

THE LION'S TALE



Georgian Court University

Lakewood, NJ

GCU #Giving Tuesday Raises Record-Setting Funds

By: Ruthann Senior
Editor-in-Chief

Giving Tuesday is a global day of giving where universities and organizations utilize the power of social media and the generosity of people to raise money for worthy causes. It is celebrated on the Tuesday following Thanksgiving and kicks off the charitable season, when many focus on their holiday and end-of-year giving. It also provides both an opportunity and a platform for people to encourage others to donate their time, resources, money, and acts of kindness.

The opportunity to give brings together people from different areas in a unique blend of alumni, faculty, students, friends and parents. Giving encourages them to make small acts of kindness in forms of monetary gifts. A gift to Georgian Court is an investment in both students and the university's financial success.

Development Officer of Annual Giving, Megan O'Keefe, states that Georgian Court University runs two giving campaigns a year. GCU Gives Day is the larger of the two campaigns, with a greater target audience. The Giving Tuesday campaign is one of O'Keefe's responsibilities as a development officer. It is the smaller of the two campaigns, but its success is growing.

"The previous year, Georgian Court only raised \$3,000 on Giving Tuesday. But this campaign far exceeded that... This was due to a different strategy in messaging, leadership, and highlighting the time of year and the impact that it can have on the An-



Graphic showing funds raised during Giving Tuesday
Photo Courtesy of Ruthann Senior

"The previous year, Georgian Court only raised \$3000 on Giving Tuesday. But this campaign far exceeded that... This was due to a different strategy in messaging, leadership and highlighting the time of year and the impact that it can have on the Angel Fund."

-Development Officer of Annual Giving Megan O'Keefe

gel Fund," O'Keefe said.

On Giving Tuesday this year, Georgian Court far exceeded its goals of \$6,000. Not only did Georgian Court more than double their goal, it broke the record for the total number of donors at 164. With the help and generosity of Georgian Court alumni, faculty, students, parents, staff, and friends who made gifts, Georgian Court was able to raise \$14,130.17. The funds raised went towards students and the overall betterment of Georgian Court. Vice President of Institutional Advance-

ment Brian Agnew commented that the funds raised are "a testament to our donors' belief in our mission and their heartfelt desire to make sure our students have the best experience possible while attending GCU."

"A majority of the money raised was in response to a series of e-mails that the advancement office sends out, and calls made to people who really believe in the purpose of the Angel Fund," O'Keefe commented. She added that Major Gift Officer Jennifer Shufran played

a key role in securing gifts for Giving Tuesday.

About a third of the money raised--\$4,055.17--went towards GCU's Angel Fund. The Angel Fund ties closely into the Mercy Core values of respect, compassion, and integrity. It assists students who are part of our vulnerable population, assisting them with basic needs such as food and clothing, and short-term emergency financial assistance.

The program helps approximately 30 students a year and has assisted approximately

210 students in the past 7 years. The money raised for the Angel Fund demonstrates that Georgian Court's alumni, faculty, and staff care about the wellbeing of the students.

"Georgian Court cares about student's personal success just as much as we care about their academic success. As a Mercy university, by us striving to help others in their time of need is us continuing the work of Mercy by diminishing suffering of people in the Georgian Court community," O'Keefe said.

Every act of kindness, whether it is large or small, makes a significant impact on both the university and its student body. Georgian Court is committed to providing students with an affordable and value-based education that will give them a wealth of knowledge that they can use to inspire change in the world.

Agnew added that "the Office of Institutional Advancement has made great strides recently and the remarkable success of Giving Tuesday demonstrates how using industry best practices can impact students by raising more for initiatives on campus that are important to them. We are looking forward to engaging more students in helping to make our spring giving day in March an even greater effort."

Thanks to the generosity of everyone that donated, Georgian Court students will receive the help that they need, the Mission of Mercy remains strong and effective in the lives of many. Gifts to Georgian Court reflect its history of philanthropic investment and foster pride and appreciation toward the university.

