

# Carlow Chronicle



## Vandalism on Carlow’s Campus

By Cameron Stablein

It’s an excavation site that has been dated back to biblical times.

Carrara Marble, quarried in colossal slabs from the mountains of northwestern Italy, had been highly regarded by the ancient Romans and supplied the stone for Michelangelo’s Pietà as well as his masterpiece, David. It covers every square inch of The Marble Arch in London and it gives the distinctive pearl-like glow to “The Peace Monument” in Washington D.C.

For the Carlow Community, a chunk of this raw Carrara marble became a statue of Jesus Christ and a symbol of the school’s devotion to its affiliated religion, Catholicism, and it was this statue that recently had its hands broken off in an act of vandalism.

After the local media picked up the story, it lived on through the comment sections of Facebook posts, mostly full of community members expressing their support for Carlow and the disapproval of the vandal. Two weeks

after the campus announced the vandalism, came the news that the statue will receive a new pair of hands and a much-needed cleaning thanks to Mariani and Richards, a masonry restoration company based in Pittsburgh.

The offer to repair the statue came at no cost from Andrea Mariani Freeborough, co-owner of the company. Freeborough’s donation to Carlow was made in the memory of her mother, Josephine Corrado, a 1938 graduate from, what was then known as, Mount Mercy College.

The repairs, which are scheduled to be completed sometime in late-October, early-November, will give a happy ending to a distressing investigation that has sputtered to a dead-end with a number of unanswered questions.

Andrew Wilson, Carlow University’s Director of Media Relations, said that sometime between the end of the spring semester in mid-May and July, the statue of Jesus neighboring the St.



Image by David Holzemer

Agnes Center on campus had been vandalized. The hands, which reached up toward the sky, were cleanly removed three inches above the wrists and are missing.

Footage captured by university surveillance cameras offered no help after being checked by campus police at the time the report was filed because the cameras were not directed towards the



Image courtesy of Mariani and Richards

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WHERE & WHY

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

By Molly Mitchell

If you’re looking to spend an afternoon away from Oakland, hop on the bus and head downtown. From there, you can grab another bus or walk across the Rachel Carson Bridge. Exploring the North Side of Pittsburgh gives off the feeling of taking

a weekend trip to a new place just by crossing the river.

One of my favorite places to visit on the North Side is Farmer’s Daughter Flowers on E. Ohio Street. If you love plants – or you’re a self-proclaimed “plant lady” like me and pride yourself in raising succulents -- this is the place for you. You walk in, peruse the large



selection of small potted plants and then, once you’ve picked your new pal, you get to pick out the perfect vase or planter for it. I made my most recent visit about two months ago and my little aloe plant is going strong!

Another must-visit on the North Side is the Andy Warhol Museum and Café. Carlow University students receive free admission to the museum. It’s the perfect day date! I’ve spent a few afternoons, myself, visiting the museum just to do some reading in the café. I have to say, their iced lattes are excellent. And as the cherry on top- the atmosphere of the café is the perfect cross between a pop art museum and a cool, contemporary coffee house. The museum is open from 10:00 A.M. until 5:00 P.M. Sunday through Thursday and 10:00 A.M. until 10:00 P.M. on Fridays. The café closes one hour before the museum closes every day.

Get out there and explore!

Images by Molly Mitchell



## Crime on Campus

By Chey Swaney

A car was vandalized in parking lot C on Carlow’s campus on Sept. 16.

According to junior nursing major, Andrea Bartalotta, she started her car at 7:30 a.m. on Saturday Sept. 16 and found that “something wasn’t right.” A mechanic at a Honda dealership later told her that two feet of pipe was removed from her car’s exhaust system on the undercarriage of her vehicle. Bartalotta is a resident student who uses her car to get to and from work. Bartalotta was told by the mechanic that the car was totaled due to the cost of the damages. It will cost \$2,152.00 to cover the cost of replacement parts and labor. “They said it was basically scrap metal at that point...because the whole undercarriage of my car was destroyed,” Bartalotta said.

She was told by the mechanic that this type of vandalism is a common way to pay for drugs with stolen parts and that they “knew right away when they looked at it.”

Bartalotta and her father filed report with campus police and Pittsburgh police on campus on the day the crime occurred. The family inquired about the surveillance cameras in Lot C with the hopes that video might reveal more information about the vandalism.

Officer Laird and Officer Madison of the Carlow University police

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Letter from the Editor

Dear Readers,

Thank you for supporting our first issue of the fall 2017 semester.

Beginning this year as Editor-In-Chief has lead me to reflect on the past year at the Carlow Chronicle. Editor Bri Griffith and the Chronicle’s staff did an excellent job at producing issues that consistently interested and informed the student body. Thank you so much to everyone who contributed to their work. The staff would especially like to thank Dr. Snyder-Duch, as she has helped us immensely and taught us so much about media, writing, and reporting.

I am very proud of our staff for delivering such amazing content for our very first issue of the school year. We hope that the content interests you and keeps you up-to-date on what’s happening on campus.

