Carlom Chronicle

2018 Volume 6 Issue 6

The Campus School of Carlow University Protests in Peace

By Erika Kellerman

On April 14, students across the country participated in the first "National School Walk-Out Day" in honor of the Stoneman Douglas students who lost their lives tragically to gun violence on February 14.

The administration of the Campus School of Carlow University gave students the choice of protesting or not protesting on that day, without the fear of serious consequence. More than 50 students chose to walk from their school down the 3300 block of Fifth Avenue.

Continued on page 7. . .



Young students gather on Fifth Avenue to protest. Photo courtesy of the Campus School of Carlow University, taken by Ella Duch

Baseball is Back: Pittsburgh Pirates Opening Day

by Julia Kelly

The Pirates home opener against the Minnesota Twins was April 2. Presumably due to the cold weather, only 30,186 fans showed up to see the team perform at PNC Park, the smallest crowd for a home opener in 36 years, according to CBS Sports. The cold weather did not affect third baseman Colin Moran that day. In the first inning, Moran came up to bat with two outs and the bases loaded. He hit a grand slam over the right field wall. The Pirates won 5-4 in the ninth inning. This was a memorable game for fans, which, hopefully, will lead to many more satisfying victories throughout the season for Pittsburgh.

Looking for something to do this summer? Go to a baseball game and support our Pittsburgh Pirates!



Opening day at PNC Park 2018. Photo by Julia Kelly

CARLOW CULTURE

Chronicle Senior Spotlight

It takes a lot of hard work and dedication to run the Carlow Chronicle. We would like to recognize the graduating seniors who have put a lot of dedication and time into making the paper the best it can be. The Carlow Chronicle staff and advisors are going to miss these individuals. We wish them the best of luck in their future endeavors.



From left to right: Bri Griffith, Erika Kellerman, Kylie Owoc and Molly Mitchell. Not pictured Alexis Williams taken by Dean Simpson

MOLLY MITCHELL

Number of years writing for the newspaper: Three years

Positions: Editor-in-Chief (August 2017 – May 2018), Copy Editor (August 2016 – May 2017), Staff Writer & Staff Editor

Major: Communication and Media

Future plans: I would like to work in social media or customer service while building my photography company, Photos by Molly M. Ideally, I would like to be in a career filled with creativity. I see myself creating and designing things like photographs, art, digital art, events, you name it!

Favorite memory from the newspaper: I have two favorite memories. First, I loved serving as the Editor-in-Chief of the *Carlow Chronicle*. My favorite part of this role was leading meetings with the staff and brainstorming ideas on what each issue should cover in order to interest the Carlow Community. Working with the *Chronicle's* talented staff was an amazing learning experience.

Second, one of my biggest passions is supporting small businesses. In the beginning of my term as the Editor-in-Chief, I asked the staff how they would feel about adding a column which features cool small businesses in Pittsburgh, and they liked the idea. *The Chronicle's* Where and Why column was born, and I am really proud of it!

Hopes for the newspaper after you leave: I'd like to see the paper grow and bring on some new students to share their talents. I'm excited for the *Carlow Chronicle* to expand its social media and build its online presence. I'm so proud of the other seniors who have worked on the *Chronicle* with me and are graduating. Erika, Bri, Kyle and Lex, thank you so much for all of your work towards making the paper what it is today and congratulations on graduating!

KYLIE OWOC

Number of years writing for the newspaper: One year

Positions: Staff Writer and Staff Editor

Major: Communication and Media

Future plans: After graduation, I will be working at the Tribune Review in several different roles, such as a broadcaster, writer, etc. I also plan on getting my personal training license though the National Academy of Sports Medicine (NASM) this summer to become a certified personal trainer. I am very passionate about fitness and nutrition. In the near future, I plan to get my master's degree as well.

Favorite memory from the newspaper: My favorite memory from the newspaper is writing sports articles. I really enjoy anything to do with sports, so writing the articles was really enjoyable to me.