OP-ED

From the Editor



'Tis the season! The holiday spirit is alive here at Georgian Court University as students, faculty, and staff prepare for the most wonderful time of the year. The Christmas season is here at last and it brings with it numerous fun and festive activities. From decorating the campus with Christmas lights, holiday-themed sales of goods, meals for clubs and organizations, and the lighting of our Christmas tree, the campus is buzzing with holiday cheer.

Globally, Christmas is considered both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For hundreds of years, billions of people around the world have observed this holiday, with traditions and practices that are both religious and secular in nature. Georgian Court also celebrates Christmas both in a religious and secular manner.

People began to embrace the tradition of Christmas as a family hol-

iday filled with giving and thankfulness. Immigrants from Catholic and English Protestant churches observed holiday customs when they came to America. As time passed, Americans built their own Christmas traditions that were a mixture of the churches' customs and their own. New American traditions included gift-giving, sending cards, singing Christmas carols, decorating trees and houses, and much more.

As a Catholic university, Georgian Court celebrates the Christmas season by acknowledging the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings continue to inspire and enlighten.

GCU decorates the entrance of the university with the profound and significant scene of the birth of Jesus Christ. His birth is extremely symbolic to the world and Christians all over. Georgian Court also celebrates Christmas in a religious manner by having frequent services in the university chapel and other events that highlight the importance of Christ in Christmas.

The university also celebrates Christmas in a secular manner. GCU participates in popular Christmas conventions such as campus visits with Santa Claus, gift drives for the less fortunate, and organizing holiday-themed activities. Students on campus decorate Christmas trees and hats, make cookies, watch holiday movies, and make ornaments and even gingerbread houses. The list is endless.

However you celebrate the holidays, you must always remember that this season is meant for coming together as a family, giving, and helping others that are less fortunate.

This is not a season to be selfish and worry about the amount of presents you will receive or how good the eggnog tastes. Go out, embrace the gift of giving by volunteering in your community and make a difference in someone's life.

Interested in contributing to the Lion's Tale?

e-mail
lions_tale@georgian.edu

Don't forget to visit
www.lionstale.gcublogs.org

Georgian Court Bids Farewell to Beloved Custodian, Wanda J. Lepiocha

By: Ruthann Senior
Editor-in-Chief

During this joyful season, please take the time out to remember family and friends you've lost throughout the year. On December 1st, Wanda J. Lepiocha passed away at the age of 84 at the Monmouth Medical Center-Kimble Hospital.

Wanda was a beloved custodian at Georgian Court University as well as was an active member within the Sister's of Mercy at Georgian Court. Students and faculty who were close to Wanda recount that she



Photo of Burning Candle
Photo Courtesy of Ruthann Senior

was a friendly person with a big heart. Wanda enjoyed the company of students and faculty immensely and always loved to have coffee or a friendly chat with them in her favorite chair in the Gavan Lounge.

One of her favorite things to do was attend Polish functions at her

church, Mary of the Lake Parish. Her funeral took place on December 10th at D'Elia Funeral Home where family and friends said their final goodbye. Her remains will be taken to Poland for a final burial. Rest in Peace Wanda. Your presence will be missed.

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FEATURES

College Anxiety and How to Manage It

By: Alexa Sparano
Contributing Writer

The time of year for finals is quickly approaching, and this could be one of the most anxiety ridden times of the semester for college students.

According to Medical News Today, "Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life."

Anxiety disorders can be described as an overwhelming and excessive feeling of worry, fear, or nervousness that does not go away, but rather gets worse over time. These feelings can cause panic attacks, or rash behavior.

The American College Health Association's 2014 National College Health Assessment survey concluded that approximately "one in every six college students has been diagnosed with, or treated for, anxiety", as quoted in the Boston University October 17, 2015 special report on anxiety and depression.

Feeling anxious once in a while is normal, and having the feelings every once in a while does not mean any person has a form of an anxiety disorder. It's when these anxious feelings plague the daily thoughts and routines of a person that they should consider speaking to someone.

