

Pittsburgh Marches for Our Lives

by Molly Mitchell

On March 24, more than 30,000 people (according to city estimates) gathered to march from Downtown to Market Square, joining in on the “sibling” marches that were taking place across the country in support of March for Our Lives in Washington, D.C. Jessica Ruffin, Director of The Social Justice Institutes at Carlow University, attended the march with an adult student and her friends. “While we are saddened with the recent reoccurrence of mass shootings and school shootings, we are hopeful that our attention to this issue will result in individual and institutional changes that will result in keeping our campus and our region safe from gun violence. In order to accomplish this large goal, we all need to accept that we have a role to play and [that] the time is now for us all to take action,” said Ruffin. Also in attendance of the march in Pittsburgh were Carlow students Bri Griffith, senior creative writing major, and Erika Kellerman, senior communications and media

major. Griffith said, “I marched for my life, for others’ lives, and in honor of the lives lost to gun violence at a cross-generational, youth-organized event. The march encouraged me to look at the issue of gun violence through an intersectional lens. I hope, with the help of Carlow’s Social Justice Institutes, to get more involved on Carlow’s campus before graduation, and in the Pittsburgh community—to add my voice to the sea of voices asking for stricter gun laws.” In response to her experience at the march, Kellerman said, “I was speechless to see all of the adults and children alike marching against gun violence. This generation is amazing. They are being heard, but it’s sad that the students of color who marched against police brutality were not given the same platform and, instead, were shunned and criticized. My intention isn’t to take away from what the Stoneman Douglas kids have done; they have recognized their privilege and have used their platform to talk about police brutality. But, I still wish the kids of color got the same attention.”



Young marcher Julia Henry chose to send a powerful message by making herself the sign. Photo by Erika Kellerman



Participants, Stellanie Kyros (left) and Jillian Murphy (right), pose with their stuffed animals. Photo by Julia Kelly.

Stuff A Plush Was a Rush

By Julia Kelly

On Monday, Feb. 12, Carlow Activities Board (CAB) hosted its second Stuff A Plush event. The event was held on the second floor of the University Commons. For \$5, each person was eligible to make one plush animal of their choice and pick accessories for it. According to

Shawn Bradley, CAB President, 250 students made a stuffed animal. Stuff A Plush raised roughly \$1,500 altogether. A portion of the proceeds went to Glock Foundation, a non-profit organization which raises funds to support breast cancer research, and some proceeds were put back into various campus activities. CAB plans to host Stuff A Plush again next year.

The Human Library Project

By Amber Kanoza

The Human Library Project took place in Grace Library March 21 from 3 p.m. to 7 p.m. This was an opportunity to meet women who have fought for social justice all around the world. Some of these women happen to be making a difference in the city of Pittsburgh. Students and staff could “check out” a “book” for 20 minutes. This was the time where participants could ask questions and listen to the women’s stories.

Fifteen “books” participated. There was a book cover making activity and a yoga session with one of the “books”. Grace library also gave away free T-shirts to the first 25 people to check out a book. Senior, Bri Griffith, checked out two “books”: Rachel Chung and Leanne Norman. She said, “It was nice to talk about experiences that have shaped us as people and as women in the world.”

Continued on page 3...

Poster Advertising the Human Library event. Photo by Amber Kanoza



Visit the Chronicle online at carlowchronicle.com and take a brief survey!

Check out page 2 for more photos from Pittsburgh's March for Our Lives!

CARLOW CULTURE

Pittsburgh Marches for Our Lives

All photos by Erika Kellerman



Mayor Peduto addresses the crowd.



Young marchers hold handmade signs.



Marchers of all ages gathered to support the cause.



The crowd gathers in Market Square.



Mother and son hold signs they made.