Hopes for the newspaper after you leave: I really hope to see the newspaper expand. I hope that many students will want to get involved and progress it further. It is a really good experience and has helped me enhance many of my skills.

ERIKA KELLERMAN

Number of years writing for the newspaper: Three years

Positions: Online Content Editor, Staff Writer & Staff Editor

Major: Communication and Media

Future plans: I want to do a lot of things after I graduate. I really want to get a job in digital marketing or researching music for a record label or for the American Society of Composers, Authors and Publishers (ASCAP). I also want to go on tour and be a merchandise manager for a band. Eventually, I want to go to grad school for marketing and then get my doctorate in communication centers.

Favorite memory from the newspaper: I loved being able to interview so many interesting people for the music column. I found my voice doing that. My favorite memory to date was getting to interview and spend time with Bearings at Four Chord Music Festival.

Hopes for the newspaper after you leave: I want it to flourish and become bigger and better than it's ever been- better than the Pitt Newspaper. I want our online presence to be well-known throughout colleges around the country.

CARLOW CULTURE

BRI GRIFFITH

Number of years writing for the newspaper: Four years

Positions: Staff Writer, Staff Editor, Editor-in-Chief (January 2016 – May 2017) & Copy Editor (August 2015-January 2016)

Major: Creative Writing with a Specialization in Poetry and Minors in Professional Writing, Communication and Women's Studies

Future plans: I'll be attending Florida International University starting this August to earn my MFA in Poetry with a teaching assistantship. My assistantship requires me to teach my own classes, and I'd like to move into doing more editorial work, running a reading series, etc. I'm trying to do as many poetry readings as possible, both featured and open mic, and I'm currently in the process of revising my manuscript for publication.

Favorite memory: I have a few. I was writing a story about an event I was involved in. Instead of reaching out to other students for quotes, I felt rushed to turn it in and decided to quote myself. Dr. Snyder-Duch and I laughed about that one.Molly Mitchell and Erika Kellerman wrote a piece about Dr. Gabrich during her last semester at Carlow. My role in this was piecing together what Molly and Erika did, incorporating quotes from students and faculty alike, finding a structure for the story. I liked this because it was challenging, and not something I normally do; I also printed a color/laminated copy for Dr. Gabrich to have, which she really appreciated.

I'm also happy I said yes to being Editor-in-Chief in the first place. I knew it was going to be a lot of work, and I didn't have a lot of editing experience at that point. I took a chance that paid off immensely.

Hopes for the newspaper after you leave: I hope that the Chronicle continues to gain momentum both on and off-campus. A student-run newspaper has so much value; I hope that the meetings continue to serve as collaborative spaces where everyone has the opportunity to make their voices heard about article ideas, etc. In addition, I hope the Chronicle's online following continues to flourish. If more media-related advancements could be made, like incorporating audio interviews of sources into the already-existing social media accounts, that would be rad.

ALEXIS WILLIAMS

Number of years writing for the newspaper: One year

Position: Staff Writer

Major: Communication and Media with a concentration in Business Management and a minor and Leadership and Social Change

Future Plans: My plans since freshman year of course have changed, but not drastically. I am still interested in pursuing a career in broadcast media and journalism. However, I'm looking to build a career first in the nonprofit sector. I would like to work with teens at inner city schools in increasing academic performance and leadership skills. Then, I'd like to create a brand based on that. I would like to be a positive influence and voice.

Favorite memory from the newspaper: I don't really have a favorite memory because every meeting was special, and everyone on the staff brings something unique. This staff has worked extremely hard in making the newspaper enjoyable for the entire Carlow community.

Hopes for the newspaper after you leave: I would like to see the online edition take off. I would like to see the Chronicle use social media to it's fullest advantage, perhaps contests and giveaways would be good ideas! I would like to see some articles that spotlight different writers as well.

Scholarship Day 2018

by Brandee Salinas

On Thursday, April 19 students had the chance to display their academic achievements in A.J. Palumbo Hall at the 18th annual Undergraduate Scholarship Day. Scholarship day is an annual tradition at Carlow that allows undergraduate students to display their project-based work, research, and creative projects.

