



Carlow Chronicle

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Zach Lindow Straub, first year Respiratory Care major (left), and Jake Curry, first year Perfusion major (right). Photo by David Holzemer, Senior University Photographer

Color Me A Cure Run

By Lauren Fritz

Carlow University held a color run on Oct. 19 to raise awareness and money for breast cancer research. The event was held outside of University Commons on the green. Participants ran through the course while being blasted with colorful powder paint. All proceeds from this event were donated to the GLOCK Foundation for breast cancer research.

About one in eight U.S. women will develop invasive breast cancer over the course of their lifetime, according to the National Breast Cancer Foundation, Inc. While both men and women are affected by this disease, it is more commonly found in women. In 2017, researchers



Aya Attal, first year Biology major. Photo by David Holzemer, Senior University Photographer

expected about 252,710 new cases to be diagnosed, and of those, 40,610 women were expected to die of breast cancer in the United States this year. The United States recognizes October as National Breast Cancer Awareness month to raise awareness and support finding a cure.

Meet Sarah Jacobs: Carlow University's Newest Art Faculty Member

By Alexis Williams

Sarah Jacobs, Assistant Professor of Art here at Carlow, earned her undergraduate degree in Art History at Gettysburg College and an MFA in Fine Arts from the Maryland Institute College of Art.

Jacobs has been pursuing art all her life. She credits her mother, a fellow artist, as one of her inspirations. Originally her plan was to go to straight to graduate school and become a professor. However, she ended up connecting with other artists who helped redirect her passion. Jacobs learned many things from connecting with these other artists, including how to get her artwork featured in public. Additionally, she learned professional practices for visual artists by connecting with galleries.

Jacobs has had three solo shows within the past three years. Her most recent solo show titled "One More Time" was held last summer in Brooklyn, NY. Another solo show titled, "Déjà vu" was held in Baltimore, MD in 2016 and one before that in Fairmont, WV. Jacobs creates paintings that incorporate patterns, and uses 2D design principles

to change the appearance of patterns so they are less flat. She loves to play around with the depth of an image.

Jacobs values the small campus size and the liberal arts education at Carlow University. At Carlow, Jacobs said, students have the opportunity to become exposed to and explore various disciplines which are strung together with a common thread. Jacobs finds comfort in knowing that thanks to Carlow's smaller size, she has the opportunity to get to know her students and her colleagues a little more intimately than she could at most other universities in the surrounding area.

Right now, Jacobs is currently teaching Printmaking, Painting, Senior Project, Advanced Art, Media Project, and Independent Study. Next semester, she is looking forward to teaching Advanced Drawing and possibly even Figure Drawing.

In the near future, Jacobs hopes to bring her personal friend and fellow artist, Amy Sherald, to campus for a visit. Amy Sherald, is the first woman to win the National Portrait Gallery competition. She was chosen to paint First Lady Michelle Obama, making her the first African-American woman to craft a White House portrait.

In her spare time, Jacobs often travels to New York. She loves to visit a lot of the art galleries in Chelsea, NY to draw upon more

inspiration. Jacobs is also an avid reader. Her current reads include the Sherman Alexie Memoir and Joan Didion.

When asked to pass along her advice and knowledge to her students, she said, "Although the details are important to learn in getting there, they all boil down to this: if you wait to be discovered you won't be. Be pushy."

Visit sarahjacobsart.com to see some of Sarah Jacobs' art and learn a little more about Carlow's newest art faculty member.



Sarah Jacobs, Assistant Professor of Art at Carlow Photo by Molly Mitchell



Sarah Jacobs with two of her Printmaking students Maleeka Pope, junior Art Education major (right) and LaShawnda Ramsey, senior majoring in Art and Psychology (left). Photo by Molly Mitchell



Sarah Jacobs, *Odalisque*, Oil on Canvas 31 x 74 inches (79 x 189 cm) 2016 (Photo courtesy of Sarah Jacobs)

Letter from the Editor

Dear Readers,

Thank you for picking up this issue of the Carlow Chronicle! I am honored to work with this semester’s staff. It is their talent along with the continued guidance and vision of Dr. Snyder-Duch, our faculty advisor, that makes publishing the Chronicle possible.

I encourage you to read our future issues and follow the Chronicle on social media. You can do so by searching “Carlow Chronicle” on Facebook and Twitter. Additionally, I request that you send in letters to the editor at mamitchell@live.carlow.edu. Please, let me and the staff know what you would like to in future issues. If you would like your art to be featured in an issue of the Chronicle, please submit it to the editor via email at mamitchell@live.carlow.edu in order for the staff to review it. We accept anything from poetry to photography to cartoons!

