

Bucks Men’s Basketball Brings Home ESAC Championship Title

RAEANNE RACCAGNO
Centurion staff

Newtown, PA — The Bucks County Community College Men’s basketball team defends their impressive season record and gains the title of Eastern States Athletic Conference Champions after beating the Knights of Central Penn College 109-87. Before the championship game, the team had an impressive 10-game win streak which lead up to them hosting the ESAC championship game against the Knights. “I was confident in our preparation leading up to the championship but also stressed,” Coach Farrad McLaughlin the men’s basketball coach expressed. McLaughlin is a first-year hire for the men’s team this season and won the ESAC coach of the year award along with the ESAC championship title. Tobias Prall, a first-year player and forward, explains how “The team’s energy was great heading towards the championship game. It was silent but it wasn’t the typical, nervous, or scared silence, but the killer silence.

We were prepared for what was coming & realized that we worked hard this entire season for this very moment.” The men quickly squashed any doubts after Jacquis Heath, a first-year center and ESAC second team award winner, assisted Joseph Brusha, a sophomore guard and an ESAC second team winner. Brusha ignited the fire in the crowd after scoring a three-pointer and setting the Centurion’s attitude for the rest of the game. The players and the crowd kept up the energy for the rest of the game which ended in the men’s team beating the Central Penn Knights 109-87. After the victory, the crowd came together for congratulations, pictures and the ceremonial cutting down of the net by the team. Yasir Rowell, a first-year player and guard, comments further on the team’s success stating “Everybody wanted to win. Our school never won a championship so we had to do what we had to do to get it done.” Rowell has been recognized before after scoring 46 points on 62 percent shooting when



Photo courtesy of the BCCC Website

the Centurions battled PSU Wilkes Barre along with his eight assists and seven rebounds. His performance beat the old Buck’s basketball record of points scored in a single game, which was held by William Davis with 40 points. The young player was also named ESAC player of the year, USCAA scoring leader [28.6 ppg] and ESAC first-team award winner. Rowell also holds the school record

for most points per game [27.7] for this season. The Centurions finished their season with an impressive record of 16-5 with an average of 89.7 points per game. McLaughlin says “The thing that contributed the most to the team’s success is the mindset of constantly improving. I am proud that the guys found confidence and belief in themselves through hard work.” The victorious yet humble

coach also credited those who support him and his team such as “Matt Cipriano and Justin Boroughs did a lot to make this season a great experience for the team. We received a lot of support from men’s and women’s soccer and the softball team so I look forward to us supporting these teams in the future.”

Bucks’ Chess Club Returns To Unexpected Popularity



COLT GUNN
Centurion staff

The Chess Club at Bucks County Community college returns triumphantly after a long leave of absence since the start of the Covid-19 pandemic with Club President, Donish Kendaev hoping to expand the club. One of the oldest games in human civilization, chess is a game of masterful skill between two individuals com-

peting to best the other and outsmart the opponent. A game of intelligence, beauty, and class. A game where the pen is mightier than the sword. At its basis, chess is a strategy board game made up of 64 squares with pieces of varying abilities. The objective is to use these pieces to capture the enemy king. You may have heard names like Magnus Carlsen,

Photo courtesy of Colt Gunn Garry Kasparov or Bobby Fischer as true chess masters. But what about Donish Kendaev? Hailing all the way from Uzbekistan to right here in our very own Newtown, PA. Boosting a 1400 chess Elo rating and participating in various tournaments in his home country, Kendaev is an expert chess player. With power comes great responsibility and so Kendaev has been named president of

the chess club. Kandaev is a psychology major, age 18. He’s been playing chess for seven years now and loves the game. When asked about the club’s plans, the soft-spoken president said “develop chess tactics, get new members, and make tournaments.” Lately we have seen an uproar in the popularity of chess, but why? Covid opened a door for online chess to surge. With the pandemic keeping everyone at home, chess became something people turned to for a source of entertainment. With the Netflix show “Queen’s Gambit” adding to the newfound hype, chess has not been this popular since the match between Bobby Fischer and Boris Spassky in 1972. This hype has certainly found its way into Bucks Community College with 23 members signing up for the club in just the first week alone. One of those members is Lucas Platero, computer engineering major, residing in

Washington’s Crossing. Platero is 20 years old and this is his first time joining a chess club even though he has been playing for years. Platero was never one for clubs or extracurricular activities until he joined which he says, “changed his view and showed how fun clubs can be.” He also remarks, “how the club has pushed him to practice and get better at the game, his goal now is to just improve by playing members of the club every week.” Platero’s one word of advice is “Join the Chess Club if you want to get better.” The Chess Club is off to a boom with new members joining every day. It seems they are still developing the club but progress is quick and interest is high. The clubs’ meetings are located at the Links Pavilion at 12 p.m. every Tuesday. If you are interested in joining the club, you can contact Kendaev, chess club president, at kendjaevd@live.bucks.edu

Bucks News

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MEGAN PIZARRO

Centurion staff

Bucks 360 Aims To Help Students Succeed

in developing academic skills through personalized academic support, advising, tutoring, workshops and leadership.

