

# TERRIER NEWS UNLEASHED

St Francis College · 179 Livingston Street, Brooklyn NY · [www.sfc.edu](http://www.sfc.edu)



## SFC Community Unites for Franciscan Day of Service

The St. Francis College community began the new year with a spirit of compassion and charity as students, faculty, staff, and alumni participated in the annual **Franciscan Day of Service.**

Rooted in the college's mission and values, the day brought the SFC family together across New York City and beyond to volunteer and serve those most in need.

The initiative inspired an outpouring of generosity that reflected the core Franciscan principles of love, humility, and service. Volunteers engaged in a wide range of activities, each one demonstrating the power of community action.

Among the many efforts undertaken include:

- Supporting [The Bowery Mission](#)

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in Manhattan by organizing donations, preparing orders, and assisting emergency services for individuals experiencing homelessness.

- Volunteering with the [GrassROOTS Community Foundation](#) in Newark to help host a senior holiday dinner to foster fellowship.
- Assisting the [EmblemHealth Neighborhood Care](#) Winter Wonderland event in Staten Island with food and toy distribution for local families.
- Supporting [KEEN New York](#) by helping run soccer drills and practices for differently abled children and young adults.

- Partnering with the [P.S. 185 PTA](#) and the Bay Ridge community to facilitate the Holiday Express cultural learning event and winter activities for children.
- Distributing toys and coats at a temple-wide drive in Richmond Hill/South Ozone Park
- Delivering coat donations through [New York Cares](#) at a drive hosted at Engine 207/Ladder 110/Battalion 31/Division 11 on Tillary Street
- Preparing and distributing meals at [CHiPS](#), a local soup kitchen located in Park Slope to ensure continued support for the homeless and food-insecure during the holiday schedule.

Each act of service—large or small—embodied the Franciscan tradition of caring for others.

The **Franciscan Day of Service** once again affirmed SFC's commitment to compassion in action, reminding all involved that service is a way of life.



## Volunteer Recruitment

Now that the holiday lights have dimmed and the New Year's wishes have been shared, it is time to commence planning for Franciscan Month 2026. *Francis Clare (FC) Brooklyn - the Month's planning team - needs your help!*

We are looking for students, faculty and staff to join FC Brooklyn. Additionally, we are seeking: Actors, Dancers, Musicians, Singers, Student Ambassadors

Join the planning for Franciscan Month 2026—contact Brother Greg by **January 31<sup>st</sup>** at [gcellini@sfc.edu](mailto:gcellini@sfc.edu) or visit **Room 5107**.

As the Peace Prayer of St. Francis says, **"It is in giving that we receive!"**.



# HIGHLIGHTS



## Northfield Bank Foundation Awards \$10,000 to Support SFC Students

St. Francis College was honored to welcome **Diane Senerchia of the Northfield Bank Foundation** to campus for a special check presentation of **\$10,000** in support of SFC students.

This generous contribution strengthens our shared commitment to expanding access, creating opportunity, and empowering every student on their educational journey.

The Northfield Bank Foundation's continued partnership plays a vital role in helping Terriers thrive, and St. Francis College is deeply grateful for their steadfast support.

This gift will directly enhance student success and further our mission to provide a transformative, affordable education for all who seek it.

# Career Journey: A Unified Student Success Experience at SFC

We are excited to formally share that **Academic Advising and Career Services** will be integrated into one department under the leadership of **Mr. Steve McGarry**.

This integration showcases the College's commitment to improving student retention, postgraduate outcomes, and workforce readiness.

The enhanced model strengthens our holistic approach to Student Success and creates a more seamless experience for students, faculty, and staff.

The **New Student Success Model** will create clear career pathways, strengthen advisor-student partnerships, deepen connections between academic planning and career readiness, streamline technology and communication, and enhance employer engagement and career outcomes.

Students will experience a more coordinated advising and career support model, with clearer guidance from entry through graduation.



Advisors will be equipped to help students connect academic choices to career interests, and students will have access to centralized resources, tools, and communication in **Room 7100**.

*More details coming this January as we continue building a stronger, more connected Student Success framework...*



## TODAY'S TERRIER



## Aliyah St. Victor '25

We are thrilled to celebrate Aliyah St. Victor, a proud **BS Biology** graduate. Her dedication to academics and passion for science have led to an incredible milestone—acceptance into the **University at Buffalo School of Dental Medicine**.