Thank you to everyone who has contributed to this issue of the Carlow Chronicle and to everyone who has supported our work. We are grateful for your interest and we will continue to do our best in proving you with content that is relevant, informative and interesting.

Cheers!
Molly Mitchell
Editor-in-Chief



Want to see your art in the Chronicle?

We are accepting photography, art, poetry, writing and more to feature in our issues! Please submit your art to Molly Mitch, Editor-In-Chief, for consideration by our staff.

Make submissions at:
mamitchell@live.carlow.edu



Natalie Abt, sophomore Accounting and Forensic Accounting double major, and Joe Mandak, Carlow Golf Assistant Coach Photo courtesy of Natalie Abt

Natalie Abt Wins USCAA Golf National Championship

by Cameron Stablein

In only the second year of competition, the Carlow University golf program has helped one of their own hoist a National Championship trophy.

Natalie Abt, a sophomore double-majoring in accounting and forensic accounting, outshot the field and made school history by winning the first national championship for an individual or team at Carlow University.

Abt was also named the USCAA Women’s Golf Student-Athlete of the year. According to the Carlow University press release posted on the Carlow website, this award honors a student’s academic accomplishments and commitment to community service alongside their athletic achievements.

The women’s two-day tournament was played on a 6,605 yard, par-72 course on October 9th and 10th on Penn State’s Blue Course in State College, PA.

After finishing with a 78, six over-par on day one and a comfortable lead of six strokes over second place, Abt knew better than to let off the gas for day two.

Only a month earlier, Abt held a similar lead after the first day of competition at the CMU Fall Shootout. She would go on to collapse in the second round, adding an additional ten strokes to her game which pushed her down to second place where she would finish for the tournament.

After the loss, a player on the men’s team offered her a moment of Zen, a trait particularly unique for the game of golf.

“He told me, ‘you could shoot the best round of your life and it might not work out, or even shoot OK and still win the whole thing.’

A lesson well learned, perhaps?

“After the first day [at Nationals], I was leading again.” said Abt. “I told myself, ‘Ok Natalie, you’ve been here before. Just don’t screw it up.’

This time, Abt would close out the competition, championship in hand, thanks to a strong showing on the back nine. She would finish the day with an 82, and a two-round score of 160.

“I just didn’t worry about where I was going to end up and tried to shoot as best as I could,” said Abt. “And I think I did that.”

Student Spotlight: Student Internship Experiences

by Amber Kanoza

Internships are critical for students. It gives us a small peek into the “real world” and helps us know if we’re on the right track. Here are some accounts about internship experiences from students who love what they’re doing!

Krista Burdett, Senior Social Work Major

Where: CONNECT Community Paramedic Program in Oakland

How did you discover this opportunity? I found it through Professor Margaret Kearney and talking with the previous intern there. Dr. Shelia Roth also worked there during her sabbatical. I have only heard great things about CONNECT!

What does it involve? My internship is community-based throughout Allegheny County. Once we receive referrals from UPMC hospitals, we set up an appointment with the patient to open dialogue about their needs and goals. We assist our patients in finding community resources for transportation, housing, clothing, etc. to alleviate any problems that negatively affect their health. Once one problem is fixed, we move onto the next one.

What have you learned? I have learned that I cannot fix everyone’s problems like I want to. It took me a few weeks to learn to step back and look at the bigger picture. Even though I cannot solve every problem, I still have the resources to solve a few problems. Solving a few problems is better than none at all.

Tim Richardson, Sophomore Human Resources and Health Management Double Major

Where? My Internship was located at SingleSource Property Solutions. A national property solutions company located out of Southpointe. It was a summer internship (June-August).

How did you discover this opportunity? I was working the Spring Career Fair as a work study in the Office of Career Development here on campus. I helped a number of employers carry in and set up their displays. Afterwards I walked around and introduced myself as a potential applicant.

What does it involve? Surprisingly I found a paid internship directly related to my field of study. I interviewed for a Property Preservation position and following the interview, which included the company’s Director of HR, I was offered a position as a HR intern. I helped transition the company to an electronic file system along with create and rectify some mistakes within the current system.

What have you learned? My Director was very interested in teaching me the ways of Human Resources during my time with the company, which I found to be unique as it was different than simply doing useless administrative work that they do not want to.



Courtesy of Krista Burdett



Courtesy of Tim Richardson

Cheyenne Swaney, Senior Communication and Mass Media Major

Where? My internship is with PennEnvironment in their Squirrel Hill office here in Pittsburgh. I started my current position as the digital program intern in August 2017.