Bernadette Karpa, writing specialist and academic success center/learning resource at Bucks, commented on the prospective good the Bucks 360 program will bring.

“This program just provides more of a structure to connect with different areas of the college and learning skills to help you be as successful as possible.”

Bucks 360 is a collaborative program designed to help each student according to their specific needs and schedules.

They help where it is needed, so it is strictly tailored to your needs and what types of schoolwork is needed to be worked on by you.

Karpa states “As a student, I still have the habit of making my plans to study a little too open-ended.”

“I have a test on Friday; I should study for that, and when that happens, it is very unlikely that I will actually make time.”

“A commitment like this provides me with some more structure so that I can commit to doing my best work.”

They offer a team of support staff with regular communication that helps with things such as advising, counseling, ASC, financial



Photo courtesy of Unsplash

aid and more.

Communication with staff is necessary to remain on track but they will work around your schedule to find what works best for you.

Karpa explains “A connection could be as small as a quick text to check in.”

Bucks 360 also provides tutoring and peer mentoring for students struggling in specific courses.

In addition, Bucks 360 offers Academic Success, Financial Literacy and Computer Skills Workshops for those interested.

They hold many social activities as well, to help with community building.

The summer bridge program is also offered via Bucks 360.

This helps incoming Bucks

students acclimate to the new college environment.

This can then easily lead them to be successful college students at Bucks.

The program runs for seven weeks at the Newtown Campus from July 5-August 11.

This time in the program involves open lab time, academic success center workshop offerings, lunch and visitors, peer mentoring assistance and fall follow-up meetings and workshops.

The Bucks 360 program is also an avenue for financially struggling students to earn Financial Aid assistance, which is sponsored personally by the Bucks County Community College Foundation.

For anyone interested signing up for Bucks 360 it is a breeze!

All you have to do is go on Bucks school homepage, search Bucks 360 and click on the button “Bucks 360 application”.

You’ll answer a couple of questions so they can get a bit of information to then email you about meeting to see what Bucks 360 can do to benefit you most.

The program has few eligibility requirements, as students must only be PA residents, enrolled in courses, and be PHEAA Grant eligible.

Students can email Bucks360@bucks.edu for further information.

This is a great and helpful opportunity for students at Bucks, so definitely check out the Bucks 360 program!



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Bucks News

A Man’s Best Friend: Therapy Dogs Revisit Bucks



Photo Courtesy Of Allison Bridgwater

ALLISON BRIDGWATER
Centurion Staff

Imagine you’re on campus at Bucks, stressing out over a huge exam or final. Well, now you can help pet the anxiety away with certified therapy dogs!

Roxy Therapy Dogs is an organization that comes to visit Bucks campuses during midterm and finals season of each semester, when students

need all the stress relief they can get. These dogs are certified and have lots of training so they can help students, staff, and everyone else feel better and safer.

Bonnie Jean, a border collie who loves visiting children and bringing comfort to people, is just one of the Roxy comfort dogs that travel through Bucks County to help students. Bonnie Jean is a 7-year-old therapy dog who

loves her job. Bonnie Jean’s Handler, Mary LaValley, who works at Bucks County Free Library, is a Perkasio volunteer who believes that “when students engage with dogs or cats, their heart rate changes, relieving anxiety, leaving students confident and giving joy to all”.

In case you missed the visits for midterms, the dogs will be back during finals!

Be sure to stop by next time at the Newtown Campus because the dogs will be in the Gallagher Room in the Rollins Center from April 17, 19, 25 and 27 from 11 a.m. to 1 p.m. At the same time frame, the Lower Bucks Campus dogs will be in the Commons on April 24 and 25, and at the Upper Campus on April 20 and 26.

Not every dog can be a therapy dog. These dogs must go through many training courses, have a good temperament, and have overall lasting interactions.

Simply by petting a dog, your stress hormones lower, and you feel better! If you want to leave school with a smile on your face, be sure to pet these fluffy friends.

Roxy alone comforts 3,200 children each week, has over 70 teams and is completely reliant on volunteers. The

goal of comfort dogs is in the job title, to comfort.

LaValley explains that “dogs need jobs and people need love,” so organizations like these are important because they really do leave an effect wherever they go.