This year's Scholarship Day consisted of poster sessions, presentations, and creative expressions. Submissions for the event were open to all majors and all grade levels. This event is a chance for students to discover the type of work that is being done in different majors across the university.

Presentations this year included a presentation by Alternative Spring Break Participants, various Nursing poster presentations, Effects of Therapy Dogs on Stress, and many more.



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.

It's free, open seven days a week!

Center for Academic Achievement Carlow.mywconline.com 412-578-6146 University Commons, 4th floor

CARLOW CULTURE

Pad Piece: The Fides Grant on Carlow's Campus

by Erika Kellerman

Doctor Janice McCall taught a social work service learning course in Fall 2017 called "Networking in the Community." The students enrolled in this course self-selected the topic of feminine hygiene to explore how they could help the Carlow community.

Over the course of the term, Dr. McCall's class met with Carla Bergamasco, Director of Student Health Services, and Siobhan De-Witt, Director of Campus Ministry, to get a better sense of "our predominantly women institution's experience with accessing feminine hygiene care items."

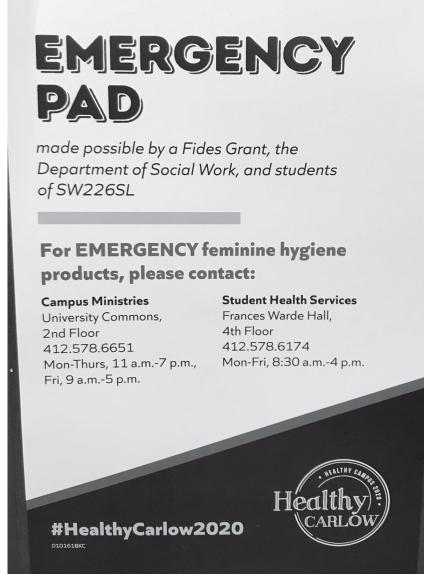
Through her feedback from students, McCall wrote a grant with three other students and submitted it to Sister Sheila Carney, , Special Assistant to the President, Mercy Heritage and Service.

After getting the Fides Grant, Carlow University has helped numerous students in need. Seven baskets were filled with over 2,000 pads in early March. Carlow's office of Marketing and Communication designed labels and volunteers from the College of Leadership and Social Change and social work students helped put on each label. Faculty and students alike helped distribute the pads across campus. According to McCall, the faculty were from the social work, psychology, sociology, criminology, math, English/creative writing and nursing departments, staff from Campus Ministry and Student Health, and students in social work, nursing, and English/creative writing majors.

Based on a two-week period, according to Dr. McCall, the baskets most in use were those located in AJP's first and second floor restrooms and the fourth floor Antonian restroom. "A minimum of 300 individual students have been engaged in face-to-face conversations about where he/she may be able to access emergency feminine hygiene care resources on campus," said Dr. McCall.

"I have about 100 pads remaining on-hand and I'll continue to refill until the complete drawdown is done," Dr. McCall said, "No loss of free pads due to perceived theft was experienced (which is often a common misperception of the provision of these basic needs) and instead students were aware of the value of education and awareness to the known campus sites to seek when help was sought."

If you are still in need of pads, please visit Campus Ministry, Student Health, the Disability Services Office and the Carlow Closet.



Above: poster explaining where to find the Emergency Pads. Below: photo of the pads located on campus. Photo by Molly Mitchell



CARLOW CHRONICLE STAFF AND CONTRIBUTORS

Editor-in-Chief

Molly Mitchell

Online Content Manager

Erika Kellerman

Layout Editor

Greta Fretts

Copy Editor

Amber Kanoza

Business Manager

Cameron Sarber

Faculty Advisors

Dean Simpson

Dr. Jennifer Snyder-Duch

Staff Writers

Greta Fretts

Bri Griffith

Amber Kanoza

Erika Kellerman

Julia Kelly

Danielle Levato

Kylie Owoc

Brandee Salinas

Alexis Williams

Staff Editors

Bri Griffith

Erika Kellerman

Kylie Owoc

Brandee Salinas

Alexis Williams

Staff Photographers

Erika Kellerman Molly Mitchell

Saying Goodbye: Retiring Carlow Faculty Members

by Alexandra Kunz

Carlow University is lucky to have amazing, talented professors and staff. However, there comes a time we must say our goodbyes as they enter retirement. As the academic year comes to a close, Carlow will

be wishing well to several of our community members as they move on to a new stage in their lives.