For students with anxiety disorders, this is the time of the year that their anxiety peaks. The feelings of worry and fear are heightened, and they feel the weight of the stress and pressure to do well upon their shoulders. Anxiety disorders can be almost crippling, affecting a person's daily life and could stop them from doing things that most others would do easily.

The American College Health Association's 2014 National College Health Assessment survey concluded that 21.8% of college students have had

their anxious feelings affect their performance on the academic level.

Brooke Lazar, a Georgian Court University student, suffers from anxiety and is open to talk about it with her peers. "Although I have had anxiety for my entire life, and know how to handle my anxiety, college is a whole different ball game," says Lazar. "I seem to have an anxiety attack at least 3 times a day, and 2 out of those 3 times is alone."

Lazar adds, "When I am with my friends, it is easier to deal with, but when I am alone, I tend to have many things happen in my head."

Within the American College Health Association's 2014 National College Assessment survey, it was determined that 54% of students suffer with the feeling of overwhelming anxiety.

The disorder can also affect a student's academic performance, causing them to earn lower grades than they would have attained otherwise. This can result from the disorder's tendency to make it difficult to complete assignments, go to class, focus while in class, and not drop courses outright due to the work load.

Along with these debilitating issues, anxiety can cause panic attacks. The National Institute of Mental Health describes panic attacks as "sudden periods of intense fear that may include palpitations, pounding heart, or accelerated heart rate; sweating; trembling or shaking; sensations of shortness of breath, smothering, or choking; and feeling of impending doom." These attacks can be very frightening, and, some professionals even say a person's first panic attack can be mistaken for a heart attack.

Students with anxiety struggle with tasks that may seem trivial to others who are not as understanding of the disorder. Getting out of bed and simply getting ready for class can trigger anxiety.

Dr. Robin Solbach, Psy.D., is the director of

the Counseling Center at Georgian Court University, and has been for seventeen years. She is a New Jersey licensed psychologist and treats students with anxiety on a daily basis.

"Two people who say that they have anxiety can have very different experiences," said Solbach. "I think that it's important to understand that an emotional struggle experienced by five different people might be five different experiences." According to the National Institute of Mental Health, there are many different kinds of anxiety including, but not limited to, Generalized Anxiety Disorder, Obsessive-Compulsive Disorder, Panic Disorder, and Social Phobia (Social Anxiety Disorder). Any and all of these could affect any person, college student or not.

There could be many factors triggering anxiety within students, ranging between living away from home, maintaining high academic standards, test taking anxieties, post-graduation plans, and managing finances. College is a time when a person is faced with many changes and this, alone, could increase the onset of anxiety. Midterms and finals are always the times where these feelings in students are heightened, but, for some, it is more than just test anxiety and instead a deep set issue. Many college campuses offer counseling services to their students in order to aid them in their struggles. Some even offer the option to get medicinally treated. Georgian Court University offers free counseling services to all students with no session limits. It is an open place for any student to go in and talk about their issues.

Dr. Solbach added, "Most people who come in we see once a week individually. Some people are seen twice a week at their choice if it's a particularly difficult time, certainly around midterms and finals."

On or off campus, the treatment of anxiety in students is important to

"There is such stigma around seeking out mental health services, that a lot of people suffer when they don't need to. We're kind of at a place in our society now that we're okay asking for help medically, with dental problems, but there is still a stigma around asking for help with mental health struggles."

-Director of the Counseling Center, Dr. Robin Solbach

help them conquer their inner battles and move forward with their work. Lauren Meyer, a student at Georgian Court University, struggles with anxiety on a regular basis. "Now that I have learned to control it, or at least control what I can of it, I feel even more accomplished every completed semester," said Meyer. "Something I learned from therapy is that it's important to remember how far you've come and to not be hard on yourself." Meyer added, "It needs to be treated like a disease, with the right treatment. Whether that be medication or therapy, or even a combination of both!"

It is common to find a person struggling with anxiety because they feel ashamed of their issues. The ability to open up and reach out for help comes on one's own time. It is important to have someone to talk to, and it is imperative that people with anxiety issues have someone who will listen.

"There is such stigma around seeking out mental health services, that a lot of people suffer when they don't need to," said Solbach.

