims Council and a sexual assault counselor briefly spoke at the presentation.

The event concluded with all participants walking one mile in heels around campus. PACE raised $753 for the four organizations to help victims of domestic violence and rape in the Lehigh Valley.

Until October 19, PACE will be holding a basket raffle event in the DUC during lunch and dinner. The baskets include Halloween candy, snacks, jewelry, Avon products, toiletries, Vera Bradley products and many others. Tickets are $1 for one, $5 for one arm’s length, and $10 for a full body’s length. There is also a special item— a Keurig coffee maker; the tickets for this are $2. Winners will be notified October 22 through email.

On October 17, 10 a.m.-10 p.m., PACE.Erin Kiley, Griffin, and Lyndsey Wyglendowski will present “Getting Frisky can get Risky” at 4:00 p.m. in the MAC. They will be discussing sexual wellness as well as providing candy treats.

On October 30 at 4 p.m., GHP Lopes with the help of Lyndsey Wyglendowski will be presenting the award winning PACE presentation “9460- It’s not an accident, it’s a choice.” The presentation is about a tragic event that occurred on October 16, 2010. Last year, there were 271 participants in attendance. This year, PACE would like to get over 300 people.

Kevin Reegan will also be presenting a PACE presentation on addictions in late October. Check out the student activities email for further details on it.
ALUMNA ABI SNEE MAKES DESALES PROUD

By Natalie Fanelli
The Minstrel

While walking through the hallways in Dooling Hall, it is obvious that DeSales has produced some highly prestigious alumni. There are dozens of pictures hanging on the walls to acknowledge their success and inspire current students.

Some alumni spend years trying to find they’re niche, but for 2012 alumna Abbi Snee, only a few months out of DeSales, seems to be pretty far along the road to success.

Snee graduated last May with a degree in acting and directing. As a student, she played roles in DeSales’ productions of Alice in Wonderland, Of Mice and Men, The Dark at the Top of the Stairs, and Shooting Stars. After graduation, Snee moved to Brooklyn. She has a part-time job at a retail store in Times Square. More importantly, while living in New York, Snee was cast in a co-star role on the drama Gossip Girl. Snee also added that there is a strong possibility that she will be appearing on an episode of an upcoming MTV comedy series.

When discussing Snee’s audition for Gossip Girl, she said, “DeSales did a great job of providing me with the resources and real-world preparation I needed to get off to a good start at this point in my career.”

DeSales also gave her the opportunity to meet with an agent and manager who were willing to work with her in attaining her dream job.

“They are the reason I won the Gossip Girl audition in the first place. I am so thankful,” said Snee.

Snee also thanks DeSales University athletics and the theater department.

“I love everyone in the DeSales community dearly and plan to return to the school to support the program in the future,” said Snee.

R.A.D. SYSTEMS POSITIVELY IMPACT DSU WOMEN

By Autumn Deiter
The Minstrel

As an extracurricular class offered at DeSales University, Rape Aggression Defense (R.A.D.) systems offer students the chance to learn important lifelong skills.

Females will take a basic physical defense course which will be accompanied by self-defense techniques, lecture and discussion. The course utilizes protective gear for both students and the aggressor for the simulation phase, where students will learn to put into practice the techniques they have learned. The course is nine to 12 hours.

DeSales solicited interest throughout the campus for people who wanted to become an instructor after R.A.D. instructor and Public Safety Officer Suzanne Dannenhower left her position. The instructor training lasted a total of 30 hours. In the end, four people from DeSales became R.A.D. certified instructors: Marie Peterson, Laurie Rubio, Leah Breisch and student Samantha Hennis.

Because of the lack of participation in R.A.D., DSUPD is discussing ways to get more students involved. Sadly, some classes were even cancelled due to lack of participation.

Chief Stuart Bedics of DSUPD stated, “One of the things we are considering is approaching university officials with the possibility of implementing R.A.D. as a one-credit physical education course.”

Every student must take two physical education courses in order to graduate. Students are extremely busy and often do not have the time for extracurriculars such as R.A.D. By implementing R.A.D. as a one-credit course, students could potentially receive the benefits of this class as it fits into their weekly schedule.

Classes will be advertised in the near future and Bedics suggested that students should look for flyers, check The DeSales Daily, and even stop by the Lawless Center for information.