As we celebrate her achievements, Aliyah shared more about her path, her motivations, and the advice she hopes to pass on to future students.

### What inspired you to pursue dentistry?

*I was inspired to pursue dentistry because I've always loved the intersection of functionality and aesthetics. Fashion and sewing have been long-time passions of mine, and when I sew, I'm constantly thinking about how to make something both beautiful and practical; like adding pockets to a dress. Dentistry reflects that same balance. It allows you to restore teeth in a way that improves health while also restoring confidence, combining creativity, precision, and science.*

### How did your time at St. Francis College shape your journey toward dental school?

*My time at St. Francis College played a pivotal role in shaping my path to dental school. It opened many doors to internships and research opportunities. The strong support from the science faculty and community at SFC also helped me prepare for and succeed on the DAT. Additionally, leadership roles as a Peer Leader and Success Coach taught me mentorship, teaching, and how to encourage others; skills that will be essential in dental school and beyond.*

### What are you most looking forward to at the University at Buffalo School of Dental Medicine?

*I'm most looking forward to being surrounded by like-minded individuals who share the same goals and passion for dentistry. I'm excited to build new friendships, gain hands-on clinical experience, and see how the science concepts I've learned—such as biochemistry, microbiology, and pharmacology—translate directly into patient care.*

### Do you have any advice for current SFC students who hope to follow a similar path?

*Seek help early and take full advantage of the resources around you. I wouldn't be where I am today without the support and mentorship I received. No one succeeds alone, so stay connected, ask questions, and remain consistent and resilient. Setbacks may happen, but perseverance will carry you to your goals.*

Aliyah's accomplishments reflect the strength, determination, and ambition of our Terrier community. As she begins this next chapter, we celebrate how far she's come and look forward to the impact she will make. **Congratulations Aliyah!**

# UPA College Esports League Dominated by the Terrier Gaming Squad



The **Terrier Gaming Squad** has triumphed in the **UPA College Esports League**, clinching the coveted College Cup Championship.

In a high-energy showdown that showcased strategy, precision, and teamwork, the Terriers outplayed their rivals to secure the title, marking a milestone moment for the program.

The victory not only highlights the squad's dedication and skill but also underscores the growing prominence of collegiate esports as a platform for competition and community.

*Stay tuned for updates, match highlights, and ways to get involved!*

*Looking for a place to game, compete, or just unwind between classes?*

Stop by the **SFC Esports Center** in **Room 6111** — your campus home for all things gaming and competition!

Our **Esports Center** is equipped with *PlayStation 5 consoles, Nintendo Switch systems, and high-performance PCs*, giving students the chance to play a variety of games solo or with friends.

We're open **Monday through Friday, from 11:00 a.m. to 5:00 p.m.** You can book an appointment to secure your spot or drop in anytime for a quick gaming session.





NOW RECRUITING

# SPRING 2026 E-SPORTS SEASON

St. Francis College Esports is gearing up for the Spring season, and we're looking for students ready to compete! *Whether you're aiming to play at a high level or simply want to get involved in the esports community, this is your moment to jump in.*

Please see the schedule below for the full list of weekly match times, featured games, and important dates for the Spring season.

Students interested in competing this semester can register by emailing **vincentvalerio@sfc.edu** and **jaddschmeltzer@sfc.edu** with their name and the game titles they'd like to participate in.

## SEASON SCHEDULE

**REGISTRATION**  
DEADLINE  
1/22

**REGULAR SEASON**  
FIRST WEEK  
1/26 - 1/30  
RESCHEDULE / SWISS PLAY-IN WEEK  
3/23 - 3/27  
FINAL WEEK  
3/16 - 3/20

**PLAYOFFS**  
FIRST WEEK  
3/30 - 4/3  
FINAL WEEK  
4/27 - 5/1

## WEEKLY SCHEDULE

**MONDAY**  
SUPER SMASH BROS. ULTIMATE  
RAINBOW 6 SIEGE  
TEAMFIGHT TACTICS  
FC 26  
APEX LEGENDS

**TUESDAY**  
VALORANT  
STREET FIGHTER 6  
NBA 2K26  
FORTNITE - ZERO BUILD

**WEDNESDAY**  
MARVEL RIVALS  
COLLEGE FOOTBALL 26

**THURSDAY**  
OVERWATCH 2  
ROCKET LEAGUE  
HEARTHSTONE  
MADDEN 26  
FORTNITE - BUILD

**FRIDAY**  
LEAGUE OF LEGENDS  
CALL OF DUTY  
TEKKEN 8  
MLB THE SHOW 26

RC

ECAC ESPORTS

USSF

SPRING '26



**First Generation Investors (FGI)** is a non-profit organization committed to building financial literacy. College volunteers use the FGI curriculum to tutor local high school students through an eight-session course focused on investing.