In the College

of Learning and Innovation, Dr. Judith Touré, Professor of education and program director of art education and middle level education, is retiring after an 11 year career at Carlow. Before working at Carlow, Touré worked as a research associate at the Learning Research and Development Center at the University of Pittsburgh for five years. Touré also served as a teacher for 25 years. "Dr. Touré is an amazing advisor," said Jessica Smith, senior middle level education major with a concentration in English language arts. "She's served as a fantastic resource, always answering questions quickly. We're definitely going to miss her here, but wish her the best

in her retirement." Additionally, Dr Gordley, Dean of the College of Learning and Innovation and Associate Theology Professor, said, "Anna Falcione, secretary in the Education Department within the College of Learning and Innovation, has worked at Carlow since 1997, a total of 21 years. Her years of service to education of students and faculty have been deeply appreciated."

In the College of Leadership and Social Change, Dr.
Linda Schifino, Professor and previous chair of the

communication department is retiring after a 17 year career at Carlow. "She's the driving force behind Carlow's participation in the Civil Rights tour," said Dr. Allyson Lowe, Dean of the College of Leadership and Social Change. Brandee Salinas, junior communication and media major said, "Dr. Schifino is one of my favorite professors and I am going to miss having her as an advisor."

The Carlow Chronicle wishes our retiring Carlow community members the best. If you happen to run into them during the last weeks of the semester, please join us in thanking them for their dedication and congratulating them on their retirement.

Do you want to get more involved on campus?
Are you interested in writing,

"We're definitely going

to miss [Dr. Touré] here,

but wish her the best in her

retirement."

Smith, Carlow Senior

-Jessica

photography or journalism?

Join the Carlow Chronicle staff!

Email Dr. Jennifer Snyder-Duch, faculty advisor, at jsnyder-duch@carlow.edu if interested!



Letter from the Seniors to Dr. Snyder Duch, *Carlow Chronicle* Faculty Advisor

Molly Mitchell, Editor-in-Chief

I can't thank you enough for your dedication to the Carlow Chronicle and to the staff. With you as our faculty advisor, we have learned journalistic skills and skills in critical thinking. From my time spent as a Chronicle staff member, I have learned the importance of student voices on college campuses and the equally important need for student run university newspapers which function as a platform to express student voices. I appreciate your guidance and advice along with your trust in the student writers, photographers, and editors in producing the Carlow Chronicle. Again, thank you for everything that you have done for us. I will miss being a part of the staff under your guidance.

Erika Kellerman, Online Content Manager, Staff Writer and Staff Editor

Thank you for believing in this paper- in what students have to say and in what young people have to say. Thank you for believing in me when I didn't believe in myself. Thank you for challenging me, making me fall in love with media, and helping me find my voice through the paper. Thank you for always having an interest in my life and asking how I am or how assignments are. I never felt important before I came to college and I realized that this past semester. You truly mean so much to me and you have helped shape me into the person I am today. You are so important to Carlow and to us students. I will miss you more than anything.

Bri Griffith, Staff Writer and Staff Editor

Since meeting you and taking your classes at Carlow, I've developed a passion for communication as a field of study. I'm a better writer, student, and person because of you. I know I will continue to write and tell stories, ask questions, and take advantage of opportunities meant to make me a more dynamic person. Thank you for helping me to foster a community of student writers, editors, and learners as Editor-in-Chief of the Chronicle. Honestly, thank you for everything! I will miss you very much.