Carlow Men's Basketball Makes History

By Kylie Owoc

Four years ago, Carlow University Athletics introduced men's basketball to the university. This spring, the team will be graduating three seniors who played all four years of their college careers: Zach Bryan, Charlie Scharbo, and Miles Sunder. They are the first students to graduate from Carlow having played all four years of the teams existence. These three seniors are making Carlow history in more ways than one.

On Feb. 17, the Celtics faced off against the University of Rio Grande, one of the team's biggest competitors. This game was crucial for the Celtics because it would

determine whether they would compete in the River States Conference (RSC) playoffs. The team's graduating seniors, Zach Bryan, Charlie Scharbo, and Miles Sunder, fought alongside their teammates for a spot in the conference playoffs. Their senior night yielded quite the celebration: the Celtics defeated the RedStorm 76-70. This was the first time in Carlow history that the men's basketball team made the conference playoffs.

Although the Celtics were defeated by No.15 Indiana University Southeast in the quarterfinals, the team has much to be proud of. Scharbo was named All- River States Conference Second Team, which includes 10 players from seven teams. Scharbo averaged 16.4 points, 8.71 rebounds, and 1.2



From left to right: Miles Sunder, Zach Bryan, Charlie Scharbo. Photo by David Holzemer, Senior University Photoographer.

blocks per game.

In four short years, this group of seniors have taken a 0-12 team (RSC) to a 6-12 team that made playoffs, with the help of their teammates, and exhibited leadership qualities that have been passed

on to their teammates. These particular individuals have made an impact on the University.

The team has plenty of talent and several recruits that inspire the Celtics to look forward to next season.

Carlow Students
Doing Good and
Doing Well

By Danielle Levato

Earning good grades and maintaining a high grade point average are important goals for all students. At Carlow, several students have gone above and beyond to serve their communities, build their resumes and develop new skills through internships. Danielle Merlina and Reionna Washington, senior Carlow University students, both had internships that allowed them to do good alongside doing well in their course work.

Merlina, a corporate communication major, worked as a community relations intern for the Pittsburgh Penguins Foundation in Downtown Pittsburgh, while Washington, a human resource and technology major, worked as a recruiter assistant intern for PeopleShare in Greentree.

During the fall semester, Merlina’s duties as a Community Relations intern consisted of multiple tasks, one being the social media creator for multiple platforms, such as Facebook, Twitter, and Snapchat. She also set up game day marketing promotions and sales tables.

Although some might be discouraged by applying to work for such a large company, Merlina embraced it. “I have always loved working in the sports industry and working for the Penguins Foundation has been such a great experience. The organization is well-known and this experience has been an awesome resume builder that will hopefully set me apart from other applicants in the future,” said Merlina.

Washington’s duties as a recruiter assistant intern, required her to perform software reviews with applications and conduct reverse searches on Indeed.com for possible future employees within the company.

Washington’s internship focused primarily on recruiting which leads her to believe that she will have a huge advantage after graduation when on the opposite side of the situation, applying for jobs. “I have the opportunity to learn from others’ mistakes during their job interviews and application processes and have gotten to shadow other recruiters that allowed me to enhance my skills for interviews, which I believe is the biggest advantage so far,” said Washington.

Even though both seniors performed completely different tasks throughout their internships, both agree that they learned helpful skills and gained experiences that aren’t necessarily available in a classroom. “I have learned how to stay on task and how to talk to people, while getting a ton of hands-on experience as a recruiter. Although sometimes the tasks can become repetitive, I am confident that what I have learned will benefit my future career,” said Washington. In agreement, Merlina said, “I was given a lot of tasks and hands-on experience that reiterated that I want to work in the fast-paced sports industry.”

Looking for an internship? Merlina and Washington were eager to advise and encourage students to complete at least one throughout their four years of college. In fact, some majors at Carlow require students to complete at least one

Letter from the Editor

Dear Readers,

Thank you for picking up the April issue of the Carlow Chronicle! We are excited for you to read our second issue of this semester.