Roxy has six programs where the dogs visit schools, hospitals, courthouses, and more, at the request of the community.

Thanks to the partnership of the Bucks Accessibility Office (TAO) and Nor’wester Therapy Dog Organization, the Comfort Dogs on Campus Program is here to provide each Bucks campus with stress reduction during exams.

Roxy Therapy Dogs is not the only organization Bucks has teamed up with, so be

on the lookout for Angels on a Leash and the Nor’wester team as well.

These groups help improve learning environments, and help support teachers and students, and the community.

We could all use as much support as possible and are thankful for every opportunity these wonderful animals give us.

Since the dogs help us, consider helping them as well by volunteering or donating to the therapy dogs’ organizations if possible.

For more information on these little helpers, go to <https://www.roxytherapydogs.org/>, <https://norwestertherapydogs.org/>, and <https://angelonaleash.wildapricot.org/>.

Miss PA Doesn’t Like “The F-Word”



RAEANNE RACCAGNO
Centurion Staff

Bucks County Community College starts off Women’s History Month by hosting 2022 Miss Pennsylvania Alysa Bainbridge on her current school tour where she educates students about mental health, suicide prevention and substance use disorder.

Dr. Rodney Altemose, the interim associate vice president of student affairs at Bucks, invited Bainbridge to the college on March 9 as she completes her “More Than” campaign, where she talks about mental health, suicide prevention, and addiction.

The two are familiar with each other due to Altemose being one of the judges for Miss Pennsylvania in 2019.

When putting together an event for Women’s History Month, Bainbridge came to mind because “She is so relatable and really rose to the top of the list. I think it

is important to find a woman who is relatable for students to be able to connect with,” Altemose illustrates.

Bainbridge is a Berks County native and the 2022 winner of Miss Pennsylvania. Since receiving her crown on June 18, Bainbridge has been busy serving the state as she continues to advocate for mental health awareness.

Becoming Miss Pennsylvania was Bainbridge’s dream since she was 9 years old when she first met Miss Pennsylvania herself. However, earning her crown was not an easy task. “It took me four tries to become Miss Pennsylvania, but I persisted and achieved my dream” Bainbridge informed the audience.

“I don’t like the F word [failure]. Use those drawbacks to make you better. That’s what I did every year with Miss Pennsylvania. I took a step back and thought ‘What can I do better next year?’”

Photo Courtesy Of Dr. Altemose

Being involved with the Miss America pageant also means having a social impact initiative that a contestant is required to champion. “I immediately knew what my platform was going to be and that was mental health awareness. Later on, I incorporated substance use disorder awareness,” Bainbridge explains.

Bainbridge’s older brother, Tyler, battled bipolar disorder his whole life but was not diagnosed until he was 18 years old. Due to his mental health struggles, Tyler developed an opioid addiction which led to his overdose in 2018. This was the inspiration behind Bainbridge’s advocacy for substance use disorder.

“The reason why I have a platform for mental health and addiction is that the two are connected. I want to highlight the difference between the two, and my brother’s lack of mental health treatment and not getting early mental health intervention.”



On-campus Transfer Information Session (4 p.m.):

April 12 Highlights the process of transferring to KU. Includes a campus tour.

On-campus Transfer Friday (11 a.m.):

April 28 Learn about the transfer admission process, programs of study, credit evaluation, financial aid, campus housing, dining, student life, and more. Includes a campus tour.

Virtual Transfer Information Session (4 p.m.):

April 17 Provides an overview of the process and timeline for transfer students.

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“I know the dark parts of mental illness and it’s not something I’m scared to talk about or share. I hope that by using this position and talking about these things I can help break down the stigma and let people know there is no shame in talking about it.”

Along with her “More Than” project, Bainbridge also founded a non-profit organization called Tyler’s Triumph in honor of her brother.

Tyler’s Triumph focuses on the groundwork that directly supports those recovering from a substance use disorder by getting them the resources they need such as raising funds that supports scholarships for recovery homes, schools, and more.

The program also does a lot

of education about the stigma of addiction. “I hope that one day Tyler’s Triumph can become national rather than just statewide. Another long-term goal would be opening recovery houses across the nation,” Bainbridge shared.

Bainbridge will help crown the new 2023 Miss Pennsylvania in June. Until then she will continue with her school tour, meeting with state legislatures and advocating for mental health and addiction.

She will also start incorporating a presentation at the Miss Pennsylvania orientation that educates young women about the toll of being in pageants and how to take care of themselves. After Bainbridge exits the pageant world, she hopes to work in the Philadelphia news industry as a TV news anchor.