How did you discover this opportunity? The professors at Carlow want to help you move from one opportunity to the next which makes them a great resource to start with if you’re unsure of how to find an internship if you’ve been looking on your own for a while. Dr. Michael Balmert sent me some information on PennEnvrionment I contacted them directly with my resume and a simple email inquiring about available positions. I emailed 4 different people about positions and I only heard back from one but that’s all it takes. They scheduled a phone interview with me and then an in-person interview. Unfortunately, they didn’t have an intern position for the summer that fit exactly what I had applied for, but they wanted to offer me another position that was related and could lead to something more relevant to my major in the fall. I took the job right away and ended up being asked to stay for the fall in the original position that I was interested in.

What does it involve? My main responsibilities are finding social media content for our daily posts, creating graphics to accompany these posts, and crafting marketing strategies that increase our online presence. We run a Facebook page that recently reached 10k likes and a Twitter account with roughly 700 followers. Membership to our email subscription is upwards of 20k recipients within the state of Pennsylvania. It’s our job to update our members about work that we are doing in the state, as well as ways to get involved with environmental issues in the state. We are citizen funded so these marketing strategies need to appeal to the issues that our members care about the most.

What have you learned? The most important thing I’ve learned from this experience isn’t really the work I’m doing in my office. That’s very important, obviously, but I learned how to go after what I want. Ask for what you want out of an employer. The worst thing they can say is “no”. I told people what I needed and what I wanted, and it got me exactly where I want to be. It can be intimidating but most likely the person you’re interviewing with got to the other side of the desk because they asked for what they wanted.

Mylee Moyher, Senior Social Work Major

Where? I intern at West Penn Hospital Inpatient Hospice Unit and Allegheny Health Network. Specifically, I work with the program Healthcare@Home. This is my field placement position to graduate.

How did you discover this opportunity? I found this opportunity through the Allegheny Health Network site.

What does it involve? I help people on a micro, mezzo and macro level through observing a social work professional work with patients in the hospital and out in the community. Also, I provide bereavement services and referrals to support grieving loved ones.

What have you learned? I have learned how to do a psychosocial assessment, plan of care and how to communicate with patients and families in various settings. Most importantly, I’ve really learned how to be an empathetic listener.



Courtesy of Cheyenne Swaney



Courtesy of Mylee Moyher

Bathroom Issues in Public High Schools

By Brooke Wateska

Brashear High School in the Pittsburgh Public School District is one of many schools across the country that experience poor sanitation in their restrooms. A student-led group of 15 tenth-graders advocated for cleaner restrooms in the schools, along with the help of undergraduate college students in partnership with the Youth Media Advocacy Project of Carlow University. Over the summer of 2017, the bathrooms were renovated. “They look amazing, really. They’re unrecognizable,” said Tad Wissel, Educator at SLB Radio Productions, Inc. and YMAP community partner who also worked closely with the Brashear students. The school has three floors and approximately 1,600 students. According to two students who attend Brashear High School, Thao and April, there are 10 restrooms that students are not allowed to access during the day. Apart from appearance, schools must also consider the health effects and sanitation. According to a report by Robert Brubaker and Carol McCreary, two members of the American Restroom Association, restroom issues in public schools, are an important topic and a growing problem that many people seem to overlook. “Everyone knows you need to exercise, so they make sure you have P.E. classes. Everyone knows you have to eat right, so they try to make the diet healthy,

but people ignore elimination,” said Dr. Steve Hodges, a pediatric urologist at Wake Forest University School of Medicine, during an interview conducted by the YMAP students at Brashear. “If you don’t eliminate regularly, you can develop incontinence (accidental wetting), abdominal pains, and urinary tract infections.” “For proper health, people should eliminate in a timely fashion. The body was not designed to hold on to waste products. You’re supposed to just get rid of it,” said Hodges. A report by Clare E. Close, M.D., Interdisciplinary Network on Urology Member, revealed that students in various schools are forced to hold their bladder all day, like at Brashear High School. Schools focus too often on having good behavior to earn restroom passes, and the health and well-being of the students is not considered, explained Sarah Morena, in an article on parents.com. Morena went to TV to vent about the bathroom issue at her son’s school. Dr. Tom Keating, the head of Project CLEAN, has worked to improve the safety, cleanliness, and hygiene of public school restrooms. According to his website, there are two public laws that require school wellness policies to include nutrition promotion and education, physical activity, and other school-based activities, such as clean and hygienic restrooms. “Forty percent of students in schools avoid the restroom all day, hold it in, and hang until they get home. They are a part of the problem because that’s