I am so proud of the staff’s continued dedication to bringing the news to the Carlow community. We would not be able to do the work that we do without guidance from Dr. Jennifer Snyder-Duch and Dean Simpson, our wonderful faculty advisors.

We appreciate your support and we will continue to do our best in publishing content that you would like to see. If you have suggestions, would like to submit your work or would like to send in a letter to the editor, please email me at mamitchell@live.carlow.edu.

We hope that you enjoy this issue of the Carlow Chronicle!

Cheers!

Molly Mitchell

Editor-in-Chief

during their time here. “My best advice is to keep looking at specific positions that you love and always keep them in your search. Always apply for what matches your qualifications and never be discouraged,” said Merlina.

While applying for internships, Washington added that “all students should create accounts such

as LinkedIn and Indeed because there are so many positions available and you are able to gain easy access to employers.” Carlow University students are also able to create a Handshake account, which may help them find internships and jobs.

“The Human
Library Project”
Continued

by Amber Kanoza

Felicia Savage-Friedman, owner of Yoga Roots on Location, was one of the “books.” Savage-Friedman held a yoga session in the Hopkins Lab. Savage-Friedman wanted to share about how to integrate yoga into an anti-racist framework. Her interpretation of yoga is based on a “self-reflective practice.” Savage-Friedman was excited to have this dialogue with students because it would be happening trans-racially, which gave her the opportunity to talk to all races and ethnicities. “A lot of our history have been hidden from us on purpose. It’s lying by omission that we haven’t been told the truth; so, for me



Left: Participants gather in Grace Library. Right: Instructions for how to participate in the event. Photos by Amber Kanoza.

it is all about truth telling” said Savage-Friedman.

Jessica Ruffin, Director of the Social Justice Institutes, worked with Dr. Michael Jones, Executive Director of Library Services, and the Gender and

Women’s Studies Committee to get the license to hold the Human Library. “It is required to hold a specific license and Carlow will have it for a little over a year, “ said Ruffin. This license will allow Carlow to hold

discussions and events about social justice. Ruffin encourages all students and staff to participate in all events hosted by the Social Justice Institutes in the future.

Carlow University’s Human Library

How to check out a living book

1. Ask a Human Librarian (they are wearing black T-shirts) for a catalog.
2. Look through our catalog.
3. Read the titles and short bios of our human “books” and choose one you would like to “read.”
4. See a Human Librarian and request to check out that book.
5. A librarian will check out your selected book, retrieve the “book” from our Human Stacks, and escort you and the “book” to a quiet location for a private, 20-minute conversation.
6. If you request a book that is checked out, you will be placed on a short waiting list. While you wait you may check out another interesting title, eat some good food, or create your own book jacket at the tables on the 4th floor.
7. Please feel free to check out as many books as you like.

Thank you for attending Carlow University’s Human Library. We welcome your feedback.

Faculty Spotlight: Dr. Linda Schifino

By: Brandee Salinas

At the end of the spring 2018 semester, Carlow will be saying goodbye to a favorite communication professor. Dr. Linda Schifino will be making a new life transition into retirement. Dr. Linda Schifino has worked at Carlow University since 2001. Serving as a professor, academic advisor, and chair of the Communication Department, she has clearly left her mark on the university.

When it comes to teaching, Dr. Schifino has always been passionate about social change and the political sphere. During her time at Carlow she noticed a lack of courses depicting the relationship between communication and politics. Therefore, she consulted with the Communication Department to gain permission to create and design the Political Communication course.

In addition to creating new courses, Dr. Schifino sought to create an experience for students to truly get to know one of the most important social change movements to occur within the United States. In 2010, she developed an experiential learning course which took students through the south to visit the historic places of the Civil Rights Movement. This course has been offered 3 times: in 2010, 2012, and 2016. “When walking across the Edmund Pettus bridge for the first time and all my students began to sing, I felt the tears running down my face- it was just that moving,” she recalled from the first Civil Rights Tour in 2010. The course will be offered for the fourth time this summer, in which Dr. Schifino will again act as the coordinator.