The Chronicle serves the students. If you’d like to see something covered in the paper or if you’d like to contribute, be it writing, artwork or photos, please reach out to us! With questions, comments, concerns or requests, feel free to send in a letter to the editor mamitchell@live.carlow.edu.

Cheers!  
Molly Mitchell  
Editor-in-Chief



Campus Event  
Spotlight: Global Fair

By Molly Mitchell

The Center for Global Learning is hosting a Global Fair on Nov. 9, 2017 from 7-9 p.m. on the second floor of the University Commons. The Global Fair is a fun event for students to experience different cultures, learn about studying abroad, and, of course, enjoy free food and entertainment. Students are welcome to stop by at any time during the event. It will feature catered food from all around the world, music, and raffle prizes – including travel items and gift cards. To build excitement for the event, the Center for Global Learning will hold a contest for the best travel photo. Photos can be from trips around the country or from trips around the world. The best travel photo’s owner will be announced at



Photos courtesy of Ryan Whelan

the fair and will win a prize. To make a submission, email your photo to global@carlow.edu. Be sure to include a description.

The Other “S” Word

By Chey Swaney

There are four little words that you can say in college and you will be instantly judged. They are: “I’m in a Sorority!” It’s a simple enough phrase but most of the time when I utter those words I receive judgmental backlash and questions. When people hear the word sorority they instantly visualize a clique of girls “who pay to have friends” and “party way too hard.” Instead, I would like for them to see that we are a bond of sisterhood, and not stereotypes.

While I cannot speak to the integrity of every sorority across the country, I will speak to the integrity of my sisters within the sorority at my university. Delta Gamma Beta is the name of the social sorority on Carlow’s campus. We also go by DGB. My sisters and I honor three values that we pledged to uphold at the time of our induction; they are: Direction, Benevolence and Generosity. Driven to be leaders within our community; my sisters and I spend late nights helping each other study for exams as well as spending long hours planning philanthropic events and volunteering at them. We are truly a community of sisters who flourish and thrive off of female empowerment. It is unfortunate that, to a lot of people, the reputation of sororities is that they are not the most likely place to find that system of mutual support and female bond.

For example, many people are surprised to know that I am a staunch femi-

nist while still being a “sorority girl.” As if the two cannot be co-dependent or connected together. To many people, they do not see sororities as a group of young women who aim to lift each other up and provide a solid foundation of support to one another. Instead they assume we all come from the same backgrounds and look all the same, with little to no variation in race, color, or creed. What I wish everyone would see is a diverse group of women who take pride in taking care of each other while also tackling important issues on campus.

During my “rush week,”(a sorority term used for the week in which women who are deciding to become new members meet the members already active) it showed me that joining the Greek Life is more than people think. The week proved to me that not everything you hear, read, or assume about sorority members is always true. I was welcomed by everyone right from the very beginning. Every single female I encountered was happy to meet me and answer any questions that I had. Everyone genuinely seemed like they wanted to get to know me and the rest of the new members. Before I knew it, I was already greeting and making friends with people who had similar interests as me.

While I would love to change the minds of every person who doubts the value of joining a sorority, I cannot reconcile with their bias and prejudice towards something unknown to them. However, there are a few myths regarding sorority life I want to take a moment to



Image by Molly Mitchell

highlight upon. Some people would say that social sororities are not a positive thing. “I’m not a fan of it,

I was never a fan of it. Social sororities are just a clique and they have a reputation that I’ve never wanted for myself” this quote was said by Chant Robinson, a former residence assistant and undergraduate student from Carlow Univeristy. While I respect different viewpoints, unfortunately, many people feel like Chant or might have the wrong impression about the women who join sororities. My sisters and I want to explain and clear up why these impressions are not always so accurate.

The first misconception many people assume is that sorority members “pay to have friends.” It is true that in a sorority you will be asked to pay dues or a fee, but the price of joining a sorority varies from university to university, depending on the chapter of sorority you will be join-

ing. At Carlow, the sisters of DGB and myself view joining a sorority the same as joining any other club. Usually, when you join a club, there might be a small assessment or fee that covers and pays for any trips or activities your group plans along the way. This is the same thing for sororities! Each member will pay dues so that we can cover the costs of any activities that we do together. For example, we take small trips together around Pittsburgh and our dues cover the cost of things such as buying food for chapter meetings or the cost of rock climbing as a group.

If you’re in a sorority, you are probably used to people thinking they can assume they know everything there is to know about you because of a few Greek Letters you wear on a t-shirt. Bianca Morales, an undergraduate student who joined DGB in 2016 said,

