



FALL 2025

MORAVIAN

UNIVERSITY MAGAZINE

TAKING A SWING AT STIGMA

How a new field hockey movie and Moravian are addressing student-athlete mental health

Wellness 360: Nurturing the Whole Student

The Transformative Power of Mindfulness

Hear from athletes like Shawna Mamrak '28 who are raising awareness of emotional well-being

VIEW FINDER

The Comenius statue at Moravian University depicts John Amos Comenius, a 17th-century philosopher and educator known as the Father of Modern Education. Photographed by Nick Chismar '20





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oravian Greyhound family and friends,

As we look forward to a new school year—especially with the unveiling and rededication of the Hauptert Union Building (HUB)—I am proud to share how Moravian University is leading the way in cultivating the “whole student”—mind, body, and spirit—through a comprehensive commitment to wellness.

At the heart of our efforts is the \$45 million renovation of the HUB, a project designed entirely to support student mental and physical health. Every space, from collaborative lounges to meditation and gathering areas, has been purposefully designed to foster community, mindfulness, and well-being.

Our commitment to student wellness extends far beyond facilities. Moravian remains at the forefront of innovative technology, being the only university to deploy the Apple Watch to all first-year undergraduate students. This initiative empowers students to track their health, practice mindfulness, and build habits that support lifelong wellness.

This issue’s feature stories highlight our holistic approach. *The Next Play*, filmed on our Main Street and Priscilla Payne Hurd Campuses, explores the real mental health challenges that student-athletes face. The film, directed by alumna Katina Sossiadis ’93, underscores the importance of support systems like The Hidden Opponent, PAW, and our Counseling Center—resources that ensure no student faces their struggles alone.

Beyond the campus, our students are making a lasting impact in our community. As prestigious Millennium Fellows, they have partnered with Moravian Academy through the Mindful Futures initiative and founded Mindful Passages, a nonprofit dedicated to nurturing emotional intelligence and community among young learners.

Finally, our Wellness 360 story highlights our Four Cornerstones of Wellness: Body and Mind, Innovative Technology, Academic Support, and a Caring Community. From our fitness center and counseling services to Mo’s Cupboard and our Apple Distinguished School recognition, we are dedicated to every aspect of student well-being.

Through your continued generosity and support, we are building a future where every Greyhound can thrive.

Sincerely,

President Bryon L. Grigsby '90, P'22, P'26, P'29

ON THE COVER

Shawna Mamrak '28 is on Moravian's Peers and Wellness team and participates in The Hidden Opponent. Photographed by Nick Chismar '20

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THE HUB



Students were welcomed to a new HUB on October 8.

Welcome Back to the Heart of Campus

After nearly two years of construction, the Moravian University community was welcomed back to a modern Hauptert Union Building this fall.

Affectionately known as the HUB, the building may be new, but it's still the heart of campus—a central place for members of the Moravian community to socialize, recharge, and seek important services, such as career advice and care for their physical and mental well-being.

"It's the hub of all student activity when they are outside of class, and it's a breathtaking building," says Nicole Loyd, executive vice president for university life, chief operating

officer, and dean of students. "It's a place where you can 'come home and throw down your bag' or meet up with friends. It is the heart of the student experience, and we knew it was going to be tough to be without it during renovation."

This fall, nearly 40 employees moved their offices into the new HUB. Students, faculty, and staff are also excited to be back in the building again.

A Reimagined Community Space

The updated HUB occupies the same footprint as the original 63-year-old facility at the corner of Monocacy and West Locust Streets but has grown upward by two floors.

It now comprises four stories with sweeping floor-to-ceiling windows that let the light pour in, collaborative lounges, and a meditation room. A new conference and event center overlooking Reeves Library features a main room with space for more than 500 people to gather. Across the hall, a smaller room can host up to 150.

There's also abundant space for a multitude of services, including health, counseling, the Laurie Riley '82 Center for Career Success, the Office of Veteran and Military Affairs, and a Student Life Suite. President Bryon Grigsby '90 and First Lady Lea Grigsby generously donated to create a vice president/dean's office in the third-floor Student Life Suite, but Loyd, who prefers to spend her days out and about on campus interacting with students, has chosen to forgo occupying the office. Instead, it will be used as a conference room for Student Life until Loyd retires and the next vice president needs an office. Loyd is happy to see the space instead be used for community and collaboration—two cornerstones of the HUB.

“What I've realized since the HUB has been closed is just how much community and collaboration happens in this informal space,” Loyd says. “When a student has time between classes, or they're new and not sure where to meet people, or it's a random Wednesday night and they need a break from homework, everyone used to go to the HUB. So when you lose that space, you lose a connection point.”

Excited to Be Back

Jack Ertle '26 was a freshman when he started working as a manager at the information desk in the old HUB, helping set up room reservations and providing directions to faculty, staff, students, and community members who visit the HUB. During construction, the information desk was moved to the atrium of the Priscilla Payne Hurd Academic Complex (PPHAC), across the street.

Ertle says he felt displaced in PPHAC and didn't have as many interactions as he did in the HUB. He's excited to be back.

“The new HUB has multiple floors, it has so many different organizations in it with plenty of room to spare, it has multiple terraces with outside views. You can't even make a comparison to the old HUB, because they're two totally different buildings,” Ertle says.

“I will say, Moravian took a hit in a way without having that common shared space to go relax, study, and have conversations,” he adds. “You miss out on a lot of fascinating conversations and connections to be made without that commonly shared space.”

Making It Happen

The first college union building in the Lehigh Valley, Moravian's HUB was named for Raymond Hauptert, who from 1944 to 1969 was president of what was then Moravian College. As campus grew, the HUB couldn't keep up. It didn't have spaces dedicated to core services, such as health and wellness. And there wasn't sufficient space for Student Life employees, Loyd says.

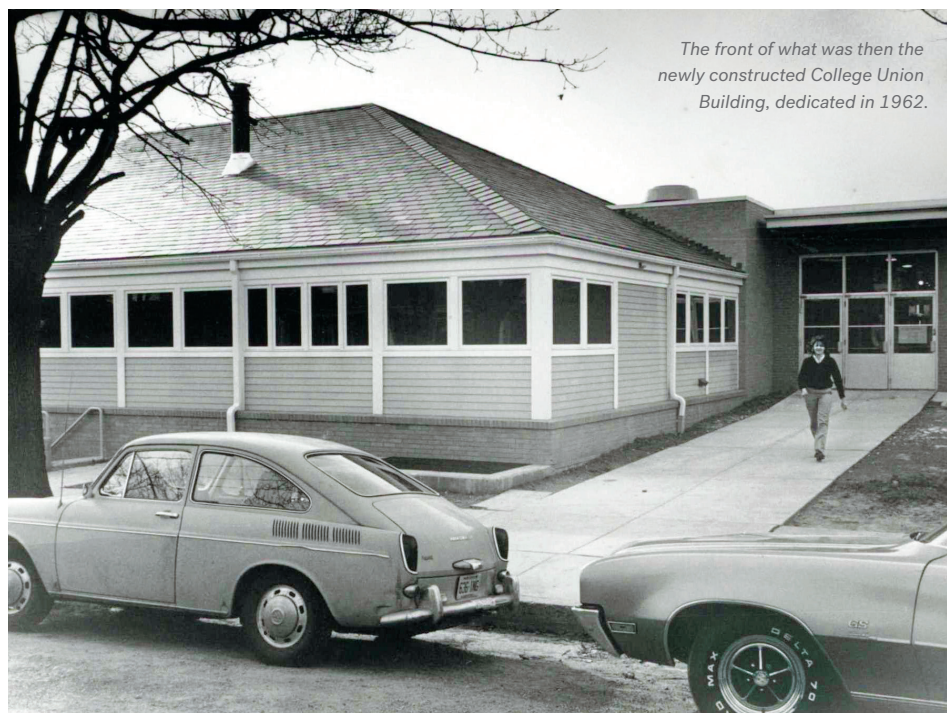
In January 2020, Grigsby and Loyd began discussing the vision of a new HUB that would be the center of student life, and

they engaged stakeholders across campus in developing a plan. The setup of the new building was very intentional and based on extensive feedback. The *Lighting the Way* campaign, dedicated to supporting scholarships, experiences, leading-edge technology, world-class learning, and cocurricular activities for Moravian students, raised more than \$21 million toward the expansion.

Alum Bryan Krum '24 started at Moravian during the COVID-19 pandemic, when there were limited opportunities to connect with classmates. As soon as restrictions were lifted, says Krum, the HUB quickly became an important part of his daily life, whether for club activities or sharing meals with friends between classes. Construction began during his senior year.

“The revolutionized HUB provides a central space that supports both individual needs and community connection, helping to restore the sense of belonging that makes Moravian so special,” Krum says.

To learn more about the new HUB, visit moravian.edu/hub-2025.



The front of what was then the newly constructed College Union Building, dedicated in 1962.

Meet *Moravian University Magazine's* New Editor

Dear readers,

It's a pleasure to introduce myself as the new editor of *Moravian University Magazine* and the university's director of editorial content. I'm honored to step into this role following the very talented Claire Kowalchik P'22, who retired in April after a decade of leading this award-winning publication.

A little bit about me: I spent nearly 15 years working at daily newspapers across the region, including *The Morning Call*, *New Jersey Herald*, and *Pocono Record*. I covered everything from education to local government to the highly unusual (like a house full of alligators or a runaway steer who escaped a butcher shop). Through it all, what I've enjoyed most is meeting new people and being entrusted to tell their stories.

In 2021, I decided to make the leap from journalism to higher education. It was important for me to land in a place where I could continue telling meaningful stories while being part of an institution that positively impacts people's lives and has the power to change society for the better. I found these things in academia, where I have since enjoyed writing about groundbreaking research, passionate faculty, and students who are eager to change the world.

Now, I'm thrilled to be part of the Moravian community, where that energy is everywhere.

This issue of the magazine is about wellness—a theme that feels especially timely as faculty, staff, and students will be utilizing the new wellness-centered Hauptert Union Building by the time this issue hits mailboxes. It's an exciting time on campus, as the HUB has always been a central gathering place for the Moravian community, but it has been under construction for nearly two years. Although I just got here, I can tell that everyone is happy the HUB is back!

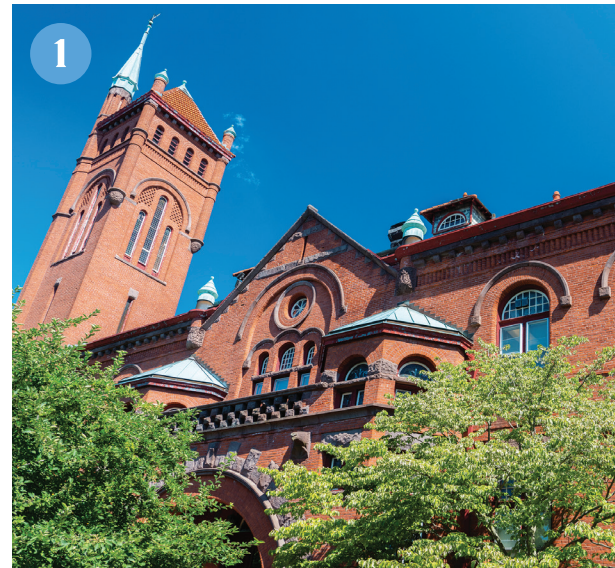
As you read this latest issue, you'll learn about the programs and support services Moravian offers, as well as the ways we foster a caring and connected campus.

I hope you enjoy this issue, and I look forward to telling the Moravian story. I welcome your ideas and comments through email at tatuc@moravian.edu or regular mail at Colonial Hall, 1200 Main St., Bethlehem, PA 18018.

Looking forward to hearing from you!

Sincerely,

Christina Tatu, Editor



1 **Moravian Completes Acquisition of Lancaster Theological Seminary**

Lancaster Theological Seminary (LTS) has officially combined with Moravian Theological Seminary, forming the Moravian University School of Theology.

The merger was formally completed in August after final approval was received from the US Department of Education. The strategic move, initiated in 2021 with unanimous board approvals from both institutions and affirmed by a Special Synod of the Northern Province of the Moravian Church on July 10, 2021, paves the way for a unified approach to theological education.



LTS will retain its name and continue serving the United Church of Christ tradition, while Moravian will uphold its Moravian heritage. The two seminaries will also benefit from expanded academic offerings.

2 Moravian Church Settlements–Bethlehem Appoints Faull as First Site Manager

Following a nationwide search, Katherine Mary Faull was named the first site manager for Bethlehem's Moravian settlements. In the spring, Faull was named founding vice president and executive director of the Institute for Moravian History and World Heritage. She will serve in both capacities.

As site manager, Faull will help shape the strategic vision for Moravian Church Settlements–Bethlehem as part of a transnational World Heritage site, enhance academic and public programming, lead tourism and hospitality efforts at the Bethlehem sites, and strengthen international partnerships with other historic Moravian World Heritage sites.

Faull brings more than three decades of scholarship and deep engagement in Moravian studies. A former professor of German and humanities and associate provost for local and global engagement at Bucknell University, Faull is internationally recognized for her work on Moravian history, theology, and cultural heritage.

3 Student Awarded Prestigious Art Scholarship

April Markland '25 has been awarded the Clyde McGearry Scholarship, given to art education students and recent graduates from Pennsylvania colleges and universities. Markland was nominated by MaryJo Rosania Harvie, assistant professor of art and the art education coordinator at Moravian University. Markland, a recent graduate of Moravian's K–12 art education program, says she plans to grow her teaching career while continuing to grow as an artist.

"I'm passionate about helping students see the value of creativity, especially those who may not feel seen in traditional academic spaces," Markland says.

Rosania Harvie nominated Markland to encourage her to stay active in the Pennsylvania Art Educators Association, and because it is important to the art education profession for new voices such as Markland's to be present and heard.

"April sought out leadership opportunities while at Moravian and has aspirations of educational leadership in the future," says Rosania Harvie. "She is a wonderful art teacher, and it is my hope that receiving the Clyde McGearry Scholarship will provide April with professional opportunities to launch her career."

4 Moravian Replaces Turf on John Makuvek Field

Student-athletes and visitors to John Makuvek Field will experience a new and improved playing surface after new turf and shock-absorbing padding were added this past summer.

The AstroTurf RootZone 3D3 Blend Trionic turf system rests on a high-performance Brock Shock Pad for added safety and durability. The new turf system provides better footing and a more natural feel underfoot.

Meet the Class of 2029

494 FIRST-YEAR STUDENTS

THIRD-LARGEST CLASS IN MORAVIAN'S HISTORY

60% FEMALE

40% MALE

REPRESENTING 12 STATES

REPRESENTING FIVE COUNTRIES:

Brazil, the Netherlands, Saudi Arabia, and Türkiye, in addition to the US

40% ARE FIRST-GENERATION COLLEGE STUDENTS

57% DECLARED MAJORS IN THE COLLEGE OF ARTS AND SCIENCES

33% DECLARED MAJORS IN THE COLLEGE OF HEALTH

10% ARE UNDECIDED

Welcome to the Greyhound Family

Moravian's Department of Athletics and Recreation welcomed several new members over the summer. Learn about these newest members of the team:



Noah Kandt

A Lehigh Valley native, Noah Kandt most recently spent two seasons as the golf coach at Crown College in Minnesota. He earned a bachelor's in sports leadership and administration from Miami University in Ohio in 2018 and an MBA from Crown in 2021.