When it comes to advice, Dr. Schifino has plenty to offer students. She advises all young people to step outside their comfort zones and experience



Dr. Schifino. Photo by Molly Mitchell

something new. “Study abroad or become involved in something that you’ve never been a part of,” she said. Experiencing different cultures is something that Dr. Schifino urges all students to do because it, “allows you to experience the world through a different perspective.”

To Dr. Schifino, retirement signifies the beginning of a new phase in life. “This isn’t retirement; it’s more of a transition because I’m not done teaching and discovering new things,” she said. Age is something that has never stopped her from moving forward through life. It wasn’t until later in life that Dr. Schifino went to college, then pursued her masters and immediately followed through to earn her doctorate. “Learning has no age limit, and I think I will continue to take various free classes during my down-

time.” In addition to taking classes, Dr. Schifino will also be serving as an adjunct professor during the fall and travelling abroad. As of now, she is currently planning a trip to Italy with her sister. “Fall is the perfect time to visit Europe,” she said, “however, I was never really able to go during those prime months because that’s when the fall semester would begin.” Dr. Schifino will be returning in the fall of 2018 to teach Political Communication and has hopes to get involved in The Social Justice Institutes at Carlow University. “You can’t get rid of me quite yet,” she joked.

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Cherry Pools: Spice Up Your Life

By Erika Kellerman

Canadian pop band Cherry Pools, comprised of Martin Broda, Sean Medeiros, Talyn Prior, and Matt Krumins, has accumulated thousands of fans after dropping only one single. Their indie-pop vibes bring 80’s synth-influenced music to 2018. Frontman Martin Broda was born and raised in Toronto, Canada. In elementary school, Broda auditioned to attend St. Michael’s College School, a performing arts school in Toronto, Ontario, Canada, where he said he fell in love with singing. “From that point on I pursued [music] through elementary and high school concert band.” He then went on to play in cover bands. “Then, it sort of developed my love for everything. I honestly love music as a whole. I play all arrays of instruments.” Broda can thank his siblings for his love of different genres of music. “My brother is a painter, my sister is a home designer and like, I myself, am an artist, so I kind of got into singing early on in my childhood just from listening to pop acts through my sister from like the Backstreet Boys and Britney Spears.” Broda said that his brother had an edgier influence on him. “He listened to a lot of punk and stuff like that.”

Spice Up Your Life: “I was made fun of for liking pop music as a kid. I was heavily into the Spice Girls,” he said. “ I had this friend that was a girl and we shared the same love for Spice Girls. We collected all the memorabilia, the temporary tattoos, and some other stuff.” Broda said that his favorite was Ginger Spice. “My brother was friends with her brother, so they would hear us listening to Spice Girls in her room and they would bust open the door and make fun of us saying that I shouldn’t be listening to this,” he said with a laugh. “I’ve always been into pop. It’s what I always go back to,” he said. “I have no shame. That’s what I’ve come

to- if I like something, like a certain genre of music, you can’t deny an undeniably great piece of work. You shouldn’t have to hide behind that. Whatever the stigma that pop music has, I’m going to try and break it down. I’m gonna try. I don’t know why everybody thinks it’s lame, it has a certain sound- I don’t know. It’s mind-blowing to me.” Broda refers to Whitney Houston as a big influence on him. “I love all of her songs. They’re bops. They hold up to this day, especially some of the synth sounds,” he said.