"We're kind of at a place in our society now that we're okay asking for help medically, with dental problems, but there is still a stigma around asking for help with mental health struggles."

Solbach added, "I think that's why I like working on a college campus, because each generation is becoming more and more comfortable talking about mental health issues and writing articles and educating people about mental health issues."

There are different ways to get treated for anxiety issues, one of the most effective being the combination of psychotherapy and medicine. This is where a person can learn the most about their anxiety and can develop strategies to deal with it. Over time, the visits would need to be less frequent, because a patient would then understand their best strategies of dealing with their anxiety.

It is important to seek help if you feel that you need it. There are psychologists all over, medicines that will help in the long run, and so many options to help a person in need.

FEATURES

GCU Social Work Students Assist in Annual Adoption Day

By: Natasha Alvarez
Contributing Writer

National Adoption Day raises awareness for children in foster care who are waiting to be adopted and find a permanent home. It also celebrates all of the adoptions that took place over the previous year. The day is celebrated in communities across the nation, annually, on the Saturday after Thanksgiving.

On November 26th, Georgian Court University social work students along with Dr. Megan Sherman, attended Adoption Day at Monmouth University. Over 200 people were present at the event to celebrate and recognize all of the children that were adopted during 2016. While at Monmouth University, GCU social work students assisted the Division of Child Protection and Permanency with their annual Adoption Day. The Division of Child Protection and Permanency is

New Jersey's child protection and child welfare agency within the Department of Children and Families. The division endeavors to ensure the safety, permanency, and well-being of children, in addition to supporting families.

In the past Monmouth and Ocean County have had successful adoptions and this day allows them to celebrate their adoptions and meet other families who have adopted. This year's event was double the size of last year's adoption day, as it was a collaboration of both the Monmouth and Ocean County Division of Child Protection and Permanency offices.

At the celebration, Georgian Court had two tables filled with fun activities for families. Those activities included: temporary tattoos, ornament making and decoration, pin the carrot on the snowman, raffle gift baskets, and much more. The event concluded with well wishes for the families.



Photo of Social Students during Adoption Day
Photo Courtesy of Ruthann Senior

Clionaes History Club's Trip to Washington D.C.

By: Jillian Behan
Staff Writer

On November 19, 2016, the Clionaes History Club went to Washington, D.C. for a day filled with sightseeing. Upon arrival, participants took a walk around the National Mall.

Then, the group took a walk to Ford's Theater, where President Abraham Lincoln was assassinated. They were able to see artifacts related to the assassination and the booth where President Lincoln was shot.

After walking around the theater, the group took a walk across the street to the Petersen House, which is where President Lincoln died.

Following a morning full of activities, the group took a break for lunch, and then headed to the National Archives.

There, they viewed the Declaration of Independence, the Constitution, the Bill of Rights, and other documents associated to the establishment of the United States government.

As the sun set over D.C., the group ventured to Union Station, where they had dinner and boarded a bus for a tour of D.C. at night. The bus stopped at the Jefferson Memorial, Lincoln Memorial, Koran War Memorial, Vietnam War Memorial, Franklin Delano Roosevelt Memorial, and Martin Luther King Memorial, which are on the National Mall, and at the Iwo Jima Memorial, which is at Arlington National Cemetery.

At all of these locations, members of the group were able to get off the bus and walk around.

Lion's Tale Poetry Corner

By: Heidi Chaya
Copy Editor

'Driving at Night'

Lights slide over the gleaming hood.

The glass mouth of the windshield captures lights, wet roads, and dead leaves
it devours towns,
avenue by avenue--
by black and sepia street-lit avenue.

Sometimes, I can't feel weight of all those miles.

Do all those miles ever feel the weight of me?

How heavy is one vessel of steel and glass with one stressed-out girl inside it, thinking?

A song on the radio said the road never moves --of course, it's us that does the moving,

But why, then, does the asphalt turn like a serpent
its stony scales catch-

ing the red lights and green lights

Does the world only exist when my headlights reveal it?

why does the road feel like a thing
an entity with a mind and soul of its own

I daydream on it all day: does it have its own dreams too?