### **Benefits of Tutoring**

1. Make a positive impact in your community by providing meaningful mentorship to high school students.
2. Join a national network of business professionals.
3. Gain the opportunity to connect your academic studies with civic engagement.

### **Onboarding Steps**

1. Complete the FGI Volunteer Application.
2. Complete a background check (requires an SSN or ITIN).
3. Attend the virtual FGI Tutor Training.
4. Sessions take place once a week at a local high school.





## NOTES FROM OUR COMMUNITY



A NOTE FROM STUDENT'S MOM

Good afternoon,

I've been thinking about our time at St. Francis College and wanted to reach out to express my deepest gratitude for the incredible hospitality you extended my son and I during our visit.

It was a blast and the highlight of our year. Hearing about the legacy and history of the college was a transformative experience.

The prospect of my son being so far from home is a worry. But, after witnessing the warmth of your community and the passion you share for St. Francis, I feel more at ease, and am so excited for him! I will be living vicariously through him.

It was the first time a campus resonated with us and I know that sense of belonging is exactly why my son felt so confident in his decision to commit. Seeing him so inspired by this next chapter makes me happy. It brings me peace of mind to know that, despite the miles between us, he will be surrounded by such a supportive and dedicated environment.

Please keep an eye on my son as he finds his footing in this new journey. It is a huge leap for him, but I am comforted by the knowledge that he is in the most capable and caring hands.



Thank you again for everything you've done to make us feel so welcome.

# FACULTY SPOTLIGHT



## Professor McNamara Demonstrates DOMS Theory in Support of Scientific Research

In a display of academic commitment that goes far beyond the syllabus, **Professor John McNamara** decided that simply *explaining* Delayed Onset Muscle Soreness wasn't enough—he needed to embody it.

On November 2, McNamara completed the 2025 **TCS NYC Marathon**, joining 59,226 other determined runners—a new world record for finishers—in what organizers lovingly describe as “a scenic tour of all five boroughs,” and what many participants more accurately describe as “why did I sign up for this?”

While McNamara was busy conducting his hands-on research into the limits of human leg pain, the elite runners were rewriting history at the front of the pack. Kenya's Hellen Obiri shattered the women's course record, crossing the finish in a blistering 2:19:51—a pace that makes your morning sprint for the train look like a casual stroll.

**Congratulations, Professor McNamara!**  
**Your SFC family is proud of you.**



## HEALTH & WELLNESS SPOTLIGHT

# SFC Shares Gratitude with Seniors

Over the semester, **Counseling, Health & Wellness** launched **Notes for Our Neighbors**, a gratitude service project inviting students to uplift local senior citizens through handwritten messages of kindness.

Students picked up blank cards and transformed them into thoughtful notes, poems, and decorated designs—small but meaningful gestures that encouraged creativity and connection across generations.

Throughout the semester, dozens of cards were collected in community drop boxes around campus.

The Counseling, Health & Wellness team then delivered the completed cards and letters to **Eileen C. Dugan at the Amico Senior Center** in Brooklyn, where seniors received them with warmth and appreciation.

*“This project reminded us that simple acts of kindness can have a profound impact,”* shared by a Counseling staff.

Notes for Our Neighbors reflects the college’s commitment to **community engagement and emotional wellness**, bridging students and seniors through heartfelt messages—one card at a time.

**Need Support?** Visit the **Counseling & Wellness Center at Room 7214**

Email: [sfccounseling@sfc.edu](mailto:sfccounseling@sfc.edu)

Instagram: [@sfc\\_counseling.wellness](https://www.instagram.com/sfc_counseling.wellness)



## OAA SUPPORT SERVICES SPOTLIGHT

# Setting Yourself Up for a Smooth Spring Semester!

*With a new semester coming up, this is a great time to reflect on what worked, and what didn't last semester so you can start strong.*

If you had accommodations in the fall, now is the time to **renew them for the Spring semester**. If you have an **IEP, 504 Plan, or received a new diagnosis** but did not register with the OAA and noticed difficulties last semester, you may want to consider **applying for accommodations** for Spring. *All you need is your IEP or 504 document, or a letter from your doctor.*