Kylie Owoc, Staff Writer and Staff Editor

Thank you so much for everything that you have done for not only me, but for the students at Carlow as well. Through being a staff member for the newspaper, to being a student in your class, I cannot express how much knowledge and wisdom I have gained from you. I really appreciate that you always challenge students and go above and beyond to make sure that we excel. You are truly an outstanding professor. Thank you for your continuous hard work and dedication. We will miss you!

Alexis Williams, Staff Writer

Your dedication and work to the Carlow Chronicle, and staff doesn't go unnoticed. From the bottom of my heart, thank you. I have faith that under your continuous leadership, the newspaper will continue to grow and be successful. Thank you for giving me real experience in what it would be like if I were to professionally write for an organization and publication. I have gained experience and skills that not only can I use professionally, but also personally as well. I also have greatly appreciated your enthusiasm and willingness in ensuring OUR VOICES are heard and reflected in each piece making this experience more meaningful and impactful. I plan to fully continue to follow where the next incoming staff goes from here and I can't wait to read updates and their ideas!

ARTS & ENTERTAINMENT

Love, Simon: A Love Letter to the LGBTQ+ Community

By Bri Griffith

"Love, Simon," released in theaters Feb. 27, is a romantic comedy based on Becky Albertalli's debut young adult novel: Simon vs. the Homo Sapiens Agenda, published in 2015. The film stars Nick Robinson as Simon Spier, Jennifer Garner and Josh Duhamel as Simon's parents Emily and Jack Spier, and "Thirteen Reasons Why" star Katherine Langford as Simon's best friend Leah Burke. "Love, Simon" currently has a 92 percent rating on Rotten Tomatoes, an 8.1/10 on IMBd, and was described in an article on The Guardian as "a landmark in LGBTQ cinema."

The movie opens with Simon describing himself as "totally normal," for the most part. He actu-ally likes his family, has friends he does "friend stuff" with, like drink too much iced coffee and load up on carbs—except he has one huge secret: He's gay.

The major conflict(s) in the movie stem from Simon's sexuality not him coming to terms with it but trusting people enough to let them in. Simon fears uncertainty, like most people do; he thinks people will treat him differently upon finding out he's gay. In addition, Simon's a senior in high school, and graduation is quickly approaching. He's so close to college, a chance to be brand new, where he won't have to "come out." In contemplating

this, Simon realizes he'll be sacrificing time to live authentically now, alongside people who love him—a hefty price to pay.

An online forum brings both comfort and trouble to Simon's life. Not only does an anonymous post give Simon a chance to reach out to another gay person at school (known by their username "Blue"), it's also used to humiliate Simon, putting him in a dangerous situation. When someone at school finds out about Simon's email exchanges with Blue, this character, Martin, uses Simon for his own personal gain, furthering the story's conflict.

I love Blue, because Blue demonstrates the importance of building and fostering a community of people who understand you. I think, in addition to being Simon's anonymous love interest, Blue offers Simon the kind of genuine support he isn't getting from anyone else, anywhere else in the movie. Blue makes Simon feel whole, and vice versa—for most of the movie, they're only ex-pressing themselves fully to each other; their confidence grows the more they talk, and Simon's eyes light up every time he gets a new email. Not to mention, "Blue" is played by Keiynan Lons-dale, an Australian actor who said, as quoted in People: "I'm not straight. I don't really label my-self as anything. I have been in love with guys and I have been in love with girls...That's me."

I loved watching "Love, Simon" because I felt everything. My eyes

welled up with tears as he lost his friends' trust, when he thought he lost complete contact with Blue. I felt panicked when his privacy was being invaded, and I laughed when he described knowing he was gay as "liking Panic! at the Disco, but not for the music." My heart broke when he came out to his family, when his father needed more time to understand, but Simon put it back together when he stood up to bullies in the high school cafeteria. The film was a ferris wheel of emotions, and I didn't want to get off. (When you see the movie, you'll understand this reference.)

A cool soundtrack adds another layer to the movie, with songs by Khalid, former Fifth Harmony member Normani Kordei, and Troye Sivan, who was recently announced as the headliner of Pride Rocks Pittsburgh this June.