Cherry Pools: In late 2006/ early 2007, Broda joined synth metalcore band Abandon All Ships and then departed in 2014. “I kind of took a step back,” he said. “‘Cause I was like- I wouldn’t say I was necessarily done with it. I just kind of- I kind of took the normie route and I got a normal job.” After a few months of working, Broda’s coworkers at the time found out about who he was and what he did. “They were like, ‘Why aren’t you pursuing this? Why are you here right now? You were born with a given talent.’ It wasn’t up until a couple months after where it clicked and I realized you know what? They were right,” he said. “I just needed to step away for a little bit to realize that this is something I wanted to do for the rest of my life.” Before Cherry Pools, Broda was also in Curses. “We knew that we needed to change our name because a band called Curses in West Virginia already had the trademark.” Broda said that he and few of the other members were having issues, so the label and management suggested that they start fresh. He went on Instagram and searched for new members. “I found these three awesome dudes of summer of last year. We locked them in the fall,” he said. The four guys officially joined Weekday Records as Cherry Pools in late 2017.



Photo courtesy of Cherry Pools.

Broda said going from a metalcore band to a synth-pop band wasn’t that crazy of a move. “It wasn’t really a crazy transition, I think me transitioning into being a frontman was kind of a bigger thing. I’ve always been hidden behind a bass or stage right. Now, I’m taking on that role of being a frontman of a band, kind of leading the pack which is cool because it’s a different vibe for me.”

PVRIS: Cherry Pools is supporting rock band PVRIS on their 2018 North American tour. “I’m stressed, but very excited.” He said, “It’s a little nerve-wracking because we are playing to bigger crowds, but it’s something I’m not familiar with; for the guys, it’s gonna be some of their biggest shows. I know they’re going to kill it.” Broda said that he’s most excited about meeting with fans. “This is my number one coolest thing. I feel like making connections and making relationships with people that like your music and share the same love as you is

something really cool.”

Forever Young: Cherry Pools’ debut single was released on Dec. 1. The song was tracked and mastered in Toronto. Broda co-wrote Forever Young with Daniel “Chico” Cicco-telli, who was in Broda’s previous band Abandon All Ships. “He has always been a great songwriter, especially pop, for as long as I’ve known him,” he said.

Broda said that he wanted to write an 80’s influenced summer-y anthem with a lot of 80’s influences. “We tracked it with another friend, Anthony Kalabretta at Sunshine Division in Toronto.” Broda has been recording with Kalabretta for over ten years. “He just gets me as an artist. He puts in the work to polish the sound you want.” Moving forward with new Cherry Pools material, Broda said that he would definitely consider working with them again. “They’re a huge part of this band, this aesthetic, and this sound. They’re a very big piece of the puzzle that no one gets to see,” he said.

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Upcoming Events: On and Off Campus!

SUN	MON	TUE	WED	THU	FRI	SAT
Spring Flower Show: Scents of Wonder Location: Phipps Conservatory Time: April 1-8 1	Musicians Open Mic Location: Mr. Smalls in Millvale Time: 7-11 p.m. *Free* 2	3	Pittsburgh Banjo Club Location: Elks Lodge #339, Northside Time: 8-11 p.m. 4	Italian Film Festival USA of Pittsburgh Location: University of Pittsburgh Time: Various dates in April 5	Pittsburgh Fringe Festival Location: Pittsburgh Fringe 100 S Commons Time: April 6-8 6	Pittsburgh Creative Arts Festival 2018 Location: David L. Lawrence Convention Center Time: April 6-8 7
8	Better Together Day Location: UC, 2nd Floor Time: 3:30-5 p.m. 9	Fashion for Kids' Sake Location: Rosemary Heyle Theater, Antonian Time: 7 p.m. 10	Craft Night Location: Franny's FWH, 3rd Floor Time: 5-7 p.m. 11	12	90's Night at Howl Location: Howl at the Moon Time: 5-12 a.m. 13	Fun & Grub DrinkFest aPalooza Location: David L. Lawrence Convention Center Time: All day 14
12th Annual Farm to Table Western PA Conference Location: David L. Lawrence Convention Center Time: 10-5 p.m. 15	Russian for Beginners Location: Carnegie Library, Squirrel Hill Time: 6-7 pm *Free* 16	Adult Game Night Location: Carnegie Library, Lawrenceville Time: 6-8 p.m. 17	Books on Tap Location: Allegheny City Brewing Time: 6-7 p.m. 18	Undergraduate Scholarship Day Time: 10-2 p.m. Graduate Colloquium Time: 5:30-9 p.m. Location: AJP 19	Earth Day Festival Location: Downtown Time: April 20-22 *Free* 20	Paws at the Library: Therapets Dog Visit Location: Carnegie Library Downtown Time: 2:30-4:30 p.m. 21
Mythburgh Location: Brillobox Time: 8-10 p.m. 22	23	Red Dog Senior Reading Location: UC, 2nd Floor Time: 7-8 p.m. 24	Studio: Watercolor Painting Location: Carnegie Library, Squirrel Hill Time: 5:30-7:45 p.m. 25	26	DePaul Spring Bash: 80's Night Location: Pittsburgh Opera Time: 6:30-9 p.m. 27	Art All Night Location: Lawrenceville Time: April 28 & 29 *Free* 28
29	Meditation with a Monk Location: Carnegie Library, East Liberty Time: 6:15-7:30 p.m. 30					