not healthy for any student or anybody,” said Dr. Keating. At Brashear, students say they are forced to hold their bladder because some of the restrooms are not open during the day. When they are open for after school activities, students still avoid them because of how unclean and unkept they are. Throughout the Carlow community, students can take Youth Media Advocacy Project (YMAP), a class that fills the service learning requirement. This past spring, some of the students worked with the Brashear students to get their voices heard about such an important topic. “The students in YMAP were very engaged in the project, and did a great job at getting other students and faculty outside of YMAP involved,” said Chloe Deardorff, a May 2017 graduate of Carlow University who was enrolled in YMAP last spring and mentored the Brashear group. “I was impressed with how the students really acted to make a change, but most importantly how they worked to make everyone aware that the restroom issues were no joke,” said Deardorff. Nakita LaPrade and Molly Mitchell have also taken YMAP in recent years and helped with other important student issues like building a community garden and stopping food waste in cafeteria. According to Mitchell, the students in her group “wanted to stop food waste in the cafeterias, so they looked into donating it to 412 Food Rescue.”

CARLOW CHRONICLE

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Dr. Suzanne Mellon, President of Carlow University, with the owners of Mariani and Richards, the masonry company that restored the statue of Jesus at no charge to the university, Ron Freeborough and Andrea Mariani Freeborough. Photo by David Holzemer, Senior University Photographer

Update: Vandalism on Carlow’s Campus

By Molly Mitchell

On Nov. 2, the newly repaired statue of Jesus, which faces Fifth Avenue on Carlow’s lower campus near St. Agnes Church, was unveiled to the Carlow community. Father Adam Verona, University Chaplain, blessed the statue. Dr. Suzanne Melon, President of Carlow University, and the owners of Mariani and Richards, Ron Freeborough and Andrea Mariani Freeborough, attended the unveiling. As reported in the Carlow Chronicle in October, the statue of Jesus Christ recently had its hands broken off in an act of vandalism. News of this act was spread on Facebook and picked up by the local media. Ron Freeborough and Andrea Mariani Freeborough, the owners of Mariani and Richards, a masonry restoration company based in Pittsburgh, announced their offer to restore the statue of Jesus at no cost to the university two weeks after the campus announced the vandalism.

A Survival Guide for Thanksgiving

By Abby Mullinary

Thanksgiving is coming up and that means two things: food and family. While some associate this holiday with fond memories and an inevitable food coma, for others it reminds them that they have to spend time with their family...and not just any family members, those family members. You know the ones: your grandma who is asking you who you’re dating or the uncle who finds a way to make anything offensive. Fear not, I’m here to help you make this Thanksgiving one you’re truly thankful for.

- 1. **Be prepared.** Take some time and strategize. Whose house are you eating at? Who’s all coming? How far can you possibly sit from your aunt who insists you should be married by now? Is it better to just sit at the kids’ table? You can never put too much planning into how to survive Thanksgiving.
- 2. **Avoid the triggers.** No matter who you are, there’s bound to be someone in your family who has a different view on something than you. Maybe you don’t have different religious or political beliefs but they happen to be a Patriots fan. Either way, if at all possible, avoid conversations about these areas
- 3. **Find a comrade.** Thanksgiving dinner is a battle, and everyone needs a comrade. Maybe it’s a sibling, cousin, or significant other who can be there to survive this with you. Sit by them, comeup with an excuse to escort



Art by KiKi Thorpe

of conflict. Bite your tongue, stuff your face with turkey, and swallow your pride. I’m not saying don’t stand up for yourself, but remember that your siblings, aunts, uncles, and cousins didn’t sign up for the fight between you and grandpa.

“The Bold Type” Review

By Amber Kanoza

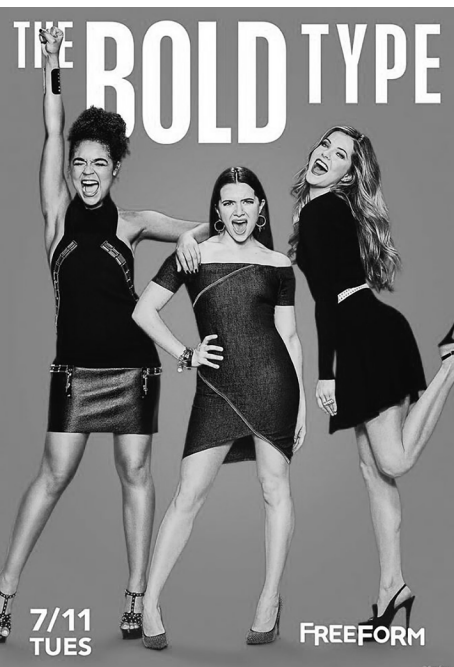
Television shows offer a way of viewing the world through someone else’s eyes. With all of the craziness going on in the world, “The Bold Type” provides an honest look of what reality is like for women from multiple perspectives. Freeform network premiered “The Bold Type” in June 2107 and according to IMDb, “The Bold Type” has a star rating of 8.2 out of 10. It mainly follows three women who work at Scarlet Magazine. Jane Sloan (Katie Stevens) is a newly-promoted writer. This season watches her find her voice in her articles, as she writes about difficult issues such as breast cancer and rape culture. Kat Edison (Aisha Dee) is the social media coordinator for Scarlet Magazine, and fights for social justice using the magazine’s following. For example, Scarlet Magazine was promoting breast cancer awareness in an upcoming