Does it wish it never had to lead somewhere?

By: Julie Temple
Contributing Writer

'Love'

Loving another person whether one realizes he or she is worthy of your unconditional and unexplainable feelings.

Oath. Not necessarily "until death," but rather that both parties will coalesce to maintain a functioning, loyal relationship.

Vigilant of one another's needs and knowing that each has flaws that can jointly be improved

Enamored by one's com-

passion and mutual affection.

Love is neither a shallow exterior nor a skin deep interior.

It lurks somewhere in between, lying in an amative abyss...

HOLIDAY SPECIAL

GCU Holds its Annual Christmas Tree Lighting

By: Ruthann Senior
Editor-in-Chief

The Christmas season is filled with cheer and wonderful activities that bring everyone together to celebrate Christmas. Each year, Georgian Court holds its annual Christmas Tree Lighting and blessing ceremony. This event provides the entire GCU community with the opportunity to come together and bless the community Christmas tree.

The celebration was held in the university Casino. It is adorned with Christmas lights, holiday wreaths and garlands, and other festive Christmas decorations—and of course, the beautiful Christmas tree, itself. Faculty, staff, and students from athletics, organizations such as SGA, WILD, Emerging

Leaders, MCS, and campus ministry were all there to join in the celebration.

The celebration began with Christmas carols sung by a mixture of campus ministry, MCS, and the audience. Sheets with popular carols were distributed, and this made it easier for everyone to join in cohesively. This was followed by a prayer led by campus ministry that acknowledged the Christmas season and its religious meaning.

Georgian Court President Dr. Joseph Marbach delivered a powerful speech where he expressed the importance of coming together during the holiday season and relaxing before the stress and anxiety of finals plague students. He also acknowledged the death of Wanda J. Lepiocha,

who had worked at Georgian Court for over 20 years and was an active member of the university.

The festivities continued with live performances from Georgian Court's dance department, more carols by Campus Ministry, and the blessing of the tree and nativity scene. As the tree was lit, Director of Campus Ministry Jeffery Schaffer talked about the importance of the Christmas season and the role that Jesus Christ plays in it.

The event concluded with a brief prayer and well wishes for the holiday. Students, faculty, and staff were encouraged to enjoy Christmas baked goods and refreshments.



Photo of Student Leaders
Photo Courtesy of Ruthann Senior

100-Day Celebration Winter Wonderland

By: Ruthann Senior
Editor-in-Chief

The 100-Day Celebration event celebrates the first 100 days of being a Georgian Court student. The celebration had a winter wonderland theme that featured a Christmas-themed photobooth, make-your-own ornaments stations, and the opportunity to win Christmas hats and other gifts.



Photo of GCU Students Enjoying Winter Wonderland
Photo Courtesy of Tyler Charma



Photo of GCU Students Enjoying Winter Wonderland
Photo Courtesy of Tyler Charma

Mercy Collegiate Society Annual Bake

By: Lauren Meyer
Contributing Writer

Mercy Collegiate Society's Second Annual bake sale raises over \$1,000! Mercy Collegiate Society spread Christmas cheer and sold a lot of sweet treats in Jefferies Hall on Thursday, December 1st. MCS (Mercy Collegiate Society) members dressed as elves and sold sweets all day long! The fundraiser was run through MCS's fundraising committee and all of the proceeds go toward the next Ireland Pilgrimage Trip, which will take place in the summer of 2018.

The bake sale was a success because of everyone's various contributions. There were containers and "Christmas-sy" cello bags filled with sweet treats. Additionally, there was a hot chocolate bar, with marshmallows, candy canes, and many different toppings to top off your warm cocoa.

The bake sale even had homemade Empanada's (which didn't last long, because of popular demand)! MCS also raffled off a brand new Red Kitchen Aid Mixer. Santa even made an ap-

pearance, as well as a local police officer. Let's just say these treats drew in quite the crowd!