Flower Forever:
Marc-Andre Fleury’s
Emotional Return to
Pittsburgh

By Bri Griffith

On Tuesday, Feb. 6, the Pittsburgh Penguins hosted the Vegas Golden Knights at PPG Paints Arena. Although this wasn’t the Pens’ first time playing the Golden Knights, this was goaltender Marc-Andre Fleury’s first time playing in Pittsburgh wearing a Golden Knights jersey.

18-year-old Fleury was drafted first overall by the Pens in the 2003 NHL Draft, according to Sam Kasan from Pens Inside Scoop. Pittsburgh beat the Nashville Predators 2-0 in Game 6 of the Stanley Cup Final, marking their second consecutive Stanley Cup win, and the end of Fleury’s 2016-17 season with the Pens.

According to NHL Correspondent Wes Crosby, Fleury waived the no-movement clause in his contract last February, further cementing his imminent departure, to allow Pittsburgh to protect rookie goalie Matt Murray. Fleury, along with his \$5.75 million salary cap, was officially selected by the Vegas Golden Knights as part of the 2017 expansion draft—a new team and organization in the NHL.

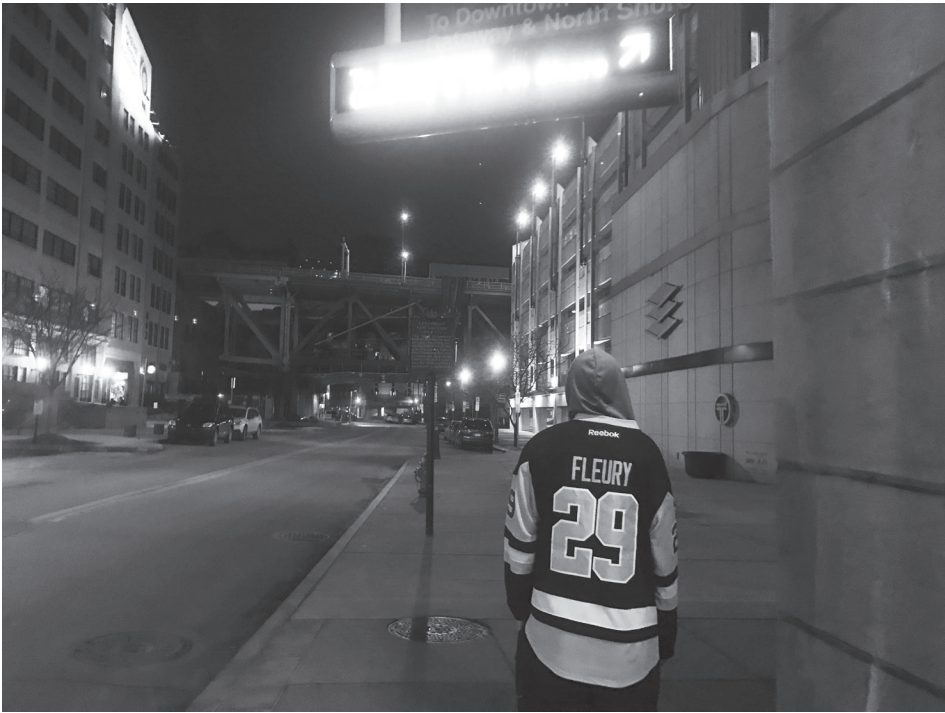
When Marc-Andre Fleury was introduced as the Golden Knights’ starting goaltender on the night of Feb. 6, PPG Paints Arena erupted. Nostalgic fans wearing their