them away from the table, whatever works people! Just don’t go into Thanksgiving dinner alone.

4. **The bathroom is your best friend.** When all comes crashing down, excuse yourself to go to the bathroom. It’s a holiday all about eating; no one will question if you go to the restroom for a few minutes...or hours. Take advantage of this gross means of escape to scroll through Instagram, say a prayer, or just enjoy the silence.

5. **Remember the purpose.** When it comes down to it, remember what Thanksgiving is all about. If you find yourself in a warm house eating some turkey with your loved ones, you’ve got something to be thankful for. No matter how difficult some people may be, we have to try our best to enjoy this time with our families and friends: the ones who matter the most.

eventually connects romantically with Edina (Nikohl Boosheri), a female Muslim photographer. They only initially meet because Kat wanted to do an article using her photos that aim to break Muslim stereotypes. Edina accomplished that by showing Muslims in their traditional garments listening to Beyonce. Once they meet, Kat is curious about the way Edina sees the world. Kat’s lifestyle is very on-the-go, while Edina explores different cultures in a very go-with-the-flow type of way. In the process of getting to know each other, Edina is discriminated against in terms of stereotyping and immigration. In one scene in the episode titled “If You Can’t Do It With Feeling”, a man on the street bullied Edina for her hijab, and then she also experienced severe immigration issues such as having trouble getting back into the U.S. Along with those themes, there are a lot of funny, sad, and heartwarming moments. There are relationships that you just want to know more about



Offical “The Bold Type” © Poster

and there is a lot of depth to certain characters that you may not perceive at first glance. For example, Sutton and Richard have a lot more going on than what’s happening at the surface. There is always something happening in this series, and it just sucks you in even more. It’s a very positive show and I highly recommend it to everyone. “The Bold Type” is on Hulu and streams for free on Freeform’s website.

Keep on Truckin’: an interview with Bearings at Four Chord Music Festival

By Erika Kellerman

It’s a cool Sunday afternoon in the Strip District. I’m lost, of course, trying to find my way in Pittsburgh’s alleyways. Four Chord Music Festival is roaring at Club Xtaza. The festival is a day long and has featured Yellowcard, Anti-Flag, The Wonder Years, and this year’s powerhouses: State Champs and The Starting Line.

After I find the venue, I watch a few sets. Xtaza is dark with few streams of light from the stage, but alive with people and music. Fans mix amongst the crowd, waiting for each set to start. Soon after, I find my way outside and meet Collin Hanes, 22, Ryan Culligan, 22, and Doug Cousins, 23 of Bearings. We walk and talk about traveler’s insurance and freak appendicitis accidents, finally reaching our destination of 21st Street Coffee and Tea a few minutes later.

Cousins, Hanes, and Culligan are three-fifths of Bearings. Tyler Nickel and Connor Kington were taking a much needed nap, considering the five guys traveled from a show in New Jersey the night before and arrived a few hours before set time.

The five met at Algonquin College in Ottawa, Canada in 2014. All realized that they wanted to be in a band, and a pop punk band at that. Eventually, they made Culligan’s house the birthplace of Bearings. “We started practicing and running through songs. It kicked off right from there,” he said.

Cousins, Hanes, and Culligan grew up on a diverse array of music and all came to playing their respective instruments at different times in their lives. “I personally started playing bass when I was 10 years old” Hanes said, “ I liked a lot of punk music and stuff like that, and like a little more gritty stuff. Then I kind of got into the pop punk stuff later.”

“I started playing the guitar when I was 9 years old. I bought a Sum 41 record. That was my first album. Then I got into blink-182 right after that. Once I found them, my whole world changed. Tom Delonge ruined my life.” Culligan laughed.

Cousins learned at an early age that he liked music, “When I was 5 or 6, I liked playing on the piano for fun- not like I knew how. When I turned 13, I got my first guitar. Adam’s song was the first song I learned. Which I guess, in some weird way, is why a lot of our music is a little bit more serious.”