Be aware that the class is centered towards females. R.A.D. systems does offer a program for males, but it is currently not offered here at DeSales University.

“Even though I believe our campus is safe and secure, this type of training can benefit our female students anywhere in life, not just on our campus,” said Bedics. “The self-defense skills they will learn will be useful in various situations that may present themselves to our students.”

New R.A.D. instructor Laurie Rubio is particularly excited to teach R.A.D. and petition for the class to be part of the course catalog.

“I think it’s extremely important that students attend R.A.D. classes,” said Rubio. “R.A.D. teaches you how to stand up for what you need and how to have a plan. It is much more than self-defense. R.A.D. empowers women with the confidence to verbalize and take the necessary measures to ensure their own safety. In the classes, you end up with a bonding group of friends who will be forever linked together. Students learn to help themselves and one another.”

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“I had already taken the basic defense course a few years ago at a college in Long Island,” said Rubio. “When I saw the advertisement for the instructor course on The DeSales Daily, I jumped at the chance to take it. I truly believe in the program and immediately wanted to get involved at DSU.”

Rubio already has ideas about how to spread the word about R.A.D. “I have big plans. I am meeting with the other instructors soon to create our petition plan to administer R.A.D. as a one-credit physical education course. We are working as a team because we are all so passionate about this.”

She hopes to have some demonstrations in the DeSales University Center (DUC) to show students a little bit of what R.A.D. can teach you. She wants to administer flyers, brochures and potentially collaborate with other student groups on campus. Offered as a physical education credit, these efforts are sure to pay off. Female students can get excited about physical defense instruction that doubles as class credit, making it more convenient for the busy student’s schedule. Please contact DSUPD for the most recent information.

AMERICAN IDOL AND THE VOICE FINALISTS COME TO BETHLEHEM

By Brittney Flank
The Minstrel

Two finalists from top reality singing competitions are bringing their concert tours to Bethlehem. Lee DeWyze of American Idol and Tony Lucca of The Voice are performing shows at the ArtsQuest Center at Steelstacks Musikfest Café. The concerts are taking place less than a week apart from each other.

Both singers are currently touring. DeWyze’s concert is taking place on Thursday, November 1; tickets run from $20-$50. Those who purchase a ticket valued at $50 will be able to attend a meet and greet with DeWyze and receive an autographed poster.

Lucca’s concert is being held on Wednesday, November 7 and tickets can be purchased for $15 or $18. Musical artist Matt Duke will be the special guest.

DeWyze won the ninth season of American Idol in 2010. He was dropped from American Idol’s RCA Records and then signed with WURL Records. In February, he released his third album, entitled What Once Was. His most famous song is entitled “Sweet Serendipity.”

Lucca was a finalist on the second season of The Voice. He chose to be on the lead singer of Grammy Award-winning band Maroon 5, Adam Levine, and finished third overall. Multiple songs Lucca covered on the show reached top place on the iTunes charts. As a child, Lucca appeared on The Mickey Mouse Club with many famous names such as Christina Aguilera, Britney Spears, Justin Timberlake and Ryan Gosling. He recently signed a recording contract with Levine’s 222 Records in September.

According to Lucca’s manager, Jason Spiewak, Tony is visiting a few hospitals along the tour as part of our M.I.L.E. (Music Is Love Exchange) initiatives.

The M.I.L.E. is a nonprofit organization, which is part of Rock Ridge Music. Lucca is one of the artists who are a part of the M.I.L.E. organization. According to their website, their mission is “a network of artists, musicians and music lovers affecting change in the lives of disadvantaged and underserved children, strengthening families and communities, both in the U.S. and abroad.”

Both concerts start at 7:30 p.m. and the doors open at 6 p.m. Tickets can be purchased at http://www.artsquest.org or by calling their box office at (610)-332-2278.
DSU ALUMNI: WHERE ARE THEY NOW?

By Ross Huber

Have you ever heard the anecdote, “be your own boss?” For most college students with an entrepreneurial ambition, this saying rings true. Ross Huber is one of those students. Huber, a 2012 DeSales graduate, created his own communications company, Female Veteran-Owned Public Communications, Inc., a business that allows him to be his own boss. Today, Huber visits DSU to share the scoop on life as a DeSales University graduate and “being your own boss.”

Minstrel: Where do you work? What is your official title? Can you describe your job duties?