Planning ahead can make a big difference in your success! Here are some tips from the OAA to help you get started:

- **Renew your accommodation letter early.** Submit your request to renew or apply for new accommodations before classes start to avoid delays. To renew or register, email [OAA@sfc.edu](mailto:OAA@sfc.edu).
- **Check your schedule.** Identify where accommodations may matter most (long exams, labs, or heavy reading courses). This helps ensure you receive the right support.
- **Ask how accommodations work in each class.** (For example: how quizzes are handled, where exams are taken, or how to request extensions.) You can email the OAA or **visit the office in Room 7201** with questions.
- **Keep communication respectful and clear.** You do not need to explain your diagnosis to professors or staff, only the accommodations you're approved for. The OAA can help facilitate communication if needed.
- **Use tools that support your needs.** Text-to-speech, speech-to-text, audiobooks, timers, or visual organizers may be approved by the OAA for classroom or online exam use.
- **Organize your materials.** Set up digital or physical folders for each class to stay on track with assignments, extensions, and exams.
- **Know how to schedule accommodated exams.** Exams must be scheduled at least 3 business days in advance (Monday–Friday; emails sent on weekends may not be reviewed until the next business day). Some professors may require you to arrange extended exam time directly with them.

## Your privacy matters.

All documentation and student information is kept strictly **confidential** within the OAA.

**Questions?** *The OAA is here to support you.*

Reach out early and set yourself up for a successful Spring semester!

Email: [OAA@sfc.edu](mailto:OAA@sfc.edu) | Office: **Room 7201** | Instagram: [@sfc.accessibility](https://www.instagram.com/sfc.accessibility)





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ANTONIO REYNOSO**

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# ALUMNI SPOTLIGHT

## Jeffrey Taveras '10



This month's Alumni Spotlight shines on **Jeffrey Taveras '10**, a dynamic leader in the accounting industry and proud St. Francis College alumnus, whose career journey reflects the power of mentorship, perseverance, and purpose.

Jeffrey earned both his **BS and MS in Accounting** at St. Francis College, laying the foundation for a career that has spanned financial reporting, SEC compliance, and asset management across public and private sectors.

Currently serving as a **Partner at PwC**, one of the world's leading professional services firms, he specializes in Asset & Wealth Management, with a focus on real estate clients. His expertise includes public REITs, private equity advisors and funds, and complex financial disclosures.

His professional journey includes over 14 years at PwC, where he rose through the ranks from Associate to Partner, consistently delivering value to clients and championing innovation in financial services.

Jeffrey's story began in New York City and the Dominican Republic, where he spent most of his childhood before returning to NYC as a high school senior. A visit to St. Francis College—encouraged by the Brothers at Monsignor McClancy Memorial High School—changed everything. He found a welcoming community and a clear path forward.

Outside of work, Jeffrey is passionate about mentorship, networking, and giving back. He credits SFC's accounting faculty for opening doors and inspiring his career path.

*His story exemplifies the SFC spirit of opportunity, growth, and purpose, showing how the values learned on campus continue to shape impactful careers and communities.*

***Well done Jeffrey!***

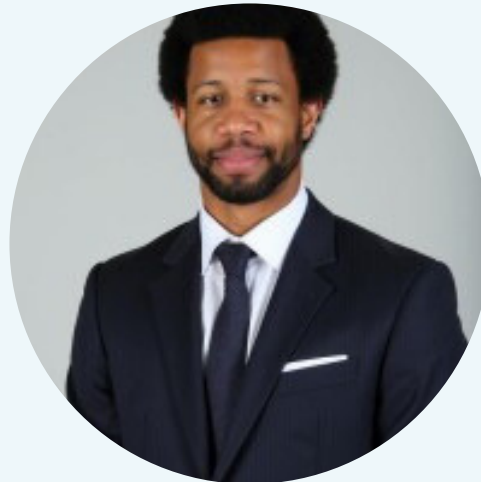


## TERRIER ALUMNI CAREER CORNER

*From recent grads to seasoned professionals, St. Francis College alumni are making their mark across industries and around the world. In this issue, we celebrate the paths our students have taken—and the shared spirit that continues to unite them, no matter how far they roam.*



**Sophia Quintanilla '25** recently completed her internship with **W. W. Norton & Company**, where she worked with the digital publishing team on an accessibility initiatives and gaining hands-on experience with HTML, digital workflows, and inclusive publishing practices. Her **BA Literature, Writing, and Publishing** at St. Francis College have equipped her with the editorial skills, literary foundation, and technical awareness that prepared her to contribute meaningfully to this work.