Important to note is the inevitable connection between "Love, Simon" and the importance of rep-resentation in our media. Michael Morgan, former professor emeritus at the University of Massa-chusetts at Amherst, said, as quoted on Huffington Post: "Stories affect how we live our lives, how we see other people, how we think about ourselves." In addition, Ana-Christina Ramón, as-sistant director of the Ralph J. Bunche Center for African American Studies, said: "What you see often becomes a part of your memory, and thus a part of your life experience," as quoted on Huffington Post. Sarah Kate Ellis, president

and chief executive of GLAAD, said, as quoted in the New York Times: "Twenty percent of millennials identify as LGBTQ... Having a film available to them is a breakthrough." Dynamic, gay people exist in this world, so, why isn't real life being reflected in our media? In the stories we share?

Simon's not a one-dimensional character; he's grappling with his identity, making difficult (sometimes selfish) decisions, and going to high school parties, trying to sneak past his (still awake) parents upon arriving home late. I'm glad a film like "Love, Simon" exists because a gay character is at the center of the story. He's not perpetuating stereotypes, he's not someone else's best friend, and he doesn't have the least amount of lines. The film puts a spotlight on Simon, a gay character with courage, who makes mistakes, apologizes when necessary, and grows to tell the whole truth.

Overall, I'm a fan of "Love, Simon," because there's power in telling stories from the perspec-tives of many different people. Who we see in our media impacts our real-life exchanges with people, too. Nicola Yoon, author of young adult novels Everything, Everything and The Sun is Also a Star, said while giving a lecture in Pittsburgh Jan. 21: "Everyone deserves to see them-selves as the hero in the story." Simon's a hero I'm happy to root for, and his coming-of-age story is one I long to see on screen again.

Fun Upcoming Events in & Around Pittsburgh this May!

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	Wildflower Walk with the Urban EcoStewards Location: Frick Park Time: 6-8 p.m.	ZooBrew Location: Pitts- burgh Zoo Time: 6-9:30 p.m.	South Side (Flats) 5K Tour Location: South Side Riverfront Park Time: 9-10 a.m.
Pittsburgh Reptile Show & Sale Location: The Harmar House Time: 9-3 p.m.	Greek Food Festival Location: S. Dith- ridge St. Time: May 6-12	8	Israel Night at the Museum (21+) Location: Children's Museum of PGH Time: 6:30-9 p.m.	10 Women Who Rock Benefit Concert Location: Hard Rock Cafe Time: 7 p.m.	Sustainable Sipping Location: Frick Environmental Center Time: 6:30-9 p.m.	Spring Fest In Old Town Ambridge Location: Ambridge Historic District & Old Economy Village Time: 9-5 p.m.
Public Art 5K Tour Location: South Side Time: 10-11 a.m.	Monday Night Dodgeball Location: Ace Hotel Time: 7-10 p.m.	1 5 Horse and Carriage Rides at The Waterfront Location: 149 West Bridge St. Time: 3-8 p.m	16	International Children's Fes- tival Location: Cultural District Time: May 17-20	Colorful Horoscopes and Cocktails Location: The Andy Warhol Museum Time: 6-8 p.m.	Pittsburgh Taco Festival Location: High- mark Stadium Time: 11:30-7 p.m.
20 Lucky's South Side Dog Fes- tival Location: East Carson St., South Side Time: 12 p.m.	Festival	Craft Beer School: The Dirt On Beer Location: Cab- aret at Theater Square Time: 6:15 p.m.	23	Creative Non- fiction Writers' Conference Location: Point Park University Time: All Day	25 Summer Kick- Off Location: Bakery Square Time: 4 p.m.	Lionfire Music Festival Location: Slip- pery Rock, PA Time: May 26-27
Free Family Fishing Day Location: Small- man Street Time:11-3 p.m.	Memorial Day Flag Ceremony Location: Heinz History Center Time: 12-12:30 p.m.	Full Moon Hike Location: Frick Environmental Center Time: 9:30-10:10 p.m.	30	3 1 21+ Speakeasy Social Location: Heinz History Center Time: 5:30-8:30 p.m.		