Huber: I work with Sahl Communications, Inc., a Female Veteran-Owned Public Relations Firm with offices in Bethlehem, PA and the Greater Washington D.C. area. My title is President and CEO. I run the company and we specialize in public affairs, media relations, social media strategy and strategic communication integration for federal government, corporate, and non-profit sectors.

Minstrel: What was your major, and what year did you graduate from DeSales?

Huber: I graduated in 1986 with a major in Communication, and what year did you graduate?

Minstrel: What is a typical day like for you at this job?

Huber: What I love best about working at Sahl Communications is that there never is a typical day. When you have clients in four different states and work in part with theatrical groups as well as federal government agencies, you never know what is going to pop up. Minstrel: How did you get this job? What made you decide to start your own business?

Huber: I started this company back in 2009. I decided to start my own business during the worst economic downturn in my life history because people needed the service our company offers. During a tough economic climate, people need to learn to communicate better, utilize their strong assets and learn to work as a team together. Specifically, for a common good was the direction I wanted to take. At age 15, my neighborhood friends and I saw a dog being severely mistreated. We gathered together, took photos of the owners that were police and the SPCA and acted out a skit as to how the owner treated the dog. Two days later, the animal rescue team came and the dog found a new, safe and loving home. It was then I knew that creative expression leads to positive results to improve the human condition (or in that case the dog’s condition). Minstrel: What is the best educational foundation you will find. It will keep you strong throughout your lifetime and the experiences you’re having now, cherish them, for in the future you will be the memories that make you smile the rest of your life.

A DAY IN THE LIFE: COMPUTER SCIENCE

By Katie Kusik

DeSales University is mostly known for their theater program and their medical science programs, but one of the sciences that is often overlooked is computer science.

Computer science is a very necessary field in today’s society because most of the world runs on computers. Word processors, websites, databases and games are just some of the things that exist today because of the computer science field.

One of the reasons that sophomore John Flynn became a computer science major is because the film The Social Network inspired him. “After I watched the movie I knew that I wanted to be the next Mark Zuckerberg,” said Flynn. “I came to DeSales to pursue this career because the professors are all knowledgeable and because of the smaller class sizes.”

Flynn noted that the classes are structured. The professor gives a lecture about a certain type of programming, and then we get to try it out for ourselves.

For the most part, computer science students spend most of their class time on computers working on different programs. Programs are the different things that make a computer useful to its user. They all run on numbers and letters, which is known as syntax. The programmers arrange the syntax in order to create different programs.

“Once we had to create a game of blackjack and have the computer play against the user.”

The tests are usually written; however, the students are given a list of things to complete in a certain time frame. They must complete it in the time frame a considerable amount of points are taken off.

Among the several computer science courses that are required for the field, there are also many math classes that are required, such as linear algebra and calculus.

“In order to understand programming and computers you have to understand math,” said Flynn, who is currently taking calculus.

Ryan Rowse came to DeSales University last year as a computer science major but then switched to business administration. However, over the summer, he made the decision to go back into the computer science field.

“I shadowed a programmer over the summer,” said Rowse. “That was when I realized that there is so much more to the field and I decided to go back to it.”

Junior Scott Webb has been in the major since he was a first-year student and is still pleased with it. “I am very happy with the major because the professors model the classes after what we should expect to find in the workplace, whether programming, networking, etc.” said Webb. “I am also becoming proficient in a couple different programming languages.”

For many students, the computer science major has made them very excited for what they will be able to be doing out in the work place. By having a well-rounded education from DeSales, the students will be able to go forth and make the world of computers just a little bit better.

“I am really excited about this endeavor and I can’t wait to see what happens. For me, it is a fruitful and promising field,” said Flynn. “Computers are the future of the world and I’m lucky to be a part of it.”
IN THE HUNT: THE ROLLING STONES 50TH ANNIVERSARY