"After growing up in the Lehigh Valley, it's been almost 10 years since I last lived here," Kandt says. "My wife (Katie), my daughter (Eden), and I are excited to be back in the area and to be a part of the Moravian family."

Amable Martinez

Amable Martinez most recently spent two seasons as the head women's volleyball coach at Long Island University. Martinez graduated from Kean University in New Jersey in 2002. He completed his master's in administration and supervision in education at St. Peter's University in 2012.

"I have been fortunate enough to coach at all levels in college, build great connections, and have many learning experiences that should help in the continuous growth of the program here at Moravian," Martinez says.



Elliot Schott

Elliot Schott was the student creative media director for Ursinus College athletic communications. She earned her degree at Ursinus in communications and media studies and business economics. She was also the photographer and videographer for the Pennsylvania Women's Gymnastics team for two years.

"Social media can be a great tool to use in sports, not only to showcase athletics but to be able to share a team's personality and relationship," Schott says.



ATHLETICS RECAP

Moravian student-athletes and teams received academic honors from the following organizations this past season:

Easton/National Fastpitch Coaches Association All-America Scholar-Athletes

Intercollegiate Tennis Association Scholar-Athletes and ITA All-Academic Team Award (men's and women's teams)

Intercollegiate Women's Lacrosse Coaches Association

United States Track & Field and Cross Country Coaches Association All-Academic Athletes and All-Academic Teams (men's and women's track & field)

United Soccer Coaches College Team Academic Award (men's and women's programs)

College Swimming and Diving Coaches Association of America Scholar All-America Team (women's squad)

Moravian University recognitions:

American Volleyball Coaches Association Team Academic Award

American Baseball Coaches Association Academic Excellence Award

Women's Basketball Coaches Association Academic Top 25 Honor Rolls



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Playing softball at Moravian instantly provided a sense of community and belonging, which made the transition to college life much smoother.”

—Marcie Silberman '26

Pitching for Success

It was super regionals, freshman year. “There was a moment in the third game of the best-of-three when we all knew we had just made it to the world series,” recalls Marcie Silberman, who is starting her senior year and final softball season at Moravian University. “The whole experience was unreal.”

It was the first of many high points for Silberman, who has since made the All-America Second Team and holds the current career home run record at Moravian, with 38 home runs heading into her senior season next spring. She’s also played on the Landmark All-Conference First Team and the National Fastpitch Coaches Association All-Region V First Team. “It has felt amazing to accomplish all these goals,” she says. “My coaches, my teammates, and the program have supported and continue to support and push me to be the best athlete I can be.”

A Lehigh Valley native, Silberman began playing softball at age 5. “Some of my oldest memories are of watching my dad play softball when I was little,” she says.

She played for Salisbury High School, where she took on leadership roles and became a more versatile player.

Silberman brought those skills to Moravian. “Playing softball at Moravian instantly provided a sense of community and belonging, which made the transition to college life much smoother,” she says. For some of her career, she shared the field with her older sister Emily, one of her biggest supporters.

As she heads into her final season, Silberman prepares to say goodbye to Moravian . . . but not to her favorite sport. She plans to find a job in an athletic program, with the goal of coaching softball at the college level. “The friendships, challenges, and experiences I’ve had through softball have shaped my character and made me a more confident, hardworking, and adaptable person.”

—Elizabeth Shimer Bowers



COMMUNITY

It Takes a Neighborhood

How a couple across the street from her childhood home made it possible for Helen Desh Woodbridge '54 to attend Moravian



Helen Desh Woodbridge recounts how the generosity of one couple allowed her to attend Moravian.

My story of Moravian is really a story about Mr. and Mrs. Desh. My life was a little different than the average.

I was born Helen Faust, the youngest of five children. My family lived on Wall Street in Bethlehem. Across from our home lived the Deshes, a couple who had no children but were very fond of children. They were very kind to my whole family.

For some reason, when I was 5 years old, I moved to their home. I think my family was going through a tight financial situation. It was the 1930s.

I called Mr. Desh Bob, and I called her Mrs. Desh. She was very different from my mother. My mother never went to college, of course; she cooked and baked and took care of the children.

Mrs. Desh was stricter than my mother. I remember one night I thought, *This is it, I want to go back home.* I got my things together and reached the front door, when I heard this voice from the top of the stairs: "Where are you going?"

"I'm going home," I said.

And the way Mrs. Desh said, "Please don't go"—well, it melted my heart. So I made up my mind at that moment that I would never do that again.

Music goes back to my mother, but it was the Deshes who provided me with the lessons, because my family didn't have the money.



Woodbridge inside Peter Hall, where she performed as a child

Somewhere along the way, however, Mrs. Desh said, "I want you to visit your mother once a week." And I would go every Friday afternoon.

* * *

Mrs. Desh kept me busy. She and Bob and I would make Christmas cookies together. I had ballet lessons and piano lessons in elementary school, and at age 10, I performed on the piano in Peter Hall for the Friends of Music. I loved the piano. My mother played by ear. When I visited her, she would ask me to play. She said she wished she could read notes and asked me to teach her. I said, "I can only teach you what I know." I did, and she loved it.

The Deshes were interested in my education, but I wasn't the first person they put through school. They supported two young men, relatives, through college. (Mr. Desh went on to establish the Robert J. Desh Memorial Fund.)

When I was in high school, the Deshes started me on the organ, and I got an organ scholarship to Moravian, but I was so interested in piano. All I wanted to do was go to the conservatory in Philadelphia where

my teacher had gone. Well, no way, said the Deshes, you are going to Moravian.

Music goes back to my mother, but it was the Deshes who provided me with the lessons, because my family didn't have the money.

* * *

I was a day student (a commuter student, today). I walked 15 minutes to Moravian from my home on Wall Street and went to the locker room [on the first floor of South Hall] where I and all the other day students stored our books. Then I'd go to classes, which were held in Brethren's House. I largely associated with the day students, and between classes we'd go to the George Washington Room in Brethren's and read on a comfy chair or sofa. Monthly teas and club meetings were held in that room.

All freshmen had to wear purple and gold. "Hail to the purple and gold," we sang. I wore a purple beanie, gold blouse, purple skirt, and purple socks.

Outside of my studies, I worked on *The Belfry* [today known as *The Comenian*]*—*the student newspaper*—*and *The Benigna**—*the yearbook.

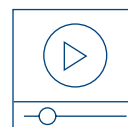
I was a member of the Glee Club, international relations club, and music club, and I played the organ all four years. I belonged to the sorority Phi Mu Epsilon. It was my social life, and it was fun from beginning to end.

If it hadn't been for Mrs. Desh, I wouldn't have been in the sorority; she arranged for my membership with Rosemarie Greenwell, a student and neighbor.

In my junior year at Moravian, Mrs. Desh died. My mother and Mr. Desh and I went to a lawyer, and I changed my name to Desh. One student came to me and said, "I don't know how your mother could give you up." I didn't say anything. It was so complicated.

The Deshes were wonderful to my family, and I would never have been able to come to Moravian had it not been for them.

This couple—they were the answer to my life. —*Helen Desh Woodbridge '54, as told to Claire Kowalchik P'22*



You can view a video recording of an interview with Helen Desh Woodbridge at mrvn.co/helen-desh-woodbridge as part of the Moravian College for Women History Project.

What was the most interesting course you took at Moravian, and what made it so engaging?

Alumni recall the courses that inspired them during their time at Moravian. These are the classes—and professors—teaching students to think critically, engage in meaningful ways, and apply their skills to address real-world problems. In some cases, students even discovered a new passion.

My favorites were sequence courses—Psych 211 and 212. These are the classes where I was able to learn about research methods in psychology and implement them within the study I got to do. An added benefit was Professor Sarah Johnson, who taught the course, because she has so much passion for her discipline and challenges her students in healthy ways to help them grow. This course sparked my love of research and inspired me to complete an honors thesis my senior year with the same professor. I studied bias toward individuals with Down syndrome using priming. All of these courses enhanced not only my academic skills, but also ones I use in my daily life.

—GABRIELLE FREKOT '20

Well, it was not a class, but the question regularly asked by Professor [Emeritus] Gary Olson, “How does the world work?” Much of the success I had in my utility/government career was directly related to keeping this question in the forefront of my plan during negotiations. As I nurtured a greater understanding of the depth of this question, I changed it to “How does the other person’s world work, and how do they perceive the challenges, their accountability, and solutions?” I have also used Professor Olson’s question during character development for the more than 90 plays I have performed in.

—RICHARD DWYER '82



Professor Sarah Johnson —Psych 211 and 212

My favorite class at Moravian was Theresa Dougal’s Women’s Diaries Seminar my senior year. The course allowed us to consider texts we were familiar with (*The Diary of a Young Girl*, by Anne Frank) in fresh ways and explore content new to us (*A Midwife’s Tale: The Life of Martha Ballard, Based on her Diary, 1785–1812*, by Laurel Thatcher Ulrich). The course was a holistic look at how women think about themselves, how and why they record their lives, and what these time capsules from the past can tell us. . . . I also offered Professor Dougal the transcribed text of my great-grandmother’s 1901 diary for the course, and she incorporated it into the class. I appreciated the openness and accessibility of Moravian professors. Professor Dougal was willing to add something personal to the course when it became available.

—SARAH SODEN ARMSTRONG '99



NEXT UP

Tell us about your favorite memory of the HUB during your time as a student at Moravian. What are you hoping to see in the new HUB?

Submit your answers at mrvn.co/ask-an-alum or look for this question in an upcoming alumni bulletin.

A Conversation with Lei He

An assistant professor of economics, Lei He teaches courses in statistics, economics, and econometrics. His research focuses on the US airline industry and network formation. He is also interested in studying money and monetary policy. He earned his bachelor's degree in English and master's degree in industrial economics, both from Beijing Jiaotong University in Beijing, China. He earned his PhD in economics from the University of Oklahoma in 2020. Before joining Moravian, He taught at York College of Pennsylvania for two years. He became a visiting assistant professor at Moravian University in 2022 and an assistant professor in 2023. He is an active member of Lehigh Valley Chinese Christian Church, serving on the church council.

Your bachelor's degree is in English. In China does the English major focus on literature as it does here in the US? What are a few of your favorite novels?

At Beijing Jiaotong University, the English major has three concentrations: literature, translation (between Chinese and English), and international business and economics (in which English is a must-have skill). My concentration was in international business and economics, which is why I continued my studies in economics in my master's and PhD programs.

I like Harry Potter and science fiction, such as the Foundation series and Ender's Game series. Those novels attract me because they open new worlds for the readers. Either a magic world or a possible future world boosts my imagination. Besides, those novels are well written, and the plots are very engaging.

Why did you choose to continue your education in economics?

Economics is a very interesting and important subject. It teaches us to think differently about our decision-making and our society. I would like to use my research to make the

world a better place, where policies can lead to better outcomes and be more beneficial to the economy.

Why did you decide to come to the United States?

The US has the best education in economics, in my opinion. In addition, my wife came to the US first to study, and I followed her here. We met at Beijing Jiaotong University, where we were classmates and shared the same major in English. Her concentration was in literature, and beginning in 2012, she continued her studies in literature in her PhD program in the US. I joined her in the US in 2013 and began my PhD in 2014. We are now living in Easton and have a daughter.

What makes the US airline industry of particular interest to you in your research?

It is one of the most complicated industries in the economy because firms compete not only on a single product but on a route network. They have to make decisions about which route to provide service and whether it is a direct flight or a connecting service. It becomes more difficult to analyze firms' decisions and more challenging to carry on research.

How does your research intersect with what you teach in the classroom?

It has two parts. First, economics provides useful skills and knowledge in our decision-making, either personal or business. My research focuses on firms' behaviors, so definitely it brings insights about business decision-making into the classroom. For example, how firms decide how much to produce, what price to charge, and so on. Second, I use many empirical methods in my research to analyze data. When I bring the methodology used

and developed in my research into the classroom, students can also benefit by applying it in their data analysis and empirical study.

What areas or aspects of economics do you feel are most important for our students to learn and understand?

For a general student, it is important to understand how households should make decisions and how a market works, including demand and supply. It's also important to understand how the economy works as a whole, including understanding the concepts of GDP, CPI, unemployment, money supply, and so on. For a business major, it is also important to understand how firms make their production decisions and how they compete with each other.





Members of the Society for Black Initiative pose for a group photo in the SBI House, 1972.

The Society for Black Initiative

In 1969, the SBI was the first Black student organization at Moravian College.

The formation of the Society for Black Initiative (SBI) at what was then Moravian College in the fall of 1969 was a big moment for a small liberal arts college during a momentous time in American history—just five years after the passage of the Civil Rights Act.

While Black student groups had existed on campuses before 1964, the act helped create

more space for such organizations at predominantly White institutions around the country. In the wake of the act—which prohibits discrimination based on race, color, religion, sex, or national origin—many Black students felt the need to build supportive communities and advocate for their needs and identities. That was the impetus for the SBI, the first such student organization at Moravian, which operated from 1969 to 1983.

The group organized concerts, art exhibits, fashion shows, lectures, and even a charity basketball game with the Eastern Professional Basketball League to raise money for a scholarship fund.

The basketball game gave local children the opportunity to seek autographs from their athletic heroes, including Harthorne Wingo of the Allentown Jets, who later became

a popular reserve player for the New York Knicks. His fans were known to chant his name in thunderous unison.

Just weeks before the SBI became an official student organization, members also helped organize a four-day “Conference on Black America” with several prominent speakers, including Claude Brown—author of the acclaimed novel *Manchild in the Promised Land*—and Richard G. Hatcher, the first Black mayor of Gary, Indiana.

* * *

The first president of the SBI was Reed Raymond ’74, who would go on to be an advocate for education, leadership development, and diversity in professional spaces. After graduating from Moravian, Raymond built a career as a vice president and chief administrative officer of the Federal Reserve Bank of Philadelphia.

“It was a time in the country where there was a lot of change with the civil rights movement, the women’s movement, and the Vietnam War,” Raymond says, “and we were smack in the middle of it.”

Raymond recalls that there were only nine Black students in his freshman class, out of a total of 315 incoming students.

“Before that, most of the Black students who attended Moravian were from the [Caribbean] islands,” Raymond says, “but that freshman class had students from the inner cities of America. For those students, it was a total culture shock.”

Because of the cultural shift of the nation, an organization like the SBI was an invaluable contributor to both the academic success and the mental health of Moravian’s Black students at the time.

The SBI was the forerunner of today’s Black Student Union Club (BSU), created in 2014. G. Christopher Hunt, now the university’s vice president and dean for inclusive excellence, was an administrator at what was then Moravian College when he helped start BSU on campus.

“A group of three women students took it upon themselves to organize the petitions they needed to be recognized as an organization,” Hunt says. “They really brought the Black student community together at the time, so that those students had at least a Sunday afternoon to be around other students with similar experiences.”