Bearings recently released their latest EP, “Nothing Here is Permanent.” It is comprised of five songs about loss and the sadness that comes with it. While they may be sad, you can still dance to them at the bar. “The entire EP kind of revolves around the same concept of death and loss and the experience people go through when you experience loss,” Cousins said. “ It

[Nothing here is Permanent] is something I like to remind myself of when we’re on the road touring and doing what we want to do. It’s cool. We get this one life and we get to do something we love almost every single day.”

Culligan agreed, “I also believe that a lot of the lyrics have to do with death, but a lot of them have to do with ‘Don’t take your time for granted and enjoy it’. It’s the more positive side. The back and forth, two sides of it. We always try to show how bad it can be in the lyrics, but put a positive spin on it- to make you feel more comfortable with it.”

When asked about how long “Nothing Here is Permanent” took to record, Hanes let out a laugh. “We’ve had North Hansen recorded for over a year. Then we recorded another song, Spent.” Then, the rest of the songs soon came after. In November, came Makeshift and Petrichor. Finally, Letters Home, the third song on the EP, was recorded in April. “We would only go for like four or five days each time. We would record two songs at a time. Then, it was like we were sitting on the EP for a long time. We shopped it at Pure Noise [Records]. They really liked it and they picked us up. It was a really long process to put it out, but I’m really happy with it.” Hanes said.

Culligan’s favorite from the EP is North Hansen, “because of the meaning behind it, and it was the first song we wrote for the EP. We really felt like we grew while writing it. But I also really love Petrichor just because of how fun it is to play live.”

Hanes laughed, “You gotta pick a favorite, man!”

“I’m saying North Hansen, but I’m giving Petrichor some love because I think it is a catchy one and it also has a lot of meaning to it. I love playing it every night.”

Cousins said that his favorite always changes, but he loves North Hansen the most. “On this tour, though, I’ve been enjoying playing Makeshift. It bops.”

Hanes said that his changes every night, “Petrichor is my favorite, 100 percent. I never felt this way before, but Letters Home is one of my favorites now. It’s really fun to play. It’s not my favorite on the EP, but it’s my favorite to play.” Hanes said.

This year’s pop punk bands are emotional. Their albums are full of ballads and the performers aren’t afraid to share their true feelings.

“I think it’s that exact thing that makes the genre so important and so cool. Nothing is off the table when you’re writing. People aren’t really going to criticize you for it. People are usually looking to connect to something. I think when you write a song that makes people feel something, you’ve kind of done your job.” Cousins said. “I’ve had people message me on Facebook and say how much a song means to them and talk to me about what they’re going through- I think as a dude, you

BANDS U SHOULD KNOW

A GUIDE

FAST FACTS

Bearings is a pop-punk band out of Ottawa, Canada.

Members:

Doug Cousins - Vocals
Ryan Culligan - Guitar/Vocals
Tyler Nickel - Guitar
Collin Hanes - Bass
Connor Kington - Drums

Signed to:

PURE NOISE RECORDS

Bands on their Playlists:

The Front Bottoms
Trophy Eyes
The Menzingers
Homesafe

Latest Release:

Nothing Here Is Permanent

Social Media

Instagram/Twitter: bearingsband
https://www.facebook.com/bearingsisaband/
Spotify/Apple Music: Bearings





Image by Erika Kellerman

can put up that wall and say that you don’t have feelings, but I think everyone wants to connect and wants to feel something.” Culligan agreed, “Everyone deep down wants to show those feelings. When you hear a song that hits you emotionally, that you connect to, it feels like you have an outlet to let it out, especially if you don’t want to talk about something. You can let it out through that song or those lyrics.” Even with so much support from their fans, it is hard for male lyricists to write songs about what they’re truly feeling. There is still a lot of toxicity in today’s society towards the vulnerability men feel. Cousins says that it is hard, but it

gets easier when he actually performs his songs live. “Once it’s recorded and all put down, it feels good to go out there and play it live. It’s good, it matters, and it’s meaningful.” In the future, Bearings wants to tour and write music as much as possible “Europe would be insane and to do a tour over there would be incredible. Working with influential people we’ve looked up to would be really cool, too.” Culligan said. They also have always wanted to do Warped Tour. “It’s a childhood dream.” “We want to live on the road for most of 2018. We want to keep on playing shows and keep on killing it.” Hanes added.