By Doug Hunt
The Minstrel

Heralded as one of the most important musical bands in the history of rock 'n' roll, The Rolling Stones have accomplished everything that is offered in the music business. From being enshrined in the Rock and Roll Hall of Fame to selling out stadiums all across the globe, The Rolling Stones have changed the face of music since their debut in the early 1960s. To commemorate their 50th anniversary, the band has released a new single in preparation for their greatest hits album entitled GRRR! due out November 13. The new song “Doom and Gloom” and the record are only some of what The Rolling Stones have in store for their fans to commemorate their anniversary. “Doom and Gloom,” the band’s first song since 2005, has the fierceness and energy that many artists currently lack. Set up by a continuous pounding drum beat by founding member Charlie Watts along with a bass groove that accentuates Mick Jagger’s classical bluesy voice, the song highlights the best of each member’s musical abilities. The track is very political, something that the Stones have been known for throughout their career with Jagger making harsh claims about several modern controversial issues. He states, “Lost all that treasure in an overseas war! It just goes to show you that you don’t get what you paid for! Battle’s over and you worry about the poor.” The narrator of the song asserts that going to war is not the answer and countries that do will ultimately not gain much of anything in sending troops to battle. As the song progresses, Jagger continues with more upsetting images, most notably discussing kids scrounging for food in a garbage can and humanity running out of water. However, despite all of the doom and gloom occurring in society, Jagger claims that the only way for people to combat issues that no one individual can fix is to enjoy themselves. Jagger implores his baby to dance with him in order to enjoy his life. The track also features Keith Richards’s precocious picking and includes a short, soothing guitar solo to transition to Jagger’s final declaration that one must enjoy life despite all of the negative problems in the world.

Regardless if they tour or not, 2012 still is an important year for one of the globe’s most important bands. From a greatest hits album to an HBO feature film, The Rolling Stones are celebrating their 50th anniversary in style. Even though their latest track is entitled “Doom and Gloom,” The Rolling Stones and their fans have nothing but great things to expect in the near future. “Doom and Gloom” is currently available for purchase on iTunes.

A SUSPENSEFUL PLOT AND STRONG ACTING MAKES ARGO A THRILLING FILM

By Hutton Jackson
The Minstrel

In the film Argo, Ben Affleck takes on directorial duties and stars in the drama based on the declassified true story behind the 1979-81 Iran hostage situation.

The film starts off with unrest in Tehran, Iran, and angry Iranians storming the U.S. embassy taking 52 Americans hostage. Fortunately, six Americans escape into the streets and are taken in by the Canadian ambassador. CIA agent Tony Mendez (Ben Affleck) and his boss Jack O’Neill (Bryan Cranston) are given the task of getting them out of Iran alive.

With the success of the mission unlikely, Mendez proposes his plan and it is met with much reluctance. His plan— pose as a Canadian film crew scouting Iran to film a sci-fi film called Argo. To do so, Mendez enlists the help of famous make-up artist John Chambers (John Goodman) and producer Lester Siegel (Alan Arkin) who help him come up with the fake movie. Once all the preparations are made, Mendez heads to Iran determined to get the six out.

There are many strengths to Argo including the story, which keeps the audience on edge throughout the majority of the film. The fate of Mendez and the six Americans is in question all the way until the end. Also, the fact that Argo is based on true events and that the story, recently declassified, is unknown by many, adds to the drama. The acting is also great, especially by Ben Affleck, who seems to shine in his own films. Bryan Cranston, John Goodman, and Alan Arkin are also great as members of the supporting cast. In fact, Goodman and Arkin add to the majority of the humor, which is often spot on, even if there’s not much of it.

Overall, Argo is truly inspiring and thrilling film with a nearly flawless script and solid acting. In fact, Argo is such a solid film that it would be no surprise if it is featured as an Oscar contender this winter. Those who enjoy dramas, or historical dramas specifically, will certainly enjoy Argo. Those who don’t may still enjoy this little piece of history. Argo is rated R for language and some violent images.
A&E Arts & Entertainment

Minstrel on the street...

By Katie Kusik
The Minstrel

...What is your dream fall vacation spot?

“Somewhere that I can experience the beauty of fall like the Northeast”
-Colleen Gallagher
Junior, Physician Assistant

“Germany or Austria, because I’ve heard it’s really pretty there”
-Julie Brugger
Senior, Physician Assistant

“America, because it’s ‘Merica and the prettiest country in the autumn”
-Taylor Turchick
Sophomore, TV/Film

“I’d love to go to New England for the foliage and to take a hike in the beautiful nature”
-Lauren Kline
Senior, Physician Assistant

“California, because it is always sunny in California”
-Ed Souaid
Sophomore, TV/Film

The Minstrel conducted its first online poll via the Facebook “Questions” function. We asked our Facebook following, “Do you prefer to take midterm exams before or after PACER break?” The results are shown in a screenshot below.