Those three students—Brittney Eady ’17, Alexis Wiggley ’17, and Victoria Alukpe, who later transferred to American University—began organizing social events as well as study sessions.

According to Raymond, the SBI operated a little differently. For example, it limited its members to Black students only—which the group considered a necessary exclusion in light of the open and egregious racism and bigotry of the 1960s.

Today’s BSU is a bit more ecumenical in its approach, reflecting the cultural and demographic changes of the past five decades.

“We have about 263 people on our mailing list,” says current BSU vice president and marketing major Rachel Casimir ’27. “They’re not all students of Black or African American descent—a good chunk of them are allies, people from the Asian Student Union, the LatinX Student Union, or what we call affinity clubs.”

While the societal shifts since the 1960s have ensured that Black students today likely won’t experience the culture shock that Raymond’s classmates did, Casimir’s experience of the school is still similar to Raymond’s in terms of representation.

“In my freshman year, there were three Black girls on my floor,” Casimir says. “A senior at the time told me she was the only Black girl on her floor that year, so the school has been slowly starting to feel less like it’s a White school, though it’s still a predominantly White institution.”

* * *

While it is unclear why SBI ended in 1983—and why there were no other officially recognized Black student organizations until 1992—it is not uncommon for student organizations to come and go. Often, students who graduate pass the torch to the next class, which may not be as active. The biggest challenges are turnover in leadership as students graduate or become too busy.

“It’s not easy to find dedicated students to lead an organization,” says Hunt. “There’s a weight of responsibility that not everyone steps up to. But once we do find those student leaders, we’re able to support them and help them navigate those other challenges.”
—Steve Neumann ’94, G’18



Members of the SBI together in the HUB, 1972. From left: Allan A. Brown, Kerry Evans, Reed Raymond.

Dare to Know

Moravian student Nate Pynchon, a senior with a major in historical studies and a minor in French, says, “Understanding the humanities is understanding ourselves.”

Nate Pynchon '26 always loved hearing and telling stories of the past. In middle school, he listened obsessively to the soundtrack from *Hamilton*; he discussed politics with friends. But it was COVID—the personal and collective tumult of that time—that changed the course of his studies, and his future.

When the pandemic started, Pynchon was a sophomore at Nazareth Area High School, planning to focus on business or marketing in college. Then came the isolation of lockdown and virtual schooling. His father died in August 2020. That fall, Pynchon leaned on his teachers for perspective and solace.

“It was a very rough time,” Pynchon recalls. “It got me to reconsider a lot of directions in my life.”

In a class in US history, he worked with other students to develop a lesson plan—his section was on Henry David Thoreau and transcendentalism—and teach it to the class. “I rediscovered my love for history,” he says.

During Pynchon’s senior year, he became especially close with Patricia Cunningham, who taught AP government and politics. She encouraged him to consider Moravian and told him about the Humanities Fellowship, which provides up to \$5,000 in addition to any merit scholarships. His application project involved research on how personalized news and social media create “echo chambers” and information silos that threaten democracy.

Now Pynchon is a senior with a major in historical studies and a minor in French; he’s also earning a certificate in secondary education. “I am very grateful for all those teachers who helped get me through high school,” he says. “That’s something I want to continue in my time as an educator.”



Nate Pynchon '26 is majoring in historical studies with a minor in French.



English, history, foreign languages, philosophy—they get into the root and ask, ‘Who are we? What do we want? Does it always have to be this way?’ Those are questions we need to be asking now.”

—Nate Pynchon '26

As a Humanities Fellow, Pynchon was part of a small cohort of students taking an intensive interdisciplinary seminar along with a three-semester professional development course focused not just on career planning but on the role humanities play in the modern world.

That’s something Pynchon, as a student and an educator—he’s done field placements in area elementary and high schools, including a recent lesson with fourth graders on the disability rights movement—thinks about often.

“Understanding the humanities is understanding ourselves,” he says. “English, history, foreign languages, philosophy—they get into the root and ask, ‘Who are we? What do we want? Does it always have to be this way?’ Those are questions we need to be asking now.”

For his honors project in history, Pynchon, who calls himself an “alcohol historian,” hoped to investigate how the Bethlehem Steel company, which supplied steel for everything from ships to the Golden Gate Bridge, responded to Prohibition. But there were

few primary sources to inform his research. So, he began instead to examine the company’s approach to “welfare work”—that is, providing amenities for employees that included a band, a soccer team, and a company-subsidized cafeteria, in an effort to keep workers happy, thwart unionization efforts, and avoid government scrutiny.

Pynchon’s curiosity and energy impressed Heikki Lempa, professor of history and the Priscilla Payne Hurd Chair in the Arts and Humanities. Lempa taught Pynchon in a survey class on European history and asked Pynchon to be his research assistant, reading original documents—some of them in French—for a project on the Haitian Revolution of 1791 and how it impacted European perspectives on race and enslavement.

“Nate is really inquisitive as a student,” Lempa says. “He’s not afraid of thinking publicly. He really tries to understand how history works. He’s willing to make mistakes and take risks.”

At Moravian, in addition to being student president of the history club and vice

president of the French club, Pynchon is a Writing Fellow in Residence, currently working to develop a curriculum and train others to help multilingual students with their writing.

Previously, he worked with Lempa as a Writing Fellow in the classroom. “He was more like a collaborative teaching assistant, actively engaged with the students,” Lempa recalls. “Nate had his own office hours and was very influential in many students’ papers.”

Pynchon loves stories; in 11th grade, he resolved to read one book a week and kept that pledge for four months. He loves languages; in addition to French, he’s starting to learn Spanish. And he loves the way history braids all those strands together.

He thinks often about a quote from the philosopher Immanuel Kant, “Sapere aude,” usually translated as “Dare to know.” In a history class with Lempa, Pynchon learned a slightly different translation. “It’s more like, ‘Have the courage to think for yourself.’ That’s really what history needs to emphasize right now.” —*Anndee Hochman*

BRILLIANCE



Nick Mancini in Moravian's South Campus recording studio, where he created *Troubadour*

Verse Meets Vision

Nick Mancini '26 spent a year in Moravian's recording studio as part of an independent study. The result is his first full-length album.

For most aspiring musicians, the completion of a successful album would represent the pinnacle of accomplishment. For music performance major Nick Mancini '26, it's just the beginning.

Under the expert guidance of Artist-in-Residence Sean O'Boyle, AM (Order of Australia), Mancini wrote, produced, and recorded an album of original songs, which was presented to the Moravian community earlier this year. O'Boyle characterizes Mancini's *Troubadour* as both a triumph and "a testament to Nick's extraordinary dedication and work ethic—it's the academic equivalent of scaling Mount Everest."

O'Boyle says Mancini approached him about doing an independent study based on a songwriting course O'Boyle had written. "We met in the studio two or three times a week to develop his concepts and



Nick has a bright future ahead, and his commitment and creativity have set a remarkable benchmark for future students to aspire to."

—Sean O'Boyle, artist-in-residence

talk through the craft of arranging and mixing his songs," O'Boyle says. "We spent a great deal of time before the presentation making sure the mixing and mastering process was the best it could possibly be. Nick was determined to produce work of the highest quality, and he delivered."

Fresh off an internship with Moravian faculty member, musician, and studio engineer Noah Flaharty of Madhouse Records in the Philadelphia area, Mancini returned to campus in mid-August to continue his role as drum major for Moravian's marching band, get a jump on his goal of completing a self-designed minor in technology and audio recording, and play his final year of lacrosse. In the recording studio on Moravian's South Campus, he talked about the album, which was inspired by the tradition of lyric poets of medieval times. The name *Troubadour*, he says, fits the album's embrace of love, loss, mortality, and musings on the state of the world. The work blends varied musical styles and traditions, including folk, rock, and jazz. Some songs are mournful, some celebratory and upbeat, but all reflect the experiences of Mancini's young life.

The seeds of the yearlong album project were sown in 2024 when Mancini began recording four tracks on his own. As part of his independent study in spring of 2025, he

recorded five more to round out the album. He recruited friends and fellow Moravian music majors Calvin Deifer '26 and Sean Carroll '26 to join the Nick Mancini Six and began a creative journey that was, in Deifer's assessment, "incredibly unique and fun."

"Nick is a natural leader," Deifer adds. "And with the skills he has as a producer, in addition to his musicianship, the result is something truly incredible and beautiful."

Mancini's musical destiny was sealed in middle school, when the then-aspiring marine biologist took up the saxophone, earned some early awards and recognition, and realized that he possessed an inclination for both the thrill of making music and improvising. "I came to Moravian for jazz camp one summer and thought that it was really fun," he says, noting the sense of camaraderie with fellow students, the jolt from the creative enterprise, and the generous attention of the "amazing jazz faculty" who have been "incredibly supportive and a huge influence" on him.

The gift of a cherry-red Washburn guitar from his parents on his 15th birthday

provided the impetus to teach himself to play it from YouTube videos, and his COVID-altered school schedule allowed him to immerse himself in the process. A later gift of his family's album collection added all the inspiration he needed. "My father's parents are partial to '50s rock and roll, and my mom's are more into the hippie stuff from the '60s and '70s, so there was a lot to absorb," he says. "I really got into the older Beatles albums, and Paul McCartney's music in particular. I started to listen, like, *really* listen to the lyrics for the first time."

Mancini began writing songs "with no real knowledge of the process" but found that the words and melodies came easily to him. "In high school, I wrote a lot with my buddy Preston, and that was the closest thing I ever had to a songwriting partnership before this experience," he says.

Aside from the partnerships, the inherent rewards of the creative process, and the external affirmation that comes with accomplishment, Mancini's musical path has already led him to unique experiences connecting with scholars and musicians. His summer

internship, for example, found him assisting artist Kayla Childs in a performance saluting the work of Grover Washington Jr. at the Yard on John Coltrane Street in Philadelphia. "At one point," Mancini says, "I looked around and thought, *This is the coolest thing ever.*"

On the horizon are more live performances, a Nick Mancini Six Christmas song, and a concept album that he'd like to produce in one day. He also plans to continue studying music through a graduate degree and to master the technological and educational sides of music production, where he sees abundant career opportunities.

O'Boyle says Mancini's impact is already apparent: "Nick has a bright future ahead, and his commitment and creativity have set a remarkable benchmark for future students to aspire to. Beyond being a personal milestone for Nick, this signals something greater: the potential for developing a dedicated degree in commercial music. Such a program could attract a new generation of music students to our university, expanding both our reach and our relevance in today's evolving musical landscape." —Linda Harbrecht

BOOKSHELF



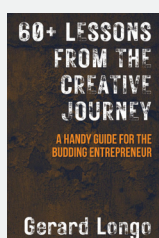
**The Stargazer:
Unleashing the
Brilliance of Building
Brighter Teams**

By Katie P. Desiderio
and Michael G. Frino.

Desiderio is a professor

of management and assistant vice president of corporate-educational partnerships.

Jack, a retired teacher and vintner from Yountville, California, transforms his struggling vineyard and his life through a series of profound experiences rooted in the natural world. Readers are invited to reflect on their leadership styles and team dynamics with practical exercises.



**60+ Lessons from the
Creative Journey: A
Handy Guide for the
Budding Entrepreneur**

By Gerard Longo '10,
founder and CEO of
Underground Music

Collective

During his decade-plus creative journey, Longo learned many lessons. Some were commonsense live-and-learn experiences, while others came as a result of falling flat on his face. Longo decided to start compiling a list of the experiences that helped him become a better creative professional.



**Remission Quest: A
Medical Sociologist
Navigates Cancer**

By Virginia Adams
O'Connell, associate
professor of sociology
and department chair

As a medical sociologist, Adams O'Connell has studied the healthcare system and people navigating illness. In 2019 she confronted her own reality of being diagnosed with primary bone lymphoma. This book chronicles how the reality of living with cancer changed Adams O'Connell's perspective on what she had studied.



Professional and Continuing Education in Today's Workplace

One of the primary goals of Moravian's School of Professional Studies and Innovation is to partner with Lehigh Valley business leaders to help solve their problems.

*By Deirdre Letson-Christofalo
Dean and associate provost, School of Professional Studies and Innovation*

In today's fast-evolving workplace, continuing and professional education is no longer optional—it's essential. As industries are transformed by technological disruption and shifting labor demands, professionals must continually adapt, reskill, and reimagine their careers. Continuing and professional education serves as a critical bridge between the demands of the workforce and the capabilities of individuals seeking to remain relevant.

What makes professional and continuing studies uniquely valuable is their alignment with real-world needs. These programs, both degree and nondegree, are designed not only to build knowledge but to develop applied

skills that directly enhance workplace performance. From graduate degrees and industry-recognized certificates to micro-credentials and modular learning pathways, continuing and professional education offers flexible options that fit the lives of working professionals—many of whom are juggling full-time jobs, family responsibilities, and other personal commitments.

Today's workforce is increasingly characterized by nonlinear, multidisciplinary career paths. Professionals are changing roles, industries, and even entire fields of work more frequently than in the past. The rise of automation and AI has only accelerated this trend, demanding a more dynamic and responsive approach to skill development. Professional and continuing studies programs help individuals not only catch up with change—but stay ahead of it.

Adding to this landscape is the growing recognition that careers are lasting longer. While people once prepared for a 30-to-40-year career arc, they now face the prospect of working for 50 or even 60 years.

As outlined in *The 100-Year Life: Living and Working in an Age of Longevity*, by Lynda Gratton and Andrew Scott, longer lifespans are shifting how we think about education and work. Rather than front-loading all our learning into our early years, continued learning becomes a recurring, strategic tool for thriving across multiple life stages and career transitions.

Professional and continuing studies programs are evolving to meet these needs. Flexible delivery formats—such as online and hybrid options—enable learners to engage without stepping away from their careers. Industry partnerships and experiential learning components ensure that what's taught in the classroom translates directly to performance in the workplace. Increasingly, programs are emphasizing not just technical and digital skills, but human

skills such as leadership, critical thinking, adaptability, and communication.

As organizations grapple with talent shortages, change, and the pace of innovation, investing in continuing and professional education is not only a benefit for individuals—it's a strategic imperative for employers. Institutions of professional and continuing studies serve as vital partners in this ecosystem, helping organizations develop their workforces from within, close skill gaps, and future-proof their talent pipelines.

Ultimately, the value of continuing and professional education lies in its ability to provide both immediate utility and long-term adaptability. It supports professionals in navigating the current demands of their roles while equipping them for whatever comes next. In a workplace marked by constant change—and lives that span nearly a century—continuing and professional education is not just about keeping up. It's about leading the way forward.

This becomes even more critical in today's uncertain job market, where economic cycles are shorter, disruptions are more frequent, and job security can no longer be taken for granted. Layoffs, restructurings, and rapid technological shifts mean that even the most experienced professionals may suddenly find themselves competing for new opportunities. In such an environment, ongoing education acts as career insurance—an investment in resilience, adaptability, and sustained employability.

Employers, too, are prioritizing candidates who demonstrate a commitment to lifelong learning. This inclination signals not only technical competency but also adaptability, intellectual curiosity, and the willingness to embrace change.