"Campus School Protests in Peace" Continued

By Erika Kellerman

After the walkout, teachers
Suzanne Ament and Karen McDowell arranged for seventh grade
students Abby Claypoole, Gabby
Poillucci, Maria Schroeder, and
Grace Walsh and eighth grade
students Mina Andrews, Mackenna
Robert and Julian Westray to meet

and share their ideas about the walkout as young people attending a Mercy institution.

"I feel like in the past, children

have not been aware of what's going on around them. Recently, I feel like we've become aware of the injustices that have been happening. It's important that we know about this stuff and help make changes" Mina Andrews said.

Some explained why they believe they should be able to protest and why they believe their voices are important in this day and age.

"It's our lives that are being affected, so we should be able to have a say in what goes on in this country," Maria Schroeder said

"There were people close in age to us killed. Not only adults, but children also need to be heard in situations," Abby Claypoole said. "I agree with Abby," Grace Walsh said, "We're the next generation.
We're going to take over after them.
So, it's important that we stand up for what we believe in."

"Adults should listen to us more, even though we can't really make big change [right] now. We can start now, so we can have a better future for generations after us. If they don't listen to us, there might not be change. We need to change before it's too late," added Clay-

poole.

"We need to change

before it's too late."

-Abby Claypoole,

Campus School Student

All agreed that social media was and still continues to be a driving force for their generation to create change.

"We have a bigger voice and it's even harder on our generation to get that voice out," Maria Schroeder said, "A lot of kids are on social media platforms now, so that helps a lot."

"This generation definitely has a bigger voice because of social media," Julian Westray said.

Adults have the power to make change in this country, but they need input of our young people. The Campus School of Carlow University students interviewed for this story proved to be resourceful, smart, and willing to do anything to make sure other students will not have to go through what countless gun violence victims have been through.



Students and teachers walk through Carlow's Campus during the walkout. Photo courtesy of the Campus School of Carlow University, taken by Ella Duch

ARTS & ENTERTAINMENT

HOROSCOPES

ARIES (MARCH 21–APRIL 19): You are a natural born leader. If you aren't in charge, you'd rather work alone. This month, try to be a team player and let someone else have the spotlight. It is rewarding to see your friends shine.

TAURUS (APRIL 20- MAY 20): One of the major life lessons for Taureans to learn is that your self-worth isn't connected to something materialistic like a job or money. It is something that comes from inside of you; it's learning to love you for you. Keep that in mind this month.

GEMINI (MAY 21– JUNE 20): You tend to be a very sociable and versatile person. Multi-tasking is practically embedded in your nature. This month, try taking a moment to settle from the busyness of your life. Self-care is definitely needed.

CANCER (JUNE 21–JULY 22): One of your greatest strengths is your sensitivity towards others, but beware of the flip side of this coin: hyper-sensitivity. Make sure all of the feelings are your own; don't be mad just because someone next to you is mad.

LEO (JULY 23- AUGUST 22): You love to be the center of attention, and trust me, that's not a bad thing. However, just know that you don't have to be center stage at all times to be appreciated. People love you for you, not just your accomplishments. Sit back and relax behind the scenes this month.

VIRGO (AUGUST 23- SEPTEMBER 22): Virgos have a tendency to be too critical of their romantic partners. Everyone has flaws and that's okay. There is no such thing as a "perfect person." Appreciate the qualities that your partner has; pointing out their wrongdoings isn't going to be very beneficial for your relationship.

LIBRA (SEPTEMBER 23- OCTOBER 22): Making decisions is something that you personally struggle with. Your symbol, the scales, indicate that there is always two sides to the story. But, be sure not to ponder too long. Haste may not work in your favor.

SCORPIO (OCTOBER 23- NOVEMBER 21): Scorpios love to be challenged. They are known for their drive to achieve and truly make a difference in the world. More power to you. Don't let others discourage you from doing what you feel is right.