WHO HIT ME: Interview

By Erika Kellerman

Rex Larkman, 21, (drums, vocals) and Drew Burns, 26, (lead vocals, guitar) started Who Hit Me in 2015. They later added Steve Wright, 20, and Jon Gonzales, 21, to complete their band. The four reside in Cleveland, Ohio. Who Hit Me is described as “Guitar Hero Rock.” “If that’s not a reason to check us out, I don’t know what is.” Burns said. Larkman and Burns met on Craigslist. “I’ve known Drew for 4 years now,” said Larkman. “Craigslist works sometimes, I guess. I was in a few other projects with Steve around the same time period. I met Jon in college. He’s still an intern in the band.”

The name “Who Hit Me” came from Monsoon Lagoon near Cedar Point. “All I have to say is we got our name from the back 9 of their putt-putt course.” Larkman said.

Music

At a young age, the guys of Who Hit Me knew that they wanted to play music for a living. For two of the members, it was video games that gave the guys their inspiration to get into music. For Wright, it was the Tony Hawk Pro Skater 4 soundtrack. “[It’s a] sick soundtrack.” Larkman agreed, “Guitar Hero was my big inspiration.”

For Gonzales, it was different. “My brother introduced me to Blink 182’s ‘Enema of the State’ and I’ve loved music ever since.” Burns took piano lessons when he was six and then began to play guitar at 12.

Gonzales also remembered a time that truly made him want to play music, “I remember watching Green Day’s ‘Bullet In a Bible’ live album and knowing that music was something I wanted to do with my life.”

Who Hit Me collectively like The Killers, Queens of the Stone Age, Muse, OKGO, and Fetty Wap. They inspire the guys. They all would like to tour with Fetty Wap, Queens of the Stone Age, Pup, and Sweepyheads.

As indie, unsigned artists, Larkman wished that someone would have lied and told them that it was easy to get into the industry. Larkman’s advice to newbies to the music scene is, “Honestly get good at your instrument first. It makes playing with people more fun and less stressful. It’s not an easy industry and there’s competition everywhere. Lucky for us, we’ve been a part of a very supportive community in Cleveland.”

Writing

“Music always comes first for me before the lyrics,” Burns said. “I’ve always written lyrics more with the idea of creating a feeling

over sending a straight message.” Whenever the group has a conflicting opinion about writing a song, Gonzales said, “We will play both ideas and then put it to a vote of which idea we like better. It is a very democratic process.” Gonzales loves to play “Plethora” and “Miniscule” “because the crowds’ response to those songs is always incredible.” Burns likes to play “whatever one we just got done writing. I’m always excited to play out new songs and see what people think.”

All I Wanna Be

Who Hit Me’s latest single, “All I Wanna be” was released on July 21. The music video for the single was released on the same day. “Recording our new music video was super fun,” Larkman said. We just had a great time making it and I don’t know if you can tell in the footage but it was steamy outside. We were dying out there but our friend Rachel brought us corn to keep us nourished.” “All I Wanna Be” is the first song released off of Who Hit Me’s newest batch of music. Burns explained, “Rex and I were in a band before WHM called Mobley Hits Back and I had wrote the song sometime before Rex even joined that band. I had about 75% of it done for a couple of years. When it finally clicked, we broke up and didn’t get a chance to play it. It didn’t really fit along with the first WHM record so we shelved it. The second record was pretty eclectic as it is and we still wanted to make some other changes to the song, so we sat on it. With some other things we’ve written recently it feels more in line with where we’re headed as a band.”

The hardest part of putting out a single/album as an unsigned artist is “all the legwork.” Burns said. “And things you wouldn’t even think of needing. Rex has always been our rock of getting the hard stuff done.” Larkman adds, “It’s a lot of work keeping the people updated and focused on what you are doing. [It’s] constantly dishing out content and playing gigs is what’s difficult, but fun and inspiring at the same time.”

When the possibility of Who Hit Me releasing anything new in the future came up in the conversation, Burns commented “We’re working on some more songs and we may or may not release something cool within the next 3 seasons of earth.”

ARTS & ENTERTAINMENT

HOROSCOPES

By Kaylee Miller

ARIES (Mar 21-APR 19)

Dear Aries, Your ability to learn allows you to master new tasks. You’ve been enjoying learning about new topics which test your skills and abilities. Use this learning process to find out more about subject matters pertaining to your major and how they will affect your life in a long-term way.

TAURUS (APR 20-MAY 20)

Dear Taurus, With fall underway you are feeling this change is a positive one. You’re full of energy and motivated to complete tasks and activities. Use this energy to be creative. Maybe try crafting for Thanksgiving.

GEMINI (MAY 21-JUN 20)

Dear Gemini, feeling in good spirits, you are thriving and are attractive to others. Anyone you approach sees this and is inclined to want to be around you. Take this time to make new acquaintances. You may find some lifelong friends in the process.