Professional studies programs—particularly those developed in collaboration with industry—offer learners the ability to gain in-demand skills quickly and in formats designed for busy modern lives. Whether

Ultimately, the value of continuing and professional education lies in its ability to provide both immediate utility and long-term adaptability. It supports professionals in navigating the current demands of their roles while equipping them for whatever comes next.

through short-term certificates that close immediate skill gaps or advanced degrees that prepare individuals for leadership, continuing education provides a pathway forward in volatile times.

Across sectors, professional and continuing studies contribute to broader economic stability by equipping the workforce with relevant, up-to-date skills. This not only benefits individuals but also strengthens the capacity of organizations and communities to remain competitive in a global marketplace. The result is a more agile, future-ready workforce—one capable of meeting today's challenges while positioning itself to seize tomorrow's opportunities.

In a world where change is the only constant, professional and continuing education is more than a personal or organizational advantage—it is the foundation for long-term success.



BEYOND THE GAME

BY CHRISTINA TATU

PHOTOS BY NICK CHISMAR '20 AND REY GABRIEL '28

The Next Play—filmed at Moravian this past summer—is more than a movie about field hockey. Learn about how the film, and Moravian, are tackling student-athlete mental health and raising awareness.



From left: Katina Sossiadiis '93 and her sister, Koula Sossiadiis Kazista, on the set of The Next Play. Photo by Rey Gabriel '28



Actors Lee Tergesen (left) and Mariana Garzón Toro (right) film a scene on Main Street in front of Comenius Hall. Photo by Rey Gabriel '28

At Boade Boarding School in Pennsylvania, Reese is struggling to uphold her legacy on the high school field hockey team while dealing with pressure from her demanding mom and a tough coach. The weight of it all reaches a breaking point when a new and talented student named Cait joins the team, leaving Reese to question her own standing.

The story told by *The Next Play*—a feature-length film shot this past summer against the backdrop of Moravian’s Main Street and Priscilla Payne Hurd Campuses—may be fictional, but the struggles faced by the student-athletes are very real.

“We didn’t just want to do a regular sports movie. We wanted to add a deeper message,” says alumna Katina Sossiadis ’93, who majored in fine art during her time at Moravian.

Sossiadis, along with her sister, Koula Sossiadis Kazista, cowrote and directed the film about relationship dynamics and mental health among high school teammates. Slated for a 2026 release, the independent movie is the first feature-length film shot at Moravian.

The topic is a personal one for the sisters, who are both field hockey moms from Bethlehem.





Filming in Reeves Library.
Photo by Rey Gabriel '28



Sossiadis's daughter, Ellie Bozikis '27, a marketing management major, was an assistant on the movie, lending her perspective as someone who played field hockey in the Lehigh Valley for 11 years, from elementary school through high school.

"There's intense pressure on young people in any sport," Bozikis says. "There's a lot of pressure trying to be the best, trying to carry your team and get onto a good college team."

Viewers will witness that pressure in the movie, Sossiadis says, but she hopes they'll also find encouragement to reach out and talk about it if they are dealing with something difficult.

"We are positive filmmakers; we like to inspire hope. Hope is very important to us," Sossiadis says.

During the development of the movie, Sossiadis and Kazista collaborated with St. Luke's University Health Network and Morgan's Message, a nonprofit dedicated to raising mental health awareness. In the movie, Reese becomes consumed by a journal she finds, written by a relative detailing

their mental health struggles, the spiral they fell into from failing to get help, and the repercussions.

BREAKING THE STIGMA

The idea to focus on mental health was spurred by a conversation Sossiadis had with Bozikis's high school field hockey coach a few years ago. Sossiadis was the booster club president for Bozikis's team at Freedom High School in Bethlehem. The coach approached Sossiadis one day about buying merchandise from Morgan's Message, named after Duke University lacrosse player Morgan Rodgers. Sossiadis couldn't stop thinking about Rodgers after reading her story.

From the outside, Rodgers appeared to have everything lined up. She was a bright and curious student; on the field she was a talented athlete with relentless drive; in her sketchbook, she was a gifted artist; and most importantly, those who knew her recognized Rodgers as a beloved and loyal daughter, sister, friend, and teammate.

Rodgers always dreamed of playing for the Duke University women's lacrosse team and

was thrilled to be accepted as a Blue Devil at the Division I school, at the highest level of intercollegiate athletics in the United States.

That dream was shattered in January 2017 when Rodgers endured a knee injury. She spent 12 months determined to return to the field, undergoing surgery and intensive rehabilitation, but struggled with the sudden change in her life. She died by suicide in 2019 when she was just 22 years old.

"As athletes, we are competitors, so we're always taught that we have to put on that game face, be strong, push through these challenging things," says Clare Kehoe, cofounder of Morgan's Message and director of the organization's education program. "I think we are realizing that winning or being successful in whatever sport you play doesn't have to be completely separate and isolated from the true human experience that we have, which is very emotional and has ups and downs."

Mental health among student-athletes has improved since 2020, but they still report a relatively high number of issues, according to



From left: Sossiadis and Kazista during filming in Reeves Library.
Photo by Rey Gabriel '28



At table, from left, Actresses Lyla Tsiokos and Abigail Donnelly film a scene in front of Reeves Library.
Photo by Rey Gabriel '28

a 2022–23 study from the National Collegiate Athletic Association (NCAA). Women, BIPOC, and LGBTQ student-athletes have the highest rates of mental health struggles, the study says, citing as stressors issues such as academics, finances, and planning for the future.

Kehoe, who was best friends with Rodgers when the two were growing up in northern Virginia, is now an inpatient psychiatric nurse at NYU Langone. The pandemic was pivotal in helping to break some of the stigma that surrounds talking about mental health, Kehoe says. The global nature of the pandemic brought mental health concerns to the forefront and forced people

to acknowledge what they were struggling with, she says.

Professional athletes have also since started using their platforms to talk openly about mental health. Perhaps best known is Simone Biles, an American Olympic gymnast who made headlines in 2020 when she withdrew from several competitions at the Olympics in Tokyo because of stress that was negatively impacting her performance. Biles has since become an advocate for athletes' rights and mental health.

Breaking the stigma is the crux of Morgan's Message, especially for her family and

friends who discovered the detailed journals Rodgers wrote about her hidden struggles.

"Morgan was someone who, on the outside, had everything going for her. She was a phenomenal athlete, she had a lot of friends, she was smart—she was really excelling in all aspects of her life—but stigma is what prevented her from being authentic and honest to everyone around her," Kehoe says. "How do we start chipping away at this stigma so someone like Morgan, who is seemingly very successful in a lot of aspects of her life, can feel comfortable?"

MENTAL HEALTH AT MORAVIAN

Considering all the hours spent on practice, games, and academics, being a college athlete is a huge time commitment. This group of students tends to have very high levels of stress, says Rosemarie Williams, director of operations and outreach for Moravian's Counseling and Psychological Services (CAPS).

"When we talk about student mental health, we want them to have good amounts of self-care, including doing things they enjoy,

"There's a lot of pressure trying to be the best, trying to carry your team and get onto a good college team."

—ELLIE BOZIKIS '27

Shawna Mamrak '28 is a new member of PAW and The Hidden Opponent. Photo by Nick Chismar '20



“So much of a student-athlete’s identity is wrapped up in the sport, so if you are thinking about not playing . . . that takes away a big part of an athlete’s identity and can impact their self-worth.”

—ROSEMARIE WILLIAMS,
DIRECTOR OF OPERATIONS AND OUTREACH FOR CAPS

having good social support, reaching out for help when they need it, and making sure they have a good work-life balance,” Williams says.

She acknowledges that these things may be challenging for athletes, with their rigorous academic and athletic commitments. The stress increases if an athlete is injured.

“So much of a student-athlete’s identity is wrapped up in the sport, so if you are thinking about not playing, either because of an injury or for other reasons, that takes away a big part of an athlete’s identity and can impact their self-worth,” Williams says.

To provide support, CAPS has regularly scheduled drop-in hours for student-athletes to connect with a therapist. Williams, who has been at Moravian for 10 years, also organized the Peers and Wellness team (PAW), a group of students and staff who work together to support mental wellness and peer education. The group includes six paid student workers and six volunteer members. For the 2025–26 academic year, there are two athletics representatives on PAW—assistant women’s soccer coach Riley Spingler G’26 and field hockey player Shawna Mamrak’28.

In addition, there’s the Athletics Mental Health Committee, which meets monthly, and the Student-Athlete Advisory Committee (SAAC), created to address student-athletes’ concerns. Football player Mason Ludlow’27 is on SAAC’s executive board and is the head of the SAAC subcommittee for student wellness.

Moravian is also active in The Hidden Opponent, a nonprofit organization for athlete mental health advocacy, education, and support. The organization has Campus Captain Ambassadors who bring mental health initiatives to campus and organize sporting events where they pass out green ribbons—a symbol of mental health—and information on resources. Both Mamrak and Spingler are active in The Hidden Opponent.

TALK ABOUT IT

Perhaps most important is awareness—making sure students know about the resources

MORAVIAN UNIVERSITY

Riley Spingler G'26, an assistant coach for the women's soccer team, is a member of PAW and The Hidden Opponent. Photo by Nick Chismar '20



Football player Mason Ludlow '27.
Photo by Nick Chismar '20





available to them and that they can, and should, talk about what they're feeling, say Moravian athletes and coaches.

Spingler was an undergrad and goalie on the Bloomsburg University women's soccer team in 2021 when she broke her leg during a breakaway one-on-one in the first 5 minutes of a preseason game. That night, surgery followed to insert a metal rod and screws to stabilize her tibia and fibula.

"It was really bad. It broke my spirituality; it broke my faith," says Spingler. "I was a big manifester, and I kind of had a feeling something bad was going to happen. . . . I kept thinking, *If I would have literally missed this one practice, I could have played the whole year.*"

Still, Spingler didn't seek counseling.

"I felt like I just had to figure it out in my own head," she says. "I had to process all these things, and it messed up my hopes for the future. I've been working through all these things, even four years later."

Spingler has always been interested in helping others. When she decided to pursue a graduate degree in social work at Moravian, she became involved in PAW and The Hidden Opponent.

"I wish I had used my resources back then. I forced myself to get through it until I got better, but I just healed my body, not my head," Spingler says.

Ludlow, who plays offense for the football team, says he sought counseling after a stressful time last year. He's since become an advocate for speaking openly about mental health and encourages others to seek help if they need it.

After ending a difficult relationship, Ludlow felt depressed and lost his motivation. His coaches noticed and connected him with CAPS, where he was able to talk with a counselor. Ludlow wishes more male athletes would communicate about how they feel.

"I think a lot of guys are not really looking for help," he says. "They try to hide their feelings."

Through SAAC, Ludlow helps organize events on campus to address stress relief and foster community building. He also has continued with counseling and says he and his teammates make it a point to reach out to each other and ask how it's going.

To anyone considering counseling, Ludlow says, "I think the biggest thing is to not be nervous about it. It's just talking to someone, and they will listen to you without criticism. They are there to help."

Mamrak became involved in The Hidden Opponent and PAW after a former teammate suggested she would be a good fit for the organizations. "If you see people around campus talking about it, it can make you feel like it's a safe space," Mamrak says.

BREAKING IT DOWN

During the 2022-23 academic year, 23,272 student-athletes participated in an NCAA study that revealed:

44% of women
17% of men
felt overwhelmed

28% of women
17% of men
experienced sleep difficulties

35% of women
16% of men
felt mentally exhausted

29% of women
9% of men
felt overwhelming anxiety

For more information:
mrvn.co/ncaamentalhealth

“You’re not just a field hockey player or a nursing major; I want to know about the things you enjoy outside of that.”

—SARAH DALRYMPLE, HEAD FIELD HOCKEY COACH

Mamrak played field hockey since seventh grade as a student in the Pen Argyl School District but admits she was on the fence about continuing at the college level. “It was a big adjustment, fast-paced—it’s a lot. I didn’t know how I’d balance my schedule, but I’m glad I joined a sport,” she says. “For me personally, it’s the best way to meet people, especially at Moravian. It was a very good path to take.”

Head Field Hockey Coach Sarah Dalrymple has been coaching at various institutions for 13 years—the past five at Moravian. The topic of mental health has become more prevalent during that time, and Dalrymple makes talking about it part of her coaching style. After every game and practice, she asks her athletes if they want to talk about anything. If an athlete appears to be having a bad day, Dalrymple will pull her aside to talk privately.

“The number one thing for me is it’s important to create relationships with individual players, because if you don’t do that, they won’t feel comfortable having those conversations with you,” she says. “You’re not just a field hockey player or a nursing major; I want to know about the things you enjoy outside of that. . . . In creating that relationship, players are much more open to having the conversation.”

THE NEXT PLAY

Field hockey is a popular sport, especially in Pennsylvania, where it has a strong network of players, coaches, and fans. But it hasn’t gained the same national attention as women’s soccer and basketball, Dalrymple says. For this reason, the prospect of a field hockey movie is exciting to those devoted to the sport.

“Women’s sports are starting to get the attention they deserve, but it’s taken a long time for the general public and those who are making movies to recognize that women’s sports have a place,” Dalrymple says.

Sossiadi’s and Kazista’s families are so devoted to field hockey that the filmmakers never considered featuring another sport.

“Field hockey is something we feel very passionate about,” Sossiadi says. “We also didn’t want to do a documentary. We wanted a narrative so we could reach a wider audience.”

Filming on *The Next Play* wrapped in early August, after an 18-day shooting schedule. Comenius Hall was the main setting for most scenes, and students who happened to be on campus probably saw a large dolly

transporting the camera along Main Street and the film crew roaming campus. Parts of the movie were also filmed at Liberty High School in Bethlehem.

Of the 50 field hockey players featured in the film, 40 are from the Lehigh Valley, including athletes from Bangor, Easton, Liberty, Nazareth, Northwestern Lehigh, and Southern Lehigh high schools.

The movie is the second feature-length film for Sossiadi and her sister. In 2019 they collaborated on *Epiphany*, shot in Tarpon Springs, Florida. *Epiphany* focuses on the struggle of a young girl as she tries to create a relationship with her father after the death of her aunt who raised her.

Sossiadi and Kazista like to create female-centric movies that focus on identity and coming of age. The sisters were influenced by director Peter Weir, and both women are big fans of his film *Dead Poets Society*, starring Robin Williams and Ethan Hawke.

Despite 12-hour days spent filming, Sossiadi says she was thrilled to be back at Moravian and to share the experience with her daughter.

“It’s fate. I can’t believe I’m back doing a movie at Moravian, and this will be Moravian’s



Sossiadi in her original South Campus art studio, holding a portrait of herself from when she was a student in the early '90s. Photo by Nick Chismar '20



Sossiadis's daughter, Ellie Bozikis '27, was an assistant on the movie. Photo by Rey Gabriel '28

first movie filmed on campus,” Sossiadis says. “My hope is there will be many more movies filmed here. It’s a beautiful campus.”

As a fine arts student, Sossiadis spent most of her days in her South Hall studio. One of the scenes in *The Next Play* was filmed next door to her original studio. After graduating from Moravian, Sossiadis earned an MFA from the University of Pennsylvania. She briefly lived in New York City before returning to the Lehigh Valley.