Fleury jerseys cheered every time Fleury made a save, as if he was still playing for the Pens. The crowd was littered with signs dedicated to Fleury’s return; one read, “Flower Forever,” while another read, “Once a Penguin, always a Penguin.”

During the first media timeout, a tribute video was played on the big screen at PPG Paints, and broadcast for viewers not in attendance, to honor Marc-Andre Fleury’s legacy in Pittsburgh, a place he called home for 14 years. Fleury wiped away tears as the standing ovation led into play time—loud clapping in admiration for the veteran hockey player.

Pittsburgh centerman, forward, and captain Sidney Crosby said of Fleury’s departure, “It’s something that I don’t even like having to talk about...playing with someone that long, going through what we did, it’s pretty special,” as quoted on NHL.com. Fleury said, according to NBC Sports’ Adam Gretz, that he didn’t know what to expect, but had “goosebumps” before and after the game.

The Pittsburgh Penguins beat the Vegas Golden Knights 5-4, with goals by Ian Cole, Phil Kessel, Evgeni Malkin, Jake Guentzel, and Ryan Reaves, who was traded to the Golden Knights on Feb. 23. According to Pittsburgh Post-Gazette, Marc-Andre Fleury said of his return to Pittsburgh, “It was a night I won’t forget.”



Fleury fan leaving the stadium after the game. Photo by Bri Griffith

HOROSCOPES

By Amber Kanoza

ARIES (MARCH 21-APRIL 19): You are one stubborn soul. No one likes change, especially you. This month try to be more open to new ideas. Who knows? You may gain something unexpected.

TAURUS (APRIL 20- MAY 20): People love that you’re easy going, that is the Earth sign in you. You are a good influence on your friends with your patience and tendency to go with the flow. Keep it up; you’re more appreciated than you realize.

GEMINI (MAY 21- JUNE 20): You love to know everything that is going on at all times. Geminis are known for their love of information and sometimes that can get you into trouble. Be a little cautious about what information you seek.

CANCER (JUNE 21-JULY 22): Cancer, you are known for your emotionally guided decisions, which isn’t always a bad thing. People admire how much you care about them. However, don’t forget that too much of one thing can be counterproductive.

LEO (JULY 23- AUGUST 22): The fire sign in you pushes you to always be in the spotlight. In doing so, you may step on people’s feelings. Be more aware of the steps you take to achieve your goals. Don’t be that person.

VIRGO (AUGUST 23- SEPTEMBER 22): Organization and planning are some of your favorite things to do. Taking charge, making decisions and making sure you utilize every bit of your knowledge gives you a rush. Take caution; micromanaging your decisions, or someone else’s, can halt any progress you may wish to make.

LIBRA (SEPTEMBER 23- OCTOBER 22): Libra, fairness and justice drive you in all decisions and situations. No one should be treated unfairly. It is up to you to help stand up for those who may not be able to stand up for themselves.

SCORPIO (OCTOBER 23- NOVEMBER 21): Scorpions are known for being trendsetters and for their charisma. People notice you and they look up to you to see what is in style right now. You are truly an inspiration.

SAGITTARIUS (NOVEMBER 22- DECEMBER 21): You love to travel and to learn about different cultures and customs. When you can, try to visit some of the places you have learned about. It can be cleansing for the soul.