CANCER (JUN 21-JULY 22)

Dear Cancer, does your workload have you feeling overwhelmed? Try some new stress relieving tactics, such as keeping up on your fitness or taking small breaks. Remember to take it one task at a time.

LEO (JULY 23-AUG 22)

Dear Leo, lately, optimism is the name of the game for you. Keeping responsibilities in order and allowing for leisure time adds to this feeling. A healthy balance between work and play is key in keeping up this routine. Stay with the cycle; it’s working for you.

VIRGO (AUG 23-SEPT 22)

Dear Virgo, your school/work life has been too routine for your liking lately. Sick of the same old same old? Try taking up a new activity. I suggest a good book or even joining a club or organization. Broadening your horizons is key.

LIBRA (SEPT 23-OCT 22)

Dear Libra, with the holidays approaching, you have many plans ahead. Family events are well under way and you will be kept busy. Remember to appreciate the time you have to spend with your loved ones.

SCORPIO (OCT 23-NOV 21)

Dear Scorpio, with your birthday in this time, you feel excitement and joy. The memories of your past birthday celebrations may surface and have you feeling reminiscent. Here’s to more memories to be made, go have yourself a good time.

SAGITTARIUS (NOV 22-DEC 21)

Dear Sagittarius, have you taken time for yourself lately? Spent any time alone? Try escaping life’s craziness for one hour each day to nap or even watch a television show by yourself. It is good to remember to incorporate some quiet time for yourself in your hectic schedule. Everyone needs a little self-care and R&R.

CAPRICORN (DEC 22-JAN 19)

Dear Capricorn, at this moment in time, you’re unsure of where you feel satisfied in your life and where you need to make a change. Did you choose the right major? Did you choose the right career path? I suggest taking the time you need to weigh the pros and cons of your current situation. Life will steer you in the correct path.

AQUARIUS (JAN 20-FEB 18)

Dear Aquarius, your ambition and motivation in your life is evident. By accomplishing important tasks in a timely manner, you allow yourself to get ahead in your career & school life. Keep up with this routine; it can only take you where you want to go.

PISCES (FEB 19-MAR 20)

Dear Pisces, you should take pride in your latest actions. You are a good person and this is shown. Simply being kind to those around you has the power to transform not only their lives, but yours. Remain humble and good things will come.

6

7

WHERE & WHY

WHERE TO GO IN PGH & WHY YOU'VE GOT TO GO

By Kylie Owoc and Molly Mitchell

If you're not very familiar with the restaurants around Pittsburgh, or you're just tired of eating at the same places, Sienna Mercato might be one of the next hot spots for you to try!

Sienna Mercato is one of the many hidden treasures in Pittsburgh. The restaurant is unique because you can find three different distinct dining options within one Italian restaurant.

The first dining option is Emporio, on the first floor, which is a gourmet meatball joint with a full bar. At Emporio, you customize your own dish! You choose a type of signature meatball, add sauces or gravies and select one of their serving options, which vary from meatball sliders to meatball paninis. Emporio's menu offers vegetarian meatballs, made with mushrooms, white bean and cauliflower, and gluten free meatballs, made with chicken, parmesan and herbs. Emporio is a good place to take a group of friends because there is something for everyone!

The next dining option is Mezzo, on the second floor of

the restaurant. Mezzo offers a charcuterie menu which includes a selection of gourmet cheese courses, pizza, dessert, and small plates which pair well with wine. Mezzo may be the best option for individuals who are looking for a light meal.

The final dining option is located on the third floor of Sienna Mercato, which is home to Il Tetto. Il Tetto is a rooftop beer garden that offers 36 draft beers, cocktails and wine alongside several small appetizer dishes. Il Tetto's rooftop atmosphere comes with a spectacular view of the city creating a pleasant aesthetic to complement your dining experience.

Mezzo accepts reservations made by using OpenTable or by calling (412) 281-2810. Emporio and Il Tetto do not allow for reservations, but you may "get in line" at Emporio using NoWait.

So, the next time you find yourself looking for a fun, delicious place to eat around town, stop in at Sienna Mercato for an enjoyable night out!



Photo by Molly Mitchell



Buffalo Fried Chicken Balls, Classic Beef Meatball Sliders with Meat Sauce and Pepparoni Fritters at Emporio. Photo by Molly Mitchell



Lavender Fizzes from Il Tetto Photo by Molly Mitchell

Feel prepared and confident as we head into fall semester! Make an appointment with a tutor at the CAA for math, quantitative reasoning, accounting—we tutor for 45 courses + writing for any course, including graduate courses.

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