“Back 30-some years ago, there was such a strong art department at Moravian,” she says. “I had many professors who were very inspirational, especially Rudy Ackerman, who was the head of the department at the time. Moravian shaped me as an artist, and that’s become my foundation.”

For more information about the movie, visit <https://thenextplaymovie.com>.

CAMPUS RESOURCES

Counseling and Psychological Services (CAPS):

CAPS offers confidential, free therapy to all full-time students during the fall and spring semesters. In addition, CAPS provides case management services for all enrolled students. moravian.edu/caps

Telus Health:

Available during the fall and spring semesters and summer, this program offers 24/7 remote mental health and well-being support. moravian.edu/caps/telushealth

Student-Athlete Mental Health:

Moravian strives to create a culture where caring for mental health is the norm and receiving mental health support is no

different from an athletic trainer supporting an injured athlete. moravian.edu/caps/student-athlete-mental-health

Peers and Wellness Team (PAW):

PAW is a group of Moravian students and staff who work together, supporting each other in the pursuit of mental wellness and peer education. moravian.edu/caps/peers-and-wellness-team-paw

The Hidden Opponent:

A nonprofit organization for mental health advocacy, education, and support, The Hidden Opponent empowers athletes to prioritize their mental health and shatter the stigma in sports culture. thehiddenopponent.org/about



Living Mindfully



From left: Za'Nya Wright '25, Melanie Johnson '25, and Samantha Garcia lead a class in the Mindful Futures initiative at Moravian Academy.

Melanie Johnson '25 and Za'Nya Wright '25 hypothesized that sharing the tenets of mindfulness with younger students could improve kids' engagement with school.

Starts Young

By Caroline Junker
Photos by Nick Chismar '20



From left: Za'Nya Wright and Melanie Johnson in the classroom at Moravian Academy

As the clock strikes 10 a.m., kids adorned in red Moravian Academy shirts start filtering into the classroom. They're chattering excitedly about today's activity in their Mindful Futures class. They will follow along with a clip from a favorite movie, *Ratatouille*, in an exercise that prompts them to discuss mindful eating and connect food with gratitude.

Mirroring Remy the rat, the students dutifully take a bite of cheese, then a bite of strawberry, then pair them together in one big bite. Samantha Garcia, main educator and executive director of learning and development with Mindful Passages, encourages

them to voice what they're experiencing. "Just blurt it out!" she instructs.

The Mindful Futures initiative at Moravian Academy is organized by Mindful Passages, an organization that couldn't be more local:

The group was created over the past two years by Moravian University undergraduates who wanted to make a difference in local schools and were able to bring their brainstorming to life. Months of enthusiastic discussion led these students to form their very own nonprofit and partner with Moravian Academy.

As undergraduate students at Moravian, Melanie Johnson '25, now chief executive officer and president of Mindful Passages, and Za'Nya Wright '25, chief operating officer and vice president, spearheaded the group's transformation from a pipe dream to a reality. They had the idea of forming some kind of program to boost young students' academic performance while participating in the Millennium Fellowship, a global leadership development program.

“We came together and said, ‘We can create something mindfulness-based that can help kids want to go back to school,’” Wright says of that initial inspiration. “We wanted to help kids work on their emotional intelligence and their desire to be a part of their school communities.”

Johnson and Wright’s idea might have stayed on the drawing board forever if it weren’t for a connection at Moravian Academy, a private pre-K–12 school based in Bethlehem. Carol Traupman-Carr, Moravian University’s vice president for institutional effectiveness and dean for academic operations, connected them with Kelvin Sealey, director of strategic partnerships and external programming at Moravian Academy. Sealey championed a partnership with Moravian Academy, fleshing out the logistics of a pilot program, making introductions, and ensuring that this collaboration would be fruitful for Moravian Academy students.

“It is a tribute to the strength of the project and to my colleagues that they said, ‘Okay, we will set aside time to make this happen,’” Sealey says. “That just doesn’t happen every day.”

Johnson and Wright began brainstorming with Sealey at an auspicious time. “Our plan for a program timed up perfectly with Moravian Academy’s wellness initiative,” Wright says, sharing how the school had separately held a Wellness Night event. “It felt like divine timing.”

“Kelvin was our number one supporter through all this,” Johnson chimes in. Gradually, with input from a number of individuals at Moravian Academy, including heads of campuses and counselors, the idea of developing a mindfulness curriculum took shape.

What Is Mindfulness?

The word *mindfulness* might evoke visions of challenging yoga positions, pastel journals, and breathing exercises that leave you lightheaded, but experts say that mindful practices can give you the tools to be more present, relaxed, and resilient. “I didn’t know anything about mindfulness before I attended Moravian,” Johnson shares. “I had

“We wanted to help kids work on their emotional intelligence and their desire to be a part of their school communities.”

—ZA’NYA WRIGHT ’25

no idea what it meant to meditate. . . . I’ve always been very busy doing a lot, and I kind of used that as a way to keep myself busy without having to think about or reflect on certain things in my life.

“Mindfulness introduced me to a different way of living that I wanted to share with other people,” she continues. Johnson and Wright

hypothesized that sharing the tenets of mindfulness with younger students could improve kids’ engagement with school, but the two wanted to make sure their approach was backed up by research. Wright, a neurobehavior major, embarked on a literature review.

“I looked at the neuroscience behind mindfulness-based social work practices in



Samantha Garcia, main educator and executive director of learning and development with Mindful Passages





Moravian Academy students who successfully complete the Mindful Futures program earn a certificate.

school,” she explains. Through her research, she learned how stress—spurred by such stressors as social media, bullying, and even school shootings—functions as an impediment to learning. “These studies had great links that showed that poverty and stress really do lead to neurological adaptations in hypervigilance and aggression and difficulty learning,” Wright says. “If you don’t feel safe where you’re learning, how can you be comfortable in listening to your teacher or even feeling like you want to be there and actually do your work?”

Wright reviewed studies that implemented mindfulness programs at different schools, noting that successful programs had dramatic impacts on students’ confidence levels and on their performance on tests. Based on her research, she and Johnson decided to target middle schoolers, an age range vulnerable to increasing school absences and diminishing academic performance. At young ages, kids also have more neuroplasticity, meaning that their brains are more malleable and could be more receptive to strengthening the circuitry behind emotional regulation.

Wright’s deep dive into past studies gave her another idea: She wanted their mindfulness program, still in the early stages of conception, to have a research element. She planned to assess her subjects’ understanding of mindfulness over time through surveys administered before and after the program, in addition to review of students’ anonymous journals. Despite not having prior research experience, Wright took on the role of primary researcher, developing the surveys herself and navigating the complicated process of Institutional Review Board (IRB) approval.

Mindful Futures

Wright and Johnson had their plan of action: Develop a pilot program, targeted at students in grades five through eight at Moravian Academy, that instilled simple mindfulness practices to promote healthy living and boost academic engagement. They had the concept, the connections, and the research—what they needed next was curriculum. And Johnson knew just the person to call.



A student participates in the Mindful Futures program.

Enter Samantha Garcia, longtime friend of Johnson and recent graduate of East Stroudsburg University with a degree in education. When Johnson approached her about joining the team to act as the main educator and help develop the curriculum, Garcia reacted enthusiastically. “If you want my exact response, I said, ‘Hell yeah!’” she says. Even though Garcia had specialized in early childhood education, she readily prepared to work with middle schoolers.

Finally came the arduous process of building the curriculum. Instead of pulling lesson plans from a textbook, the team wanted to fit the curriculum to Moravian Academy students, so they developed it themselves with guidance from local mindfulness specialist and Penn State Adjunct Professor Larissa Noto. At the end of the process, the group had a 130-page document that continued to evolve throughout the 10-week program, structured in two main chunks. The first five weeks included lessons that Garcia developed into colorful slideshows packed with information.

But implementing these lessons wasn’t without challenges. The first obstacle was time: The team met with Moravian Academy students twice a week, but given the busy school-day schedule, they had only 20 minutes for each lesson. Garcia became an

expert at condensing the material into short “data blitzes” that maximized information delivery while still including engaging elements, like video clips.

“It was a lot of learning as we went,” Johnson shares. Another unexpected challenge was expertise: In preprogram surveys issued to gauge students’ familiarity with mindfulness concepts, the kids proved to be much more knowledgeable than the team predicted. “They were very well spoken, very mature for their age,” Johnson continues. “They already knew a lot about mindfulness.”

The students were also excited to participate. “They were asked, ‘Is there anybody who would like to give up their free period’—which is their 20 minutes of doing whatever they want for the day—to come in and learn mindfulness?” Wright says. “And these 14 kids were like, ‘Yes, me!’”

In early February, the program was ready to kick off. Under Garcia’s guidance, students dove eagerly into discussions, learning how to manage emotions in ways that they took outside the classroom and even shared with their families. Each week, they completed a reflective prompt in their anonymous journals, which Wright periodically collected to assess how students’ perceptions of mindfulness changed over time.

Besides using her array of scientific research to fuel the program, Wright joined the class to explain how the fight-or-flight response stems from the sympathetic nervous system, which excites the body to prepare it for action during a perceived threat.

“I’ll use box breathing as an example,” Wright says, referencing a breathing technique meant to calm anxiety. “I call it my fake on-and-off switch: switching from my fight-or-flight, switching off my sympathetic nervous system, to turn on my parasympathetic nervous system.”

After this crash course in mindful practices, the last five weeks of the program flipped the script. The newly anointed mindful leaders, composed of sixth through eighth graders, headed over in small groups to the second-grade classrooms, where they taught the younger students simplified mindfulness principles of their choosing. The idea of having the kids act as the teachers, to learn leadership and organization skills, was pitched by Moravian Academy counselor David Hunt in a discussion with the team and fellow counselor Jackie Economopoulos.

Sixth grader Breeahna Bauer enjoyed this section of the program. “The second graders were good listeners and were really fun to work with,” she says. Bauer plans to continue the breathing methods she learned early on in the curriculum. For her, mindfulness allows her to calm down and focus. “Sometimes in class I space out or I get overwhelmed, so I needed to learn how to cope with that,” she shares.

Mindful Passages

Early in the process of designing the mindfulness program, dubbed Mindful Futures, Johnson saw an opportunity to expand their group’s potential impact. An international management major with a French focus and marketing minor, Johnson was inspired by her business background to solidify the passion project into a nonprofit. She felt that a nonprofit would be the best pathway to fulfilling the group’s mission, expanding the project beyond the Lehigh Valley, and giving back to the community.

A few more players were needed to get the nonprofit concept off the ground, but when it came time to assemble the dream team, Johnson found that most of it was already right in front of her. Wright and Garcia were immediately on board, and Johnson, adept at leveraging the strengths of people around her, looped in her sister Gabrielle Johnson to advocate for the organization as chief marketing officer, and fellow Moravian undergraduate Antonio Montgomery²⁵ to handle the finances as chief financial officer and treasurer.

“So, a lot of the people that are currently on the team, I’m actually very close with, and they see the vision and hold true to the values,” Johnson says. “They’re really doing it for the betterment of the students and in the hope that we’ll be able to work with as many students as possible in the future.”

Johnson tackled the strenuous pile of paperwork necessary to gain nonprofit status, aided by yet another resource, a coworker whom she eventually decided to hire as a certified public accountant for the team. And the name of the group? Mindful Passages, a nod to the transformative power of mindfulness.

In the future, the team hopes to take Mindful Passages beyond Bethlehem, and even

“In the beginning, I was like, how can we do this? [We did it through] everyone boosting each other up, everyone having this passion.”
—SAMANTHA GARCIA

beyond Pennsylvania. “My goal is to make it to Texas,” Wright says, a grin on her face. With experience teaching early education in public schools, Garcia’s focus is on implementing a Mindful Futures program in a public school system.

“My big word is *amazing*,” Garcia says when describing the impact of the program. “In the beginning, I was like, how can we do this? [We did it through] everyone boosting each other up, everyone having this passion.”

“I’m just forever grateful,” Wright says, a sentiment echoed by Johnson. The team already has ideas on how to improve the

next iteration of the program, wherever—and whenever—that may be.

In the final meeting of their Mindful Futures class, on April 24, students stream back into the classroom, complimenting Wright’s new hair color and Garcia’s nails. After a few minutes of excited clamoring, Johnson gets their attention.

“Have you guys been practicing your mindful techniques outside of class, outside of school?” she asks. A loud, unanimous “yes” answers her.

One by one, each student’s name is called, followed by enthusiastic applause and cheering. Each student walks to the front of the room to receive a personalized certificate and shake hands with Garcia, Johnson, and Wright, accompanied by the background music of “Pomp and Circumstance.”

“I’m going to miss you guys,” Garcia says as students crowd around her to say goodbye. Wright and Johnson dole out cake, collect postprogram surveys, and chat with students about their favorite parts of the program. Ten weeks of breathing exercises, mindful listening, and guided reflection have come to a close.

And just like that, the clock strikes 10:20. Students shove leftover food into their backpacks and trickle out the door. They’re off to tackle classes, sports practices, and middle school social life—something they’re well equipped to do after 10 weeks of learning how to live mindfully.



Students celebrate the completion of Mindful Futures with some treats.

By Steve Neumann '94 Illustrations by Colleen O'Hara

Wellness 360



How Moravian fosters well-being, from innovative new spaces to counseling and health services, sustainable food choices, and more





Students participate in a Playfair team-building exercise during orientation weekend. Photo by Nick Chismar '20

N

early two years ago, Moravian University began laying the cornerstones of what is now the reimagined HUB—a state-of-the-art student center designed to foster wellness and community, as well as academic and

career success. Before it was even completed, the Hauptert Union Building earned precertification from the International WELL Building Institute, a globally recognized organization that evaluates buildings based on how they promote health and well-being. While wellness has always been a pillar of the university's educational ethos, Moravian has been working to make explicit what has always been implicit in its dedication to students, says Nicole Loyd, executive vice president for university life, chief operating officer, and dean of students. "When I got here in 2008, wellness was certainly something that people cared about, but I don't know if it was something that people talked about," Loyd says. "We

had been steadily building a more robust infrastructure and support system, but we weren't broadcasting it to the world."

As Moravian was laying the physical foundation for the HUB, the Four Cornerstones of Wellness were conceived, becoming the bedrock of the university's wellness philosophy: Body and Mind, Innovative Technology, Academic Support, and Caring Community. Moravian's focus on wellness became even more crystallized this fall when students were welcomed back to the new HUB, where integral services such as counseling, health services, career and academic support, and collaborative meeting spaces that foster a sense of community are easily accessible in one location.

"We want members of this community to be healthy in all the ways they can be, and we'll provide the support that they need to get there," Loyd says, "because what we know is that students can't get to the higher-order thinking if they don't feel safe and don't have their basic needs met."

Continue reading to learn how Moravian supports the whole student—body and mind.

Physical and Mental Health in One Location

For the first time in Moravian's history, Counseling and Psychological Services (CAPS) and Health Services will be combined into one office on the first floor of the HUB in a newly renamed Wellness Center.