A select group of MCS members traveled to Ireland this past summer on a Pilgrimage to Catherine McCauley's Heritage Center. Because of the hard work and dedication that the fundraising committee put in, the trip to Ireland only cost each student a grand total of \$500! This is incredible for any trip, let alone one to Ireland.

In Ireland, they took part in a four-day workshop where they were taught about many different global issues, with the notion of "mercy" being the central focus of the trip.

The trip is important because it lets students connect directly with Catherine McCauley, the women whom founded the Sisters of Mercy.

"It truly opened my eyes to the roots of Mercy charism" said Grace Talian, a member of the Leadership Circle in MCS.

"The Bake Sale was a great success for the Mercy Collegiate Society, so be sure to look out for more to come" said Amanda Cavallo, also a member of the leadership circle in MCS.

SPORTS

GCU Women's and Men's Basketball Team Double Header

By: Vincent Brown
Staff Writer

December 3rd was a great day for basketball at the GCU Wellness Center, as both the male and female divisions of the Lions prepared for a division double-header. The female division of the Lions basketball team squared off against the University of the Sciences, hailing from Philadelphia, PA.

Fans of the hometown Lions filled the venue nicely for a Saturday matinee. Their enthusiasm, however, quickly left the building, due to a 20-point deficit, favoring the away team. The Lions failed to score in the first quarter, but put up a valiant effort to get back in the game.

With back to back buckets from Sophomore Forward Nijiera Addison and Senior Guard Alliyah Berger GCU managed to get on the board at the beginning of the second quarter.

The surrounding crowd remained actively engaged in the hoop action, despite the large first half deficit. This energy empowered the women's team and resulted

in some respectable play that allowed them to narrow the deficit to 29-13 by the closing moments of the first half.

The series was split last year between both squads, but the University of Sciences were destined to take the first of two. GCU entered the second half trailing the away team (32-17), despite outscoring them in the second quarter.

Warm-ups for the second half slowly began ten minutes after the first had concluded. Fans of the hometown squad slowly began to file back into their seats for the second half action. The Lions began with high hopes, but the open range shots kept coming from their opposition. Seventeen turnovers hurt the Lions mightily in their comeback efforts.

Ultimately, GCU's efforts to chip away their opponent's 20+ point lead in the second half could not achieve victory, as they fell short despite their strong effort, with a final score of 54-42. Motivated by this loss, the Lions will undoubtedly try to resume their winning ways.

By: Vincent Brown
Staff Writer

The Georgian Court's Men's Basketball team followed right after the Women's team against the University of the Sciences. The tip was slightly delayed, but began a little after 3 PM. The Men's team was in search for their first win over a division foe.

Led by the strong leadership of DePaul native Juwan Carter, the Lions were plagued by turnovers early on in the first half trailing by a bunch. John McGill (11 points), three-point specialist for the University of the Sciences gave Georgian Court trouble from the start.

Despite the early turnovers, veteran leadership on the men's squad helped propel a momentum shift, cutting the early first half deficit, a score at the half of 31-24. Impact players for the GCU Lions during the first half included, Luka

Zgonjanin- 8 points and Juwan Carter- 5 points.

The second half began with some emotion from the GCU Lions faithful, hoping to see their hometown team claw their way back. The men's squad battled throughout the second half valiantly on both sides, offensively and defensively.

The efforts put forth by the GCU Lions turned this game into an instant classic. They would battle the University of the Sciences, matching them point for point.

With five seconds left and absolutely nothing left to lose, Keith Hughes laid one in and that would be "all she wrote." Your game high scorers include Keith Hughes (21) and Luka Zgonjanin (12). The final scores were: The University of the Sciences-63, Georgian Court-64.



Photo of Senior Guard Alliyah Berger
Photo of Courtesy of Ruthann Senior

UpComing Events for the Women's and Men's Basketball Team

- GCU Women's Basketball Team VS. Lock Haven University in Lakewood, NJ.
12/18 at 5 p.m.

-GCU Men's Basketball Team VS. Franklin Pierce University in Lakewood, NJ.
12/19 at 5 p.m.



Photo of Luka Zgonjanin
Photo Courtesy of Ruthann Senior