Only 2 out of 63 voters said that they would prefer to take midterm exams after PACER break.

Look for the next Minstrel on the Web question next week on our Facebook page.

Contact Career Services with questions:
610-282-1100 x1738

Minstrel on the street web!

Wednesday October 31, 2013
12:00-4:00pm in the Commonwealth Room
DeSales University Center

- Professional Dress and Resume are required for entrance to the fair
- Open to ALL Students and Alumni
- Attending employers can be found on DSU CareerLINK
- Prepare by attending our Career Fair Prep Seminar on October 24, 5:30pm TREXLER Room (DUC) and registering in Career Services for RESUMANIA (employer resume reviews) on October 29, 1:00-4:00pm

The Minstrel conducted its first online poll via the Facebook “Questions” function. We asked our Facebook following, “Do you prefer to take midterm exams before or after PACER break?” The results are shown in a screenshot below.

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Do you prefer to take midterm exams before or after PACER break? (Results and select comments will be printed in next week’s issue)

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Asked By DeSales Minstrel
63 Votes · 1 Follower

M DoSales Minstrel
on Wednesday · Share · Delete · Unvote ·  
Across
1- Nair rival
5- Be silent, musically
10- Cosecant’s reciprocal
14- Not ___ many words
15- Wear down
16- H.S. exam
17- Neeson of “Rob Roy”
18- Martinique volcano
19- “East of Eden” director
Kazan
20- Sore spot where the stomach joins the intestine
23- Perlman of “Cheers”
24- Hawaiian food
25- PC shortcut
28- Engage in espionage
31- ___ lift?
35- Foolish persons
37- Nasser’s org.
38- Fannie
40- In spite of
44- Bauxite, e.g.
45- Small batteries
46- Rum cocktail
47- Irritable
50- Isr. neighbor
52- Urns
53- Unit of corn
55- Rime
57- Principles of commerce
63- Coarse file
64- High times?
65- Smelting waste
66- JoKe

Down
1- Naught
2- Children’s author Blyton
3- Son of Isaac
4- The day following today
5- Native American tent
6- Places of contest
7- Soft drink
8- Pulitzer-winning biographer Leon
9- Get ready to drive
10- Coined money
11- Archipelago part
12- Neet rival
13- LAX posting
21- Loincloth worn by Hindu men
22- Actor Chaney
25- North Dakota city
26- Worship
27- Quotes
29- Kitten
30- China’s Sun ___-sen
32- Gives off
33- Mother of Perseus
34- Protection
36- RR stop
38- Male sheep
41- Possessives
42- Maritime
43- Keepers of daily records
48- Place of worship
49- Thanksgiving luber
51- Nasal
54- Tears
56- Brewery kilns
57- Suffragist Carrie
58- Scandinavian capital city
59- Womanizer
60- Caesar’s partner
61- Split
62- “Give that ___ cigar!”
63- Grande
66- JoKe

Sudoku

To find the solution to this Sudoku puzzle, visit our Facebook (DeSales Minstrel), Twitter (@TheMinstrelDSU), or our website at www.TheMinstrelDSU.com
It was a devastating end to the Bulldog men’s soccer team’s first Freedom Conference win. The team beat Eastern University 2-1, but it was not without sacrifice. “I knew I was done,” said senior Jonathan Balfour. Balfour was walked off the field and left with a knee injury after the Homecoming soccer game on September 29.

He got the ball from the halfway line, sprinted down towards the goal and made it past the opposing team’s defender knowing their goalkeeper would come out to get the ball. He kicked the ball for a shot but knew he had been hit in the process.

Balfour did not care about his shot or that the goalkeeper made an illegal tackle. “It was 15 seconds of the worst pain of my life,” he said. He received his final diagnosis; that final play left him with a torn ACL and LCL. He will need surgery on his ACL in the weeks to come.

Complications with both the ACL and LCL could lead to difficulty playing contact sports in the future. “Balfour was a major asset to the team,” said senior and now team captain Padréoss Farrell. This season was Balfour’s final year of eligibility to play collegiate soccer. With that, he said that he set goals for himself such as becoming an All-American player and to make it into the top three goal-scorers of all time.