Moravian Health Services operates during the fall and spring terms and is managed by employees of St. Luke's University Health Network. Offerings include health counseling, disease prevention, physical exams, on-site lab tests, health-related literature, initial treatment of injuries, and referrals to local clinics for testing for sexually transmitted infections.

CAPS offers confidential therapy services to all full-time students at no additional cost to help them manage personal, social, and academic challenges. Therapists assist students in managing stress and anxiety, learning new ways to handle difficult situations, improving moods, mending relationships, and living better lives. Additionally, CAPS provides nonclinical case management services, according to Rosemarie Williams, director of operations and outreach for CAPS. Students who are not eligible for CAPS can receive therapy through Telus Health.

"Students can meet with our case manager as often as they need to, to get connected to resources, both on and off campus," Williams says. "It could be for things like getting connected to mental health care or for housing needs, or it could be for academic issues."

A critical part of CAPS is the outreach work the office does to let students know what's available to them.

"These are wellness-based outreach initiatives," Williams says. "It could be things like hosting tables with information, workshops, presentations, or large events like our World Mental Health Day every October."

In addition to the regular outreach work done by the office, there is also the Peers and Wellness (PAW) team, a group of students and staff who work together, supporting each other in the pursuit of mental wellness and peer education.



Students attend Moravian's annual Mental Wellness Day in March 2025. Photo by Nick Chismar '20



A table of stickers at Mental Wellness Day. Photo by Nick Chismar '20



A student has blood drawn during Moravian's Health and Wellness Fair in October 2024. Photo by Nick Chismar '20



Students participate in a discussion circle. Photo by Nick Chismar '20

Sharing Is Caring

While not directly connected to CAPS, another important aspect of wellness on campus is SHARE, which stands for Support, Help and Referral and consists of a threat-assessment team whose goal is to identify and disrupt any behavior that may be threatening or intimidating, or that may indicate a pathway to violence that could impact the campus community or any of its members.

There's also an employee SHARE team that facilitates conversations about employee wellness, coordinates resources for personal and professional support, and cultivates an inclusive environment for all employees.

SHARE assists the Moravian community with a range of issues, such as finding avenues for financial assistance, addressing housing and food insecurity, and helping

with mental and physical health concerns, says Greg Meyer, who was appointed Moravian's first dean for community wellness in 2022. In the past two years, SHARE has interacted with between 300 and 500 students per semester, Meyer says.

"It's about engaging the community and making sure they know to let us know if they're concerned about somebody," Meyer says. "Basically, the SHARE team is about providing resources, connecting with people, and intervening at an early stage."

Part of community building at Moravian also includes restorative practices, an approach that fosters positive community by emphasizing dialogue, empathy, and accountability.

Meyer helped start community circles at Moravian, where participants sit in a circle



for a guided group conversation. Circles can be used to get feedback on a topic of community interest or to resolve conflicts.

The practice helps strengthen connections, fosters mutual respect, creates a sense of belonging, and allows all parties to share their perspectives and collaboratively find a path forward.

"We offer training in restorative principles and practices to faculty, staff, and students at all levels of the institution to create a common language and promote a culture that allows people to work through everything—the good and the bad—together," Meyer says.

Serving Up Sustainability

This year Moravian University was again recognized as one of the greenest colleges in the nation by *The Princeton Review*, dedicating 25 percent of its budget to purchasing local and organic food, and to sustainability practices including composting, cooking oil recycling, reliance on reusable dishware, and more.

In 2019, Moravian installed an automated cooking oil management system that fills, filters, and collects used cooking oil for recycling into biofuel and animal feed. In 2020, the university installed a Leanpath tracking system to cut down on food waste. Leanpath partners with thousands of restaurants, universities, hospitals, hotels, and cruise lines to weigh food and track what chefs are overpreparing. It helps chefs manage future orders and cut down on waste.

In addition to cutting food waste, Moravian is also making sure healthy food options are accessible to the entire Greyhound community through Mo's Cupboard.

"We know that for a lot of our community, wellness is related to having healthy foods and adequate supplies," Loyd says. "Mo's Cupboard is completely donor funded, so all members of our community—faculty, staff, and students—can swipe into that space and take what they need."

On the North Campus, Mo's Cupboard is located on the third floor of the new HUB. On the South Campus, it's on the first floor of the HILL student housing, near the mailboxes. There's also a location in room 233 of the Sports Medicine and Rehabilitation Center, at 1441 Schoenersville Road.



A student restocks Mo's Cupboard in the Priscilla Payne Hurd Academic Complex. The North Campus location has since moved to the new HUB. Photo by Addison Morse

Living Mindfully

Taking time out of a busy day to sit in a quiet space and reflect, or even engage in prayer, is an option in the new HUB, where students will find meditation and prayer rooms and a quiet lounge.

“The third floor of the HUB is where you’ll find the Mindfulness Suite, which has all kinds of neat little alcoves,” Loyd says. “It’s going to be a quiet space, a place to escape in the center of campus. There’s greenery on that floor, and the lighting is different, and there will be tactile aspects for our neurodiverse community.”

Along with the Mindfulness Suite, the third floor comes with a multifaith prayer room, which includes an ablution area. And to top it all off, that level has an outdoor terrace overlooking Makuvek Field.



The HUB's new Mindfulness Suite opened to students in early October. Photo by Nick Chismar '20



A student works out in Moravian's Fitness Center. Photo by Nick Chismar '20

Fitness Center

In keeping with the age-old advice “mens sana in corpore sano”—a healthy mind in a healthy body—physical exercise can help students manage stress, improve their mood, and even enhance sleep quality.

At 10,000 square feet, the Fitness Center—built as an addition on the front of the Breidegam Field House—offers plenty of room for students, faculty, and staff to do just that. They can work out on brand-new cardio equipment and weight machines, and there is also a large free-weight area as well as a section dedicated to abdominal workouts. Notably, the Life Fitness equipment in the Fitness Center is all new and equipped with the latest technology.

Disability Services

Moravian's Office of Disability and Accommodations ensures equal access for students by removing barriers in design and promoting disability as an aspect of diversity.

“Equal access is really about fairness and opportunity. When students don't have the same chance to learn, participate, and contribute, we all miss out—not just the individual student, but the entire community. Accessibility is about tapping into the strengths and perspectives that every student brings,” says Tracy Urban, director of the Office of Disability and Accommodations (ODA). “If we remove barriers, students can focus on their growth and contributions instead of constantly having to navigate obstacles.”

When Urban started at the ODA in 2023, there were about 200 students registered for accommodations, she says. Her office is currently assisting 335 students and helping 50 others navigate the approval process.

Accommodations can include removing physical barriers, such as asking for a ramp or an accessible desk. Other barriers arise from policies, such as time limits for testing that don't take into consideration processing differences.

Urban's team also is taking the lead in creating more friendly spaces on campus for Moravian's neurodiverse population. During events, the team works closely with Moravian's Disability & Neurodiversity



Advocacy club to make sure there are sensory-friendly spaces available that reduce overwhelming or distracting input, such as noise and bright lights.

“It's often about communication and awareness—making sure faculty and peers understand how small shifts can make a big difference,” Urban says.



Members of the Class of 2028 pick up their Apple Watches in Reeves Library in fall 2024. Photos by Nick Chismar '20



An Apple School

Moravian is an Apple Distinguished School, meaning it is among schools recognized globally for their leadership in leveraging technology to support a culture of innovation, academic excellence, and personalized learning.

At Moravian, first-year, full-time undergraduate and transfer students enrolled primarily in on-campus classes are provided with an Apple Watch, MacBook, and iPad to help them manage their classwork and track their health.

In 2024, the university announced that it had been named an Apple Distinguished School, marking the third time since 2018 that the institution has earned this prestigious distinction. That appellation is music to the ears of Assistant Clinical Professor of Health Sciences Colin Tomes, a physical therapist whose doctoral thesis investigated the intersection of stress mitigation for specialist and tactical police units and wearable technology like the Apple Watch.

“I got connected with wellness at Moravian about a year ago because one of the initiatives involved in that holistic approach to health and wellness for students was providing an Apple Watch as part of the package that new undergraduate students receive when they come to Moravian,” Tomes says.

The Apple Watch tracks metrics such as heart rate, blood oxygen levels, respiratory rate, and sleep schedules. Users are able to log their mood, track medications, and set timers to wash their hands.

“We’re hoping that the information and reminders the watch provides related to sleep, physical activity, and mindfulness will help students incorporate this technology in meaningful and positive ways that contribute to their overall health and success at Moravian,” Tomes says.



President Bryon Grigsby '90 takes a selfie with students during orientation weekend. Photo by Nick Chismar '20

An Ethos of Care

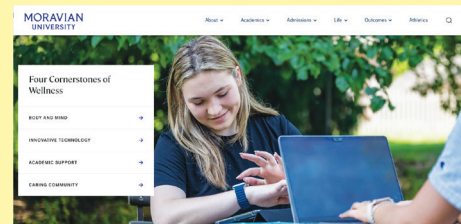
In the end, it comes back to members of the Moravian community who all work together to make campus a place where everyone can feel supported.

“I think the secret sauce to Moravian is the way in which the community cares for each other,” Loyd says. “And if it looks easy, it’s because you have really talented people pulling it off.

“But it’s not easy to coordinate all of those different entities, offices, departments, and centers to create this experience where student and employee wellness matters,” Loyd adds. “That’s what I’m most proud of about Moravian—that ethos of care.”

Your Quick Guide to Wellness at Moravian

For an overview of Moravian’s wellness offerings and associated programs, visit moravian.edu/wellness.



ALUMNI

Young Alumni Lighting the Way for the Future

Recent graduates are stepping into pivotal roles—mentoring, mobilizing, and making a mark on campus and across the Greyhound community.

Thomas Natole '15 and
Ericka Blair Natole '14



When **Ericka Blair Natole '14** graduated, she knew Moravian would always be part of her life. “I’ve been involved ever since,” she recalls. She began by representing women’s basketball in the Blue & Grey Club and, with her husband, **Thomas Natole '15**, has expanded her involvement ever since.

The Natoles are part of a growing wave of young alumni finding meaningful ways to stay involved with Moravian. Whether attending events, volunteering, giving financial gifts, or amplifying Moravian’s reach on social media, young alumni are helping shape the university’s future.

The couple’s love story started on the basketball court. “She was a bad intramural ref,” Tom quips. With many mutual friends in football and basketball, the two often crossed paths, but they didn’t start dating until after Ericka graduated. “We’ve been together 11 years at this point,” says Tom. “It’s always shocking when we say that.”

Both came to Moravian to balance academics with athletics and felt the influence of alumni who had come before them. “There were just so, so many alumni involved,” says Tom, who played football and remembers the energy in the stands and mentors, specifically **Robert K. Gratz '75, P'08** and **Kurt J. Poling '89, P'17, P'20**, who showed up at practices. “There was so much pride that they would come.”

Ericka, who played basketball, saw firsthand how alumni generosity created meaningful opportunities for students. She recalls when her team traveled to Vienna, Prague, and

Munich for an international tournament. “As an adult, I realized that a lot of the enriching experiences that we had were probably influenced by people that we never met, never knew, never saw.”

Both credit their athletic experiences with shaping their careers. “I can’t talk about Moravian without talking about athletics. I use a lot of things that I learned in the classroom in my current role and in my life,” says Ericka. “There are just so many things that I had to face, work through, and rely on people for support that I can attribute to my experience with women’s basketball.”

Today, the Natoles stay deeply connected. Ericka has moderated Hounds Huddle, has served as president of the Blue & Grey Club, and continues to represent the women’s basketball team, sparking conversations about the equipment and opportunities that can elevate student-athletes. “I’m a bit jealous of those new locker rooms,” she admits.

They also make giving a priority. Tom discovered that his employer, Broadridge Financial Solutions, matches charitable gifts. “I took advantage of it because it doubles the impact of what I’m able to give to Moravian,” he says. Thanks to matched funds, the Natoles are members of the Comenius Society, which recognizes donors who give \$1,742 or more annually.

“We go back to events and support Moravian in any way we can because those athletes and students appreciate it,” Tom explains. “It’s just about giving them a better experience at Moravian.”

From Campus Votes to Real-World Roles



Both **Woodrow Battle '19** and **Maggie Jones '20** first experienced leadership at Moravian as student trustees.

“I was blown away by how much the trustees care and are invested in some of the smallest details of the university,” recalls Battle. “And those are volunteer positions, so they’re doing this out of their largesse.”

Today, Battle and Jones serve as co-chairs of the Young Alumni Subcommittee of the *Lighting the Way* campaign. The campaign is in its final year, concluding in June 2026.

“I want to be able to open the opportunity for current and future Hounds to have the transformational experience I had,” says Jones. She designates her philanthropy to the Moravian Scholarship Fund and the biology and chemistry departments. “Moravian has provided me with so much through research opportunities, alumni connections that have propelled me into my current career, supportive faculty that have remained as mentors even to this day, and, of course, my fellow Hounds who I call my best friends.”

“I didn’t want to wait” to get involved, adds Battle. “A lot of people think, *Once I am successful, I will give back*, or *Once I am established, I will join the fray*. I have a lot of excitement to thank the university for all the

resources they spent on all of us to help us get started in the professional world.”

Battle began giving back as a student and set up a monthly gift after graduation. “It was easy to set up, and it’s a drop in the bucket,” he says, comparing it to the price of a coffee. He values the flexibility too. “I can change the monthly amount with a phone call at any time.

“Career readiness has been a huge piece of the campaign, the university’s mission and drive to attach the educational component to career placement and achievement,” Battle explains. “It is really exciting to see a clear pipeline coming through Moravian.”

A pharmacy resident, Jones is especially proud of the university’s commitment to wellness and the new Hauptert Union Building’s WELL certification, which guarantees that the structure’s spaces and accommodations, physical features, and programs all contribute to student wellness.

“The new HUB is clearly the most exciting and spectacular undertaking,” Jones says. “As someone in healthcare who provides mental health and general wellness services, I know how imperative it is to have student health at the center of the campus. The new HUB will integrate mental health resources and community-building opportunities, as well as a beautiful place to nourish your body and soul, all under one roof.”

“We have a lot of good things going on at Moravian,” says Battle. “We’re really focused on what the future looks like.”



I want to be able to open the opportunity for current and future Hounds to have the transformational experience I had.”

—Maggie Jones '20



Maggie Jones '20.
Photo by Eliza Grigsby '22



2024–2025 Annual Report

We are pleased to share our annual report for the fiscal year 2024–2025, highlighting a time filled with growth, innovation, and promise. This fall, Moravian celebrates the rededication of the expanded Hauptert Union Building, the establishment of the Institute of Moravian History and World Heritage, and the unification of our two seminaries into the School of Theology. There is much to be proud of thanks to the continued support of alumni like you. To read the full report, scan the QR code or visit moravian.edu/giving/annual-report/24-25.



Giving Moravian “Hart” on Social Media



Talking about Moravian comes naturally to **Caroline Hart '23**, who serves as a social media ambassador. “I love posting about my time and

experience at Moravian,” she says. Her private account is filled with photos of her with friends at Moravian events.