CAPRICORN (DECEMBER 22- JANUARY 19): “Drive” is one of the main words that categorize your personality. You utilize logic to achieve all of your goals. But, maybe it’s time to get in touch with your emotional side the next time you must make a choice.

AQUARIUS (JANUARY 20- FEBRUARY 18): You are the true team-player of the signs. You would rather focus on the group as a whole rather than focus on an individual. Try not to be very awkward when your best friend wants to have a heart-to-heart.

PISCES (FEBRUARY 19- MARCH 20): The water sign in you pushes you to be emotional, comforting and romantic. Beware of the flipside of this coin; it can be easy to slip into negative behaviors such as self-pity and self-destruction.

WHERE & WHY

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



By Cheyanne Swaney

The fitness scene in Pittsburgh is full of options. Our city has a variety of classes and gyms that span from beginner friendly to fitness expert. No matter how you want to get fit, there's a place for you in this city. One fitness studio that shakes up the traditional workout is located right in the heart of South Side.

Fitness with a Twist is a local pole fitness studio located at 1911 East Carson Street. Pole fitness might sound a little intimidating, but they offer all level of classes so that you can experiment with pole fitness at any level. The classes are all female. So, sorry guys. This one is for the ladies.

According to the Fitness with a Twist Facebook Page, the concept of an all-female pole fitness studio in Pittsburgh began in 2006 when their doors first opened. Since then the small studio has become a destination for a girls' night out in Pittsburgh. Although many of the classes offered are for beginners, the studio has diverse options for all levels of fitness. Besides drop in classes, the studio offers more expert level classes and party options. The studio is best known for their bachelorette parties and college night classes.

Fitness with a Twist offers a discounted fitness class once a week for college students. The studio has college night every Thursday from 7:30 to 8:30 in the evening. The hour-long class is only \$15 for college students looking for a fun and energetic workout that doesn't break the bank. Get the girls together for a workout that won't

make you avoid checking your bank account.

The classes are different than traditional workout classes. It is a dance-based class that teaches confidence along with the moves. Yes, you will use the pole but don't expect any flipping upside-down until you've taken some advanced level classes. Amber Kanoza, a junior communication and mass media major, has visited Fitness with a Twist a few times since she became interested in pole fitness. She said, "I really think everyone should take one pole dancing class at some point in their lives. I know it's always associated with strip clubs and such, but it is a good workout. It really makes you feel good about yourself and we all know that body positivity is something everybody needs. Don't be afraid to try something new!" Kanoza praised the instructor for her ability to teach and make the workout fun. She said, "She made sure everyone there felt comfortable and was very clear on how to do the spins. She was also very funny." Amber highly recommends the college night class if you're looking for something fun and challenging that's offered close to Oakland.

These unique classes are perfect for female students at Carlow because the studio is affordable and located within a short bus ride or drive from campus. If you're looking to get into shape and want to try something new, Fitness with a Twist is the perfect workout to help you forget that you're even working out.

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Email your submissions to mamitchell@live.carlow.edu



By Alexis Williams

As we continue to approach the end of the semester, some are also approaching the conclusion of their four years at Carlow. University Advancement has a message for the graduating class of 2018: Once a Celtic, always a Celtic. Every ending marks a new beginning.

In order to celebrate this achievement, University Advancement has planned an event for the graduates. On Thursday, April 12, from 6:30 to 8:30 pm students from the Class of 2018 are invited to join University Advancement at Arsenal Bowling. It is asked that students register before April 9 and donate a gift in the amount of \$20.18, which will contribute to the university's continuous initiatives to provide many of the same scholarship and financial opportunities that many graduating seniors were granted in the past. In return for contributing to the senior class gift, students will be provided food and transportation for the evening's festivities.

For details and further questions about the event contact, Janet Guidas, Assistant Director of Annual Giving, at 412-578-6120 or jmguidas@carlow.edu.