**Ariel Lawson '10** is an environmental chemist whose work examines how pollutants affect fish during their earliest stages of development. He earned his **BS in Chemistry** from St. Francis College, completed his MS in Chemistry at the City University of New York, and received his **PhD in Chemistry** from **Florida International University** in 2025. His recent research uses NMR-based metabolomics to identify early markers of environmental stress, supporting stronger ecological risk assessment and ecosystem protection.



### PRO TIP:

*Want to learn more about these alumni?*

Use **LinkedIn** to connect with these professionals and request an informational interview, where you can ask them questions about their industry, day-to-day work, and what advice they have for a student in the field. You already have something in common – your SFC connection!

Be sure to follow Student Affairs on LinkedIn (<https://www.linkedin.com/company/sfcnysa>) too!

## STUDENT LIFE @ SFC

# Practical Life Skills Every Terrier Should Build

College isn't just about lectures and exams—it's also the first real test of independence.

Success comes not only from academic achievement but also from mastering everyday life skills.

Here are some essentials every Terrier should focus on, along with the campus resources ready to help you thrive.

## Time Management

Balancing classes, work, and social life requires strong organizational skills. The **Undergraduate HUB in Room 7100** (in collaboration with the **CSTEP Program**, **STEM Program** and **FirstGen**) provides coaching and tools to keep you on track.

## Self-Care and Wellness

Taking care of your mental and physical health is key to success. The **Counseling, Health and Wellness Center (Room 7214)**, **Fitness Center (Room 5212)** and **Intramural Sports (MPR)** provide counseling, fitness classes, and wellness programs.

## Academic Success

Strong study habits and research skills make coursework easier. The **Center for Learning and Leadership (6108)**, the **Undergraduate HUB (7100)** and the **Multimedia Learning Hub (5116)** are available for study support and research help.



## Financial Literacy

Learning to budget and manage money is essential for independence, and students should apply for **FAFSA**, **Pell Grants**, or **TAP** to maximize financial aid opportunities. The **Office of Financial Aid (Room 5101)** offers guidance to help you plan wisely.

## Career Preparation

Building resumes and exploring internships prepares you for life after graduation. The **Center for Career Exploration (7101)** offers resume reviews, mock interviews, and career fairs. Book an appointment through Navigate.

## Digital Literacy

Knowing how to use technology safely and effectively is vital. The **IT Help Desk (5<sup>th</sup> Floor)** provides resources and training on cybersecurity tips.

## Communication Skills

Clear communication helps with professors, peers, and roommates. The **Center for Learning and Leadership (Room 6108)** offers tutoring, writing coaching and learning support.





# COLLEGE BOARD

All the Information You Need

STUDENT SUPPORT  
SERVICES EDITION

## CENTER FOR LEADERSHIP & LEARNING

Room 6108  
c1l@sfc.edu

*How can I sign up for tutoring? "I'm falling behind in class" "I'm lost in class and I don't understand the material" "I failed my last test - what should I do?"*

*Where can students rent a laptop or tablet?*

ALL THESE CAN BE DONE through the Center for Learning and Leadership. Visit **Room 6108**, Book an **appointment thru Navigate** or email **c1l@sfc.edu**



## THE HUB

Room 7100  
TheHub@sfc.edu



*"I want to change my class due to schedule/conflict with professor"*

Come see an academic advisor in THE HUB (**Room 7100**) and IF POSSIBLE, we can switch you to another section, or as a last resort, drop the class

*"I am taking an online class. Where can I see/read my schedule for online classes?"*

Online classes DO NOT have scheduled meeting times. Anything that is online is totally on canvas. Each professor creates their own syllabi and schedule for the semester will be on this and shown on Canvas.

## IT HELP DESK

5<sup>th</sup> Floor  
servicedesk@sfc.edu

MON-FRI 8am - 10pm  
SAT-SUN 8am - 4pm

*Where is IT Help Desk support? 'I forgot my SFC login credentials.' 'My Canvas is not working' 'I can't access my SFC email or any of the school apps'*

They are located at the 5<sup>th</sup> floor support desk (below the Grand Staircase) or enter a ticket to the Service Desk on SFCPortal. You can email them at [servicedesk@sfc.edu](mailto:servicedesk@sfc.edu) or call them at 718-489-5444.