Hart grew up at Moravian games with her parents, **Andrew W. Hart '90, P'23** and **Elinor Shute Hart '91, P'23**. Caroline initially chose another college but quickly realized where she belonged. “I quickly learned I was meant to be at Moravian,” she recalls. “Transferring in was the best decision I made.”

Caroline embraced campus life. She joined Sigma Sigma Sigma sorority and Kappa Delta Pi, the honor society for educators, and cherished Homecoming and Reunion Weekend. “I enjoy seeing alumni of all ages attend Homecoming and talk about their time at Moravian and the impact it has had on them,” she says. “Their passion about Moravian, even years after being students, is something I hope to continue to have in years to come.”

Last year, Caroline gave her first gift and joined the Comenius GOLD Society, which recognizes Graduates of the Last Decade. “I used to think that giving a gift to Moravian was only achievable for those more established in their lives and careers,” she says. “The Comenius GOLD Society allows me to support Moravian in a financially manageable way.”



Moravian provides many opportunities for young alumni to remain engaged through events, volunteering, and social activities. Sign up and go!”

—Caroline Hart '23

In her current role as a social media ambassador, Caroline continues to share her Greyhound pride, intent on inspiring others to get involved as she did. “Moravian provides many opportunities for young alumni to remain engaged through events, volunteering, and social activities. Sign up and go!” she says. “They are a lot of fun.”

Young Voices, Big Impact



Serving on the alumni board has allowed **Tyler Bergsma '19** to stay connected. “I’ve always been motivated by wanting to help

and give back in some way,” he says, calling himself a “cliché psych major.”

Bergsma found belonging as a student worker in Phonathon. “All of my supervisors and coworkers were fun, enlightening, and all-around centered on a common purpose of supporting current and future

Greyhounds’ experiences,” he remembers. As a scholarship recipient, he loved telling alumni how much their support mattered. “It’s always stuck with me that it doesn’t take a massive effort to make an impact.”

After graduation, Bergsma began giving to areas that shaped him—the Moravian Scholarship Fund, track & field, the career center, psychology, and English. “I wouldn’t be where I am today without them,” he says.

When invited to serve on the alumni board and, later, co-chair the young alumni committee, Bergsma hesitated at first. “The idea of serving as a co-chair was intimidating,” he says. “But the more I talked with people and thought about it, the more I realized I could

make an impact with a lot of my immediate peers and keep pursuing my ultimate goal and philosophy in life of helping and supporting others.”

The committee helps plan Homecoming and Reunion Weekend, as well as the Shining Lights Alumni Awards. Most importantly, its members provide a fresh perspective. “Given their recent experiences, young alumni have such a profound voice in the eyes of Moravian administration,” Bergsma says. “I’m excited about the plans and conversations we have to try to bring more diverse and varied programs.”

He hopes others follow suit. “The community is always here for you, so find a way to get yourself involved and stay connected.”

Get to Know Our *Lighting the Way* Subcommittee Chairs

Patricia Nemesh '70 & Robert J., Jr. Schoenen

Co-Chairs, Trustees Subcommittee



What is your personal motto?

Pat: My motto is "Come as a tourist, leave as an ambassador."

Bob: "Say 'please' and 'thank you' to everyone, every time."

How do you spend your free time?

Pat: I like to play golf, do needlepoint, and crochet.

Bob: During the warm weather, golfing. In the winter, studying companies—both their finances and how they operate.

What would people be surprised to learn about you?

Pat: I like to do all kinds of crossword puzzles, and I have done this since I was a teenager.

Bob: I write poetry.

Who is your favorite musician/band/performer and why?

Pat: My favorite group is Il Divo. I love their music and have seen them in concert three times.

Bob: The Beach Boys—their California songs of the '60s and '70s always made me feel good and imagine the easygoing style that would be fun to live (short term).

Who at Moravian most influenced you and how?

Pat: I really liked Marlyn A. Rader. He was the chair of the math department, and I was a math major. He was a very accessible person. I also have very fond memories of Jerline Collier. She and I got along very well and had many common interests.

Bob: Herman Collier got me active with the college and really introduced me to its caring, inclusive nature. He exemplified the Moravian culture and really showed me how to best help other people.

What advice would you give to a current student?

Pat: Make the most of your college career. There are so many opportunities available to you, so take full advantage. I also encourage you to stay involved and don't forget to give back.

Bob: Live the complete Moravian experience. Remember all the good things that you are experiencing. Never forget that if you don't give back, future students may not be able to enjoy the same opportunities.

Why is it important for you to serve/volunteer?

Pat: I have been a volunteer since my college days and continue to be a community volunteer for three different organizations. I really take a lot of pride in this and like to feel that I make a difference.

Bob: My volunteering may help deserving students experience the best possible education and learn a way of life that will make them caring citizens in the future. They will not only live well themselves but try to enable everyone in their society to have a better life.

How do you believe *Lighting the Way* will help our students, their future, and the next generation?

Pat: *Lighting the Way* provides our students with opportunities, support, and caring. It teaches them to give back and help future generations. It also allows different generations to interact with each other. I am so impressed with the students of today and all that they accomplish. President Bryon Grigsby leads by example, and what a difference he has made!

Bob: *Lighting the Way* will help fund a better lifestyle and education for deserving students. Moravian still serves mostly students who might be the first in their families to attend college.

To learn about all our community members leading us in the *Lighting the Way* campaign, visit moravian.edu/lightingtheway/leadership.



Class Notes

The editors of *Moravian University Magazine* publish all class notes that we receive. We reserve the right to edit for space or style. Some information may appear only online at moravian.edu/classnotes. If your class year or a named correspondent is not listed online, email your information to alumi@moravian.edu or mail to Class Notes, Alumni Engagement Office, Moravian University, 1200 Main St., Bethlehem, PA 18018.

Deadline for Submissions

Spring 2026 issue: January 15, 2026

Photo Policy

Please send us your image as a jpg file at 300 dpi or higher. For photos taken with a smartphone, send the largest image file. We publish one photo per wedding or birth. We welcome photos of gatherings of alumni.

For More Information

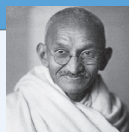
moravian.edu/classnotes

1948

A Transformative Year

A few years removed from WWII, the world found itself navigating historic shifts. The assassination of Mahatma Gandhi marked the loss of a global peace leader, while the creation of the State of Israel signaled a geopolitical turning point. As the Cold War began to crystallize, President Truman took bold steps at home and abroad. The year was a time of momentous change at Moravian as well, from record student enrollment and athletic milestones to the appointment of the first dean of students.

January



WORLD

Gandhi is assassinated by a Hindu extremist just a year after India won independence from Great Britain.

February



MORAVIAN MOMENT

Burwell B. Smith donates a new organ for the Helen Stadiger Borhek Memorial Chapel in memory of his father, Rev. S. Fahs Smith.

1952

Ruth Treut Schlecht and her husband, William, spent the first 30 years of their retirement in Wickenburg, Arizona, and now are in assisted living in Sun City West, Arizona. The couple celebrated 72 years of marriage in 2024.

Calgary Alliance for the Common Good, a unique agency of 31 other groups: spiritual groups of all faiths, trade unions, not-for-profits, and individuals who want to make Calgary a more compassionate city for all people.

1968

Barry Scheinberg returned from Eastern Europe after traveling with Jeff and Jan Gernsheimer, also from the Class of '68.

1965

Rev. John Everard Griffith S'69 moved to Canada in 1971 to serve a Moravian church in Calgary, Alberta. He served two Moravian churches in Calgary and then transferred his ordination to the United Church of Canada in 1986. After serving one United church in Calgary, he opened a community ministry called Spiritual Directions in the year 2000 and was its director for 15 years. He retired in 2015 and is still involved in church life as a member of a progressive United church in Calgary: St. David's United Church. Griffith remarried in 1986. He and Sylvia are both 81 and enjoying retirement, three grandchildren, and one great-granddaughter. The couple have been active in social justice through the

1969

Alan and Margaret Leach moved to Kirkland Village, a continuing-care retirement community in Bethlehem, in November 2024. While living there, they have met three other Moravian graduates among the residents.

1975

Denny Somach is releasing a new version of his book *Get the Led Out: How Led Zeppelin Became the Biggest Band in the World*, described as "the ultimate book for the ultimate fan of the ultimate



Upcoming Events

Additional details and registration for these events can be found at moravian.edu/alumni/events.

MARCH 20, 2026

Founders Week Tea

Enjoy tea with First Lady Lea Grigsby P'22, P'26, P'29 and welcoming members of the Anna Nitschmann Society, Zinzendorf Family Fellows, and Golden Greyhound Alumni from 10:30 a.m. to noon in Peter Hall.

MARCH 21, 2026

Founders Forum

This event highlights the achievements of Moravian women. Check-in and breakfast start at 9:30 a.m. The event takes place from 10 a.m. to 1:30 p.m. in the HUB.

APRIL 8, 2026

Philadelphia Student-Alumni Career Networking

This event will take place 6-8 p.m. at the Union League of Philadelphia.

APRIL 10, 2026

Shining Lights

The Moravian University Alumni and Community Awards will take place from 6 to 10 p.m. in the HUB.

NOVEMBER 20, 2025

Evening on Main Street

Pre-holiday shopping event for alumni, students, faculty, and staff.

3-4 p.m.: Golden Greyhound alumni check-in at Hotel Bethlehem

4-6 p.m.: General check-in at Hotel Bethlehem

4-8 p.m.: Shopping on Main Street will be held rain or shine.

DECEMBER 5, 2025

MTS Alumni Day

11 a.m.-1 p.m. in the Bahnsen Center. All alumni are invited to campus for fellowship and to celebrate the Moravian Theological Seminary.



March

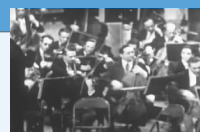
SPORTS

NASCAR is founded as a way to organize the street racing that is so popular in Daytona Beach, Florida.



MORAVIAN MOMENT

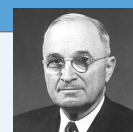
President Emeritus Rev. Dr. William N. Schwarze dies unexpectedly. He served as a professor and later teaching president at Moravian for more than 40 years.



April

MUSIC

The first live televised symphony performance airs, with prominent conductors Eugene Ormandy and Arturo Toscanini each leading a different orchestra.



WORLD

President Harry Truman signs the Economic Assistance Act to provide financial aid and help rebuild Western European economies after WWII.

band: Led Zeppelin, who continues to enthrall every new generation who encounters their music.” The latest edition, with a foreword by Carmine Appice, was released in October 2025.

Debra Lewis Zvanut was honored by the Girl Scouts Heart of New Jersey; she received the Inspiration Award as a Woman of Vision.

Anita Fazakas participated in the National Senior Games in Des Moines, Iowa, this past summer, competing in table tennis singles and doubles.

1977

Douglas B. Learn, PhD, has volunteered at Delaware Valley University’s Roth Center for Sustainable Agriculture, teaching Farm Shop 1 as described in the 1934–35 National Farm School course catalog: “This course provides practice in the handling of tools necessary for the repair of farm machines and miscellaneous farm equipment. Practice is given in forging, welding, and general blacksmithing work.” Learn says, “The work-study students, with my guidance, have completely rebuilt a Ford 201 four-gang 10-foot disc harrow, repaired the chain assemblies

on the back of a large brush hog mower, replaced the wear plates on a John Deere two-gang plow, and are in the process of rebuilding a cultivator and a water wagon from the wreckage that they were in when we started. The students—almost exclusively women—are taught basic forge skills, oxy-acetylene torch work, hand tool skills, and problem-solving while we repair these pieces, all skills that will benefit them as they continue their education and farming experiences. The Instagram account @blue_beam_forge shows many of the projects.”

1982

Susan Jane Kressly, MD, has the distinct privilege of serving in 2025 as president of the American Academy of Pediatrics, the professional home for 67,000 pediatricians, pediatric medical specialists, and pediatric surgical specialists. Kressly is a board-certified pediatrician and clinical informaticist with more than 30 years’ experience. “Now more than ever,” she says, “we need fierce advocacy for all children to ensure that every child in every community gets what they need and deserve to thrive.”

Before retiring, **Richard Dwyer Jr.** was inducted into the Hudson County Legends Hall of Fame in the “public service” category, by the Hudson County Chamber of Commerce. Dwyer also was recently presented with a Legends Award from the Hudson County History and Legends Club.

1983

David Kaercher has been living in Minneapolis since 1995, having spent some time in Kansas City, Missouri, and Washington, DC. He is always looking to reconnect with friends and alumni.

Robin Weinstein Lucas recently retired and moved from Connecticut to Gettysburg, Pennsylvania.

1984

Joseph Luksa retired in June 2024 after many years as a music teacher in the Wyoming Valley West School District. In October he and his wife moved to Port Matilda, Pennsylvania, near State College, and now they can attend Penn State sporting events. Their daughter Katie graduated from Penn State in May.

1985

Pamela Greeno Campbell retired from Dell Technologies and is a correspondent docent for the Daughters of the American Revolution (DAR) Museum in Washington, DC, which collects, preserves, and interprets objects used and created in American homes. She was designated the Daughter of Distinction for 2025 by the New Jersey chapter of DAR for outstanding work in the organization.

1989

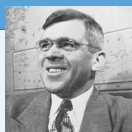
Holly Hutchison Weinman, owner of AnRGirl and founder of IL Sistema Entertainment, shares an article in *Music Week* about her expertise in the music industry. The publication is based in the UK and is now published by Future Publishing, founded by Chris Anderson of TED Talks.

1998

Brian Channing Beck got married on June 25, 2025, in Kobe, Japan, with plans to move to Qatar.

1948

April



MORAVIAN MOMENT

C. Earl Albrecht 1926 receives the Annual Alumni Award at Comenius Day for his work as health commissioner of the Territory of Alaska.

May



MORAVIAN MOMENT

The Moravian men’s basketball team wins the Western Division of the Middle Atlantic Conference for the first time.



LITERATURE

Norman Mailer’s first novel, *The Naked and the Dead*, is published. It is a critically acclaimed story about the horror of WWII.



WORLD

The State of Israel is proclaimed—the first Jewish state in nearly 2,000 years.

Making a Career out of Helping Others



Emily Tracy was the first student to graduate with Moravian's new health and humanities minor.

“Moravian helped me discover that I really enjoy helping people—it’s where I get my happiness!” That could be the reason why earning her bachelor of arts in public health felt like exactly the right path for **Emily Tracy '25**.

A career in public health, which includes interacting with people and making them feel comfortable about their health or personal challenges, gives Tracy so many ways to pursue that happiness. “I’ve been told I make people feel very comfortable and safe when sharing their information with me. I have a lot of compassion for people and really just love helping them in whatever way I can,” she says.

Tracy recently became the first student to graduate with Moravian’s new health and humanities minor, part of the Health and Humanities Program, launched in 2024 by Belinda Waller-Peterson, associate dean for inclusive excellence and associate professor and chair of the Department of English and Writing Arts.