SAGITTARIUS (NOVEMBER 22- DECEMBER 21): You tend to tell others how it is (or how you think it is). Being blunt isn't always the answer. Try to be more tactful in how you're telling the truth. Some people need to hear the words you're saying, but remember, the delivery of your words is important as well.

CAPRICORN (DECEMBER 22– JANUARY 19): Capricorn, your ambition is something to be admired. We all know that you're be going places. In the process of achieving your goals, be aware of your tendency to be narrow minded. Just because it isn't your opinion doesn't mean it's not important.

AQUARIUS (JANUARY 20 – FEBRUARY 18): There is nothing wrong with being a little rebellious. The zodiac recognizes you for that trait and your love for a challenge. This month, try to live in the present rather than looking for your next big accomplishment.

PISCES (FEBRUARY 19- MARCH 20): You are very sensitive and open and it can be easy to get sucked into other people's problems. I understand that it may seem easier to focus on other people's issues rather than to face your own. Be brave. Take the initiative to figure out what has been bothering you and face it head on.

Carlow Chronicle

WHERE & WHY

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

by Kylie Owoc

Are you someone who loves coffee? Many people, college students in particular, rely on coffee day in and day out. With finals coming up, a quiet yet fun study place that offers affordable, delicious coffee and food sounds pretty awesome, doesn't it?

You may find yourself at Starbucks Coffee all to often. Thankfully, visiting Delanie's Coffee is a great change of pace. Delanie's Coffee is located on 1737 East Carson Street in Southside, Pittsburgh. There you'll find coffee, smoothies, breakfast foods and small treats. Delanie's puts a unique spin on the typical "coffee house vibe" by inviting local artists to add to their pieces throughout the shop.

They are open Monday through Friday from 7 a.m.-9 p.m., Saturdays from 8 a.m.-9 p.m., and Sundays from 8 a.m.-8 p.m. Free Wi-Fi is accessible.

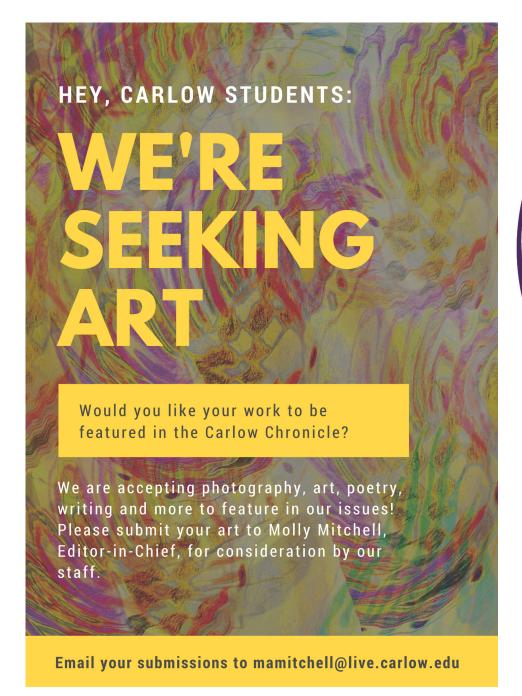
Some of their menu items include Nutella lattes, flavored expressos, waffles, gourmet grilled cheeses, build your own breakfast sandwiches, cinnamon rolls, freshly squeezed juices and homemade smoothies.

Delanie's staff is very friendly and attempts to accommodate any needs of the customer. All drinks can be made with a selection of milks or milk substitutes. Customers can also choose sugar-free syrups and low-calorie milk options as well as heart-healthy breads, meats and fruits if they are looking to make a healthier choice.

With affordable prices, delicious menu options and a fun-filled atmosphere, Delanie's Coffee is a must on your places to go in Pittsburgh!



Inside of Delanie's Coffee. Pictured is one of the cafe's sweet offerings and a latte. Photo by Molly Mitchell.





Give the Chronicle feedback:
Visit us online and take our brief survey!