## OFFICE OF STUDENT LIFE

Room 5106  
studentlife@sfc.edu

*How do I join a club? What types of clubs does SFC offer*

Most clubs allow students to join at any point in the semester. You can attend any club event or sign up during the club fair. SFC offers a wide range of organizations—academic, cultural, creative, service-oriented, recreational, and more. There's something for everyone!

*How can I stay updated on club events?*

Follow @sfc\_sga on Instagram for updates, and check out Student Activity Period every Monday and Thursday to catch club meetings and campus events.



## OFFICE OF ACCESSIBILITY AND ACCOMMODATIONS

Room 7201  
oaa@sfc.edu

*Am I eligible for accommodations? When can I apply for accommodations?*

Every student with an IEP or 504 Plan, chronic or physical disability, mental health condition, or had a recent hospitalization or temporary impairments is eligible. Accommodations can be requested at ANY POINT DURING THE SEMESTER.

*What academic accommodations are available?*

Extended time on assignments and exams, priority registration, note-taking assistance or audio recording, use of a reader or scribe, and more (based on a case-to-case basis)



## COUNSELING HEALTH & WELLNESS

Room 7214  
counseling@sfc.edu

*"I'm feeling overwhelmed and stressed. Who can I talk to?"*

*"Can I get help for anxiety or depression?"*

*"What support is available for students dealing with grief or loss?"*

*"Can I get help if I'm worried about a friend's mental health?"*

*Are counseling services free for students?*

You can reach out to Counseling and Wellness for any concerns above! **FREE** and **UNLIMITED** counseling with appointments - typically available within 48 hours. Available to any student whether you are undergraduate, graduate, part-time, full-time, in person, or virtual. Visit **Room 7214** or email **sfccounseling@sfc.edu**



If you don't see what you're looking for here, reach out to the Dean of Students  
Email us [deanofstudents@sfc.edu](mailto:deanofstudents@sfc.edu) or Visit 6111. We're here to help!



## WHO'S IN THE DOGHOUSE THIS MONTH?

# “New Year, New Me” Gym Crowds

January arrives, resolutions are made, and suddenly every gym in New York is packed wall-to-wall. We love the energy. We respect the commitment. We fully support starting the year with big wellness goals. But when one person is using five machines at once, timing supersets like an Olympic event, and guarding equipment like it's a personal storage unit... it might be time for a gentle trip to the doghouse.

That said, prioritizing physical health isn't just about looking good—it's about feeling better, managing stress, and setting yourself up for academic success. Regular movement has been shown to improve focus, boost energy, support mental health, and even help with memory and sleep. All things that come in handy when you're juggling classes, assignments, work, and life.

If you're looking for a more accessible and supportive space to stay active this semester, check out the **St. Francis College Fitness Center in Room 5212**, open Monday through Friday from 9:00 a.m. to 5:00 p.m. Whether you're squeezing in a quick workout between classes or building a consistent routine, it's one more resource designed to support your overall well-being—inside and outside the classroom.

We also want to hear from you! *What fitness classes or wellness offerings would help you stay motivated this semester? Yoga? Strength training? Dance?* Email [fitness@sfc.edu](mailto:fitness@sfc.edu) and let us know what you'd like to see. Because when Terriers take care of their bodies, they're better equipped to succeed academically, personally, and beyond.





# UPCOMING EVENTS

<b>JAN 20</b>	Welcome Back Party
<b>JAN 21</b>	Classes Begin
<b>JAN 24</b>	Admissions: Winter Showcase
<b>FEB 12</b>	CSTEP x FGC: Valentine's Day Event
<b>FEB 26</b>	FGC x NABA: Scavenger Hunt
<b>MAR 2</b>	Success Coach x FGC: Flower Making
<b>MAR 5</b>	OAA x FGC: Undiagnosed Disabilities Awareness Event
<b>MAR 16</b>	FGC x LAS: Charm Bracelet Event
<b>APR 20</b>	FGC x LAS: Intercultural Potluck



## Want to Be Featured in Our Next Newsletter?

Unleash your story and be featured!

Send your photo, your story, or anything else you'd like to share to **deanofstudents@sfc.edu**

for a chance to be spotlighted in our upcoming issue!

**Don't miss out—  
we'd love to feature you!**

### CONTRIBUTING AUTHORS

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