The public health curriculum offers courses in health policy and program planning, including how to evaluate a community and create a specific plan for the people living there. These plans often focus on low-income

communities with food insecurity and limited access to healthcare. As stated in its mission, the health and humanities minor “helps prepare our health science and pre-health students for not only the scientific rigors of their future medical work, but also for the personal, institutional, humanistic, and moral challenges.”

Waller-Peterson has witnessed the impact of that integrated approach.

“We find that it enriches our students who are going to go out and take care of people during the lowest points in their lives—sometimes at the end of life,” she says. “They are better prepared to manage some of that humanistic approach, which means, ‘I see you as a person, even with those challenges, and can care for you in many ways.’”

After taking a literature and health humanities class, Tracy realized she could add a few more courses to her public health studies and earn a minor in health humanities. The class offered students information about different health experiences. It taught her to treat patients in a way they deserve.

Tracy credits Waller-Peterson for much of her academic success and enthusiasm. “She was always so nice and so helpful, and has taught me so much,” Tracy says. “She was a nurse before becoming an educator and had the experience of being around other nurses who didn’t have a health-humanistic lens when treating patients.”

Tracy wants to apply her knowledge and skills to create positive and lasting change in communities that need it, focusing on senior health. “I want to be the reason people feel seen and heard with their issues, and contribute to future health initiatives that address these problems,” she says. —*Renée A. James '80*

June



TECH
The first Porsche is hand built.



WORLD
The Soviet Union blockades railroads and other routes into West Berlin, prompting the United States, Great Britain, and France to airdrop supplies into the city two days later.

July



MORAVIAN MOMENT
T. Edgar Shields, longtime Moravian faculty member and head of the music department for nearly 40 years, dies.



NATION
President Truman institutes a peacetime draft for fear of conflict with the Soviet Union.

A Higher Calling



Charlie McDonald '17, G'21 was an undergraduate computer science major minoring in mathematics at Moravian when he surprised his friends and family by deciding to earn his master of divinity.

After serving as pastor at Chaska Moravian Church in Chaska, Minnesota, McDonald found his way back to his alma mater, where he was named the new university chaplain on July 1.

For much of his life, McDonald says he didn't have strong spiritual beliefs. That changed when he met his wife, Rebecca Fulton '19, who invited him to attend a church service, and he became involved in what was then known as Moravian's Office of Religious Life (now the Office of Spirituality and Inclusion).

"It was kind of a transformational process that took place over a couple of years, with the support of a few well-intentioned individuals," McDonald says. "I wanted to make a positive difference in the world, through building positive, affirming relationships."

When McDonald was a student, Rev. Dr. Jennika Eckhaus was Moravian's university chaplain and encouraged him to apply for Moravian Theological Seminary.

"With his experience of being here as an undergraduate and seminary student, Charlie can relate to all students in an authentic way," Eckhaus says. "He has a deep, caring heart, and his love for this institution and for all of humanity is a gift to our community."

Eckhaus was recently named dean for spirituality and inclusion after serving as chaplain for 12 years. The chaplain is the spiritual counselor for the campus community, McDonald says.

"We are here for people to confide in, to laugh with, to cry with," McDonald says. "We are here to journey with folks through all seasons of life and support them as best we can."

McDonald's professional ministry spans hospital chaplaincy, congregational leadership, and youth spiritual formation. He was an associate chaplain at St. Luke's University Hospital in Bethlehem, where he provided overnight pastoral care, trauma support, and spiritual guidance to patients, families, and hospital staff. McDonald also served as student pastor at Emmaus Moravian Church.

During his time at Moravian Theological Seminary, McDonald was president of the Student Elders Council. He also held youth ministry roles at Central Moravian Church and leadership positions at Hope Conference and Renewal Center in New Jersey.

He and his wife live in Bethlehem and were excited to return to the Lehigh Valley, where many of their friends and family reside.

"It is an honor and a privilege to return to Moravian University as chaplain," McDonald says. "My education and experience of community at this university helped me become who I am today, and I look forward to journeying with students, faculty, and staff through all that life has to offer. It is humbling to have an opportunity to give back to a community that has given me so much."

—Christina Tatu

1948

July



NATION
President Truman ends segregation in the military.

September



MORAVIAN MOMENT
Moravian College's student registration reaches an all-time high with an enrollment of 401 students for the fall semester.

October



MORAVIAN MOMENT
The men at Moravian team with the women to form Moravian's first coed cheerleading squad.

November



TECH
The first Polaroid camera, invented by Edwin H. Land, is sold in Boston for \$89.75.

1998

Rev. Dr. Jennika Eckhaus received her Doctor of Ministry in May from Lancaster Theological Seminary. She was recently named the dean for spirituality and inclusion at Moravian. Eckhaus also serves as director of Moravian Church Relations and was Moravian's chaplain for 12 years.

2004

Melissa Sadecki Micari was recently promoted to a position as clinical supervisor of an inpatient substance abuse rehabilitation program. In February 2025, she celebrated working 20 years helping people find recovery.

2006

Pauline Lennon earned a certification in human resources at Moravian.

2007

Justina Black Verile is the new principal at Schnecks-ville Elementary School in Pennsylvania's Parkland School District.

2009

Trina Holmberg is working as a pastor serving in Kathmandu, Nepal. She is also doing volunteer work in the South Asian country.

2015

Jackie Gordon welcomed her daughter, Avery JoAnn, in March 2025. In May 2025, Gordon also celebrated her 10-year anniversary at Mars Incorporated, where she works as a data migration analyst.

2019

Natalie Sedorovitz moved to Massachusetts three years ago and has been working in public relations for a school district. She is using the media and communications degree she received from Moravian to do something she loves every day.

2024

Nathaniel Kober is president of the Community Basketball League, founded in 1965 and serving 2,500 youth in the Lehigh Valley and the surrounding area.



Current Moravian students help first-year students unpack as they arrive on campus on August 22.

Welcome, Class of 2029

Applause and cheers greeted Moravian's newest students on Move-In Day and the kickoff of orientation weekend on August 22. More than 200 first-year resident students were welcomed to their new homes for the 2025–26 academic year.

Orientation leaders, student-athletes, and fraternity members helped unload carloads of bedding, mini-fridges, clothes, and comforts from home in the circle in front of Moravian's residence halls near John Makuvek Field.

The annual Moravian Move-In is a jovial event with music from a live DJ and encouragement from older students. The first-year class includes nearly 500 students, many of whom arrived on campus earlier in the week.

December



MORAVIAN MOMENT

A \$100,000 endowment from Mr. and Mrs. Louis F. Owen is the largest single gift received at the time. It allows the addition of the Chair of Practical Theology.



MORAVIAN MOMENT

Robert W. Jacks is appointed as the first dean of students.



MORAVIAN MOMENT

Moravian quarterback Frank Weaver and center Lou Molnar are selected by the Associated Press for the All-Pennsylvania football team.



TECH

In Dover, Massachusetts, a family moves into the world's first fully solar-powered house. At that point, no one had tried to live in a house powered solely by the sun.

A Man of Great Stature



Ervin J. Rokke
December 12, 1939–
September 5, 2025

When asked to write a short memorial to honor former Moravian University President Ervin J.

Rokke, I considered the challenge of writing anything short about a man of such stature—recognized both for the legacy he created and for his towering height.

Erv was an Air Force Academy- and Harvard-educated military man from Minnesota. Before coming to Moravian, he completed a distinguished 35-year military career, culminating in leading the National Defense University in Washington, DC. He retired at the rank of lieutenant general in 1997 and arrived at Moravian later that year.

Erv's straight-backed military style had us all standing a little taller. The men seemed more conscious of polishing their shoes for Board of Trustees meetings. And the campus began a transformation under Erv's leadership.

The student body was expanding. Erv oversaw the construction of new residence halls and the Priscilla Payne Hurd Academic Complex (PPHAC). Upgrades to athletic facilities occurred, along with curriculum changes and a renewed focus on research. Community leaders were added to the board, beginning the vital integration of the campus and Bethlehem.

I remember sitting next to Erv when he was a candidate for Moravian's presidency in the spring of 1997. While he fielded all our questions eloquently, we shared a few jokes and he talked about his plans for guiding Moravian. Midway through dinner, he leaned over to me and said, "Why are all these questions directed only at me? Don't you want to know something about my fantastic wife, Pam?"

A man of experience broader than most, Erv was the most down-to-earth, kind, open, caring, and interesting person I'd ever met.

Pam always supported Erv at Moravian. She went to sporting events, visited students in their residence halls, and was engaged—and engaging.

A man of experience broader than most, Erv was the most down-to-earth, kind, open, caring, and interesting person I'd ever met. His experience, curiosity, and guidance permeated the campus during his tenure at Moravian from 1997 to 2006.

I'll miss sending emails to chaos01, and I'll miss his guidance on what books to read. After he developed a rare autoimmune disease, his notes remained upbeat, talking about the accomplishments of his children and grandchildren, and his continued support of the Air Force Academy.

Erv always focused on others. In the last few years, the emails slowed, but phone conversations increased. On every call, he asked how Moravian was doing. It remained dear to his heart, as he will remain dear to ours. —Lyn Trodahl Chynoweth '68, Board Chair Emerita, Moravian University

Give a gift in Rokke's memory to the Ervin J. and Pamela Rokke Memorial Seminary Scholarship Fund, the Ervin J. Rokke Endowment for Student Faculty Research, or the Moravian Scholarship Fund at give.moravian.edu/donate/rokke-memorial-gift.

1948 REV. DR. JAMES SWEN HILANDER
April 22, 2025

1952 DALE A. GROVE JR., MD
February 3, 2025

1952 KATHRYN MARGARET HARTMAN
March 8, 2025

1953 LOUIS MICHELIN
January 25, 2025

1957 GERALDINE E. HAINES
February 7, 2025

1959 FRANCIS J. FIGLEAR
December 26, 2024

1959 JOSEPH F. KEGLOVITS SR.
February 12, 2025

1960 CARMINE DEMUCCIO
June 30, 2024

1960 ROBERT C. RUSSOLI
April 15, 2025

**1962 JAMES W. FRANK '62, P'86, P'92,
P'94, GP'24**
February 16, 2025

1963 CHARLES G. STOLTZ
February 4, 2025

1963 DAVID RAYMOND CORNELIUS
April 25, 2025

1963 JOHN PHILIP SCHANTZ JR.
May 27, 2025

**1965 REV. DR. DARRYL E. DECH
'65, S'86, L'68**
March 11, 2025

1965 KEVYN DEPUY MALLOY
March 16, 2025

1967 SHAYNA GELLER
December 23, 2024

**1967 REV. DR. RICHARD CHARLES
DITTERLINE**
February 25, 2025

1969 EDMUND P. TURTZO
March 9, 2025

**1972 MARY MARGARET MAGYAR
GROSS**
May 26, 2025

1972 ADRIENNE M. MAIO
June 23, 2025

1973 JOSEPH KOCH
May 17, 2024

1973 CAPTAIN JOHN H. SKEFFINGTON
March 10, 2025

1973 KENTON CARL "K.C." DALBY
March 21, 2025

1973 LESLIE ROGER PEKTOR P'97
April 26, 2025

1976 JOYCE CASCARIO KOPKO
April 9, 2025

1978 SUSAN VITEZ
February 3, 2025

1979 NARDA ZIMMERMAN
June 22, 2025

1981 EVAN BRUCE HOWELL
March 29, 2025

1990 KURT AARON BRUBAKER
December 10, 2024

1994 JEAN JONES G'94
February 8, 2025

Faculty and Staff in Memoriam

**MARY MARGARET MAGYAR GROSS
'72, registrar from 1973 to 2013**
May 26, 2025

LUCY A. MCCALL, longtime secretary to the university president. The Lucy A. McCall Award was named in her honor to recognize outstanding support staff members at Moravian.
July 4, 2025





Get to know Simba

When Craig A. (Haney) Munro '89 was looking to adopt a dog, he wanted a high-energy breed that would encourage him to be active. Munro chose Simba, a 2½-year-old European Doberman pinscher. "Simba exceeded our expectations with his agility, intellect, and speed. I have lost 25 pounds and kept it off," says Munro.

SUBMIT YOUR DOG'S BIO

Who doesn't think their dog is the pick of the litter? Tell us about your best friend, send us a pic, and he or she just might be featured on this page. Go to mrvn.co/hounds-mu to fill out a submission form and send us a photo—a clear portrait shot of your dog's face.

- 1 What is something Simba taught you?**
Be more present in the "now."
- 2 What is the funniest thing he has ever done?**
Using the Fluent Pet Buttons (a button-based system to facilitate communication between people and their pets) to tell me I'm finished with my espresso so I can play "tug" with him.
- 3 What would be your dog's favorite spot on campus?**
Definitely the HUB. He craves attention when not stalking a squirrel around a tree or running on the track.
- 4 In what special way have you pampered your dog?**
Fresh dog food. No kibble. And letting him be a Velcro dog, which means wherever I go, he goes. He's a constant shadow.
- 5 What is Simba's favorite toy, food, or activity?**
An orange Home Depot bucket. He taught himself to push it while running around the yard, and he can control it despite the shape.
- 6 If Simba had a theme song, what would it be?**
"Thunderstruck" by AC/DC, because it reflects his energy and enthusiasm, always being ready to play and take action. Also "Happy" by Pharrell Williams, because it captures Simba's playful, joyful spirit.
- 7 What major would Simba choose as an undergrad or graduate student at Moravian?**
He would major in behavioral neuroscience and minor in sports management.



Rendering of young alumni recognition wall developed by Eleven Fifty Seven

[MORAVIAN.EDU/JOIN-COMENIUS-GOLD](https://moravian.edu/join-comenius-gold)



LEAVE YOUR MARK ONE TILE AT A TIME

Our expanded Hauptert Union Building is transforming the Moravian experience for every member of our community—including you. Ensure your name is forever etched into the next chapter of Moravian University.

Comenius Society GOLD

Graduates of the Last Decade

- Class of 2025 join with a gift of \$142
- Class of 2024 join with a gift of \$200
- Class of 2023 join with a gift of \$300
- Class of 2022 join with a gift of \$400
- Class of 2021 join with a gift of \$500
- Class of 2020 join with a gift of \$600
- Class of 2019 join with a gift of \$700
- Class of 2018 join with a gift of \$800
- Class of 2017 join with a gift of \$900
- Class of 2016 join with a gift of \$1,000

Our transformed, state-of-the-art HUB redefines how current Greyhounds and faculty, alumni, and the Bethlehem community come together to learn, network, and grow. **And you can be a permanent part of it.**

Join the Comenius GOLD Society

As a Graduate of the Last Decade (GOLD), you have a special opportunity to make an impact and leave your mark on Moravian's future. When you become a member of the Comenius GOLD Society, you join a community of Moravian alumni and friends across generations who are committed to advancing education.

Join the Comenius GOLD Society before June 30, 2026, and have your name engraved on a tile on our young alumni recognition wall inside the new HUB. Additionally, you'll receive an invitation to the annual Moravian Societies Dinner, an exclusive event for our most generous donors.

MORAVIAN UNIVERSITY

First-year students flash President Bryon Grigsby '90, P'22, P'26, P'29 the greyhound sign as they enter Comenius Hall during the crossing ceremony, symbolizing the start of their academic career.