Although he can no longer achieve those personal goals, there are others that can still be completed. “I wanted to win another conference championship and another NCAA game, which is to win the Freedom Conference and go to the NCAA tournament. Our biggest challenge is going to be senior night against Eastern. But I don’t have no doubt that this group can do it. They have no fear.”

On Thursday, October 18 at 7 p.m., the Lady Bulldogs take on Moravian College at home. Their final conference game is also at home on October 24 at 7 p.m. against Eastern University.
By Dan Beck

Alex Clemson is a “super senior” in his fifth year at DeSales University. Injuries granted him an extra year of eligibility and Clemson is now healthy and competing as one of the top runners of the DeSales men’s cross country team. Most recently, Alex finished 12th in a time of 26:57 at the Paul Short Run and 3rd in a time of 26:58 at the DeSales Invitational. He talked to The Minstrel about balancing his job with cross country, the team’s pursuit of a MAC Championship, and what he will miss most about DeSales.

Athlete: Alex Clemson
Year: Super Senior
Sport: Cross Country
Major: Accounting

Minstrel: How did you get into running? Why did you choose running over other sports?
Clemson: I got into running my sophomore year of high school. I didn’t realize how much I enjoyed running until I got to DeSales. I had always done well in the gym mile and my dad encouraged me to come out for the team. After running my first season, I grew to love running over other sports because you could truly be as good as you wanted to be. If you put the work in, it would show in how you raced.

Minstrel: What factored into your decision to come back and run your fifth year at DeSales?
Clemson: I think the biggest factor in my decision to come back for a fifth year was the opportunity to compete for a MAC Championship. On paper, we have arguably our best team ever. We have the opportunity to do something special this year, and I definitely wanted to play a part in it.

Minstrel: What do you need to get you out of doing a sport at the collegiate level?
Clemson: I feel you get so many different things out of doing a sport at the collegiate level. From a practical standpoint, it teaches you time management and accountability. It actually helped me out a lot when I was interviewing for my current job. In addition, you get to meet so many new teammates over the four years, and many of these have become great friends.

Minstrel: You landed a “real world” job. Could you explain your job and what it means to get a job in such a tough job market?
Clemson: I’m currently working as a staff accountant for ParenteBeard, a public accounting firm in Allentown. My current responsibilities include bookkeeping functions for small businesses, tax preparation and audit work. I’m very lucky to have gotten this job—many of my fellow students have been unable to find work in their major yet, despite having excellent grades.

Minstrel: How do you balance your job and running college cross country?
Clemson: It has been challenging to balance working full-time, taking graduate courses and still finding time to run—leaves very little free time for myself. I’ve found that staying focused on the end goal has enabled me to find the time to squeeze runs and workouts in. When something is really important to you, you simply find a way to get it done.

Minstrel: Talk about Coach Weiner and the effect he has had on you.
Clemson: Coach Al has been everything you can ask for in a coach. His door is always open to talk, and he has been very flexible with my tough schedule. I’ve really long after practice many times to help me with my workouts. In addition, he has stuck by me and supported me throughout my oft-injured career.

Minstrel: Despite all your injuries, what gave you the motivation to keep with it?
Clemson: My primary motivation was the knowledge of what I could do if I ever got fully healthy again. I felt like I could just get one completely healthy season, then I could prove how good of a runner I could be.

Minstrel: What are your goals (individual and team) as the team moves into the homestretch of the season?
Clemson: My primary goal this year is to win the MAC Championship as a team—it is truly the main reason why I decided to return. We have not won a cross country title during my time here, and it would make all the hard work and struggles over the past four and a half years completely worth it. Individually, I would like to place top 10 at MACs and make 1st Team All-Conference.

Minstrel: Are you getting a little nostalgic remembering the past 4+ years of your career at DSU?
Clemson: I am definitely getting nostalgic remembering the past 4+ years here on the team and at DeSales. It really was the best four years of my life, and I’m hoping to end it on the right note.

Minstrel: What will you miss most about DeSales and running college cross country?
Clemson: The thing that I’ll miss most is just going to practice every day and hanging out with the team. It has been challenging to balance working full-time, taking graduate courses and still finding time to run. It leaves very little free time for myself. I’ve found that staying focused on the end goal has enabled me to find the time to squeeze runs and workouts in. When something is really important to you, you simply find a way to get it done.

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