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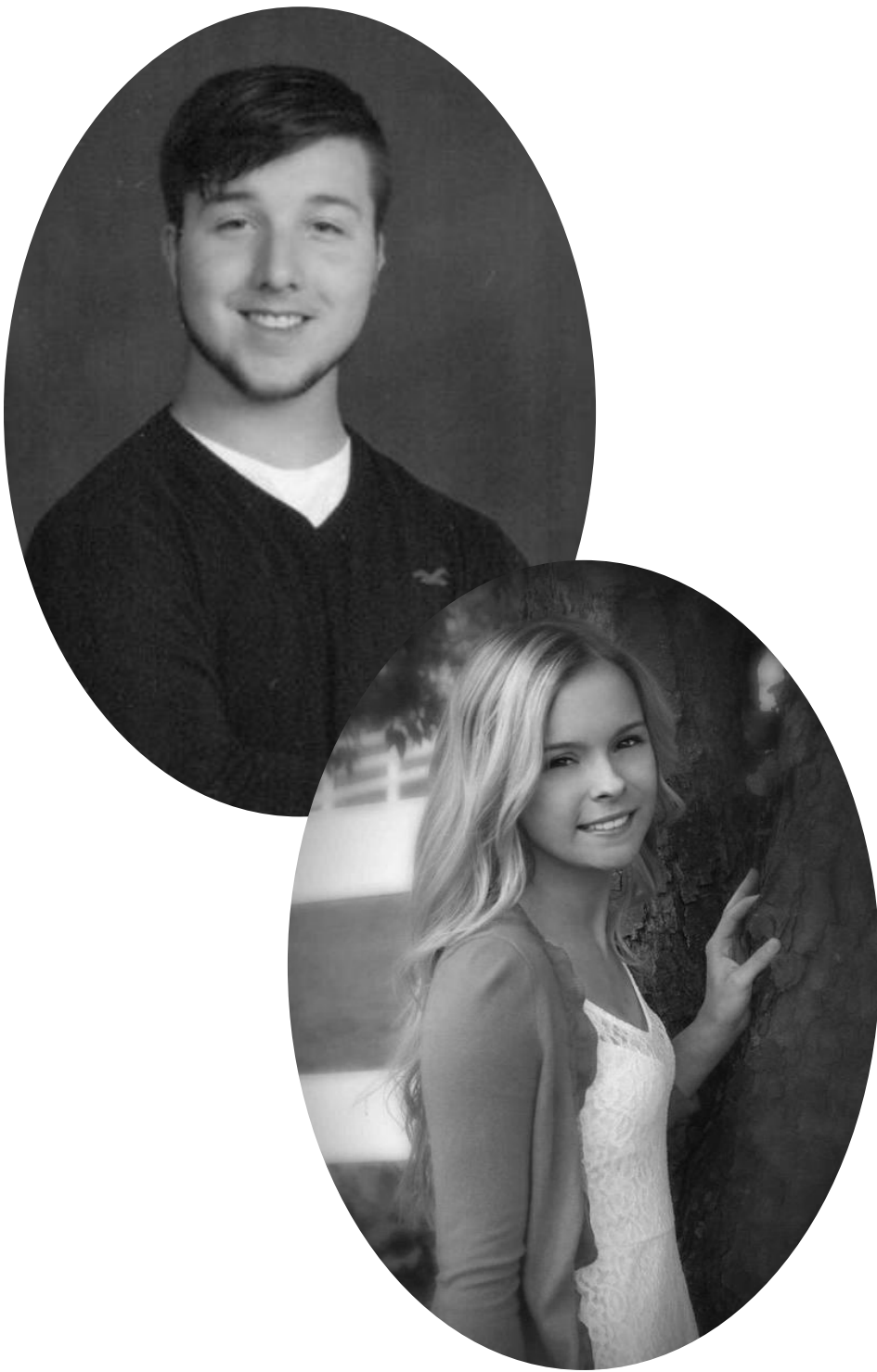
## In Loving Memory

In the past months, the Carlow Community has experienced tragedies that have greatly affected us. The staff of the Carlow Chronicle is deeply saddened by the deaths of our fellow students Dalton Bacco and Lindsey Michaels. We have felt the pain and observed the sorrow of the students, faculty and staff at Carlow. What can we learn from these saddening experiences?

In this life, we do not know how long we have with our loved ones. Be present for those you love and be sure to let them know just how much they mean to you. As for those you may not know, show love in small ways. It is important to be kind to the people in your life; for we are only on loan to one another.

From an Aztec prayer featured in Lindsey Michael's memorial service program:

*Oh, only for a short while  
you have loaned us to each other.  
Because we take form in your act of drawing us,  
And we breathe in you singing us.  
But only for a short while  
Have you loaned us to each other*



## Transgender Student's Comfort and Safety on Carlow's Campus

By Bri Griffith

According to The Healthy Minds Study, a national survey of over 14,000 students on campuses across the United States, 32.7 percent of transgender respondents thought about attempting suicide in 2013.

In addition, 28.2 percent of transgender respondents worried someone would notify their parents of their transgender identity.

It's been four years since this survey took place, and still, transgender high school and college students across the United States are grappling with their identities, as well as finding safe places to use the bathroom.

According to The Washington Post, Gloucester high school student Gavin Grimm sued the Gloucester County School Board in 2015 in federal court. Grimm argued that the board's policy barring him from using the boys' bathroom violated Title IX, the federal law against sex discrimination in schools.

Although Grimm's case was to be heard by the Supreme Court on March 28, it was ultimately rejected in early March due to President Donald Trump's administration announcing a change in

policy "on the transgender issue," according to NBC News.

In May 2016, the Obama administration issued a "sweeping directive telling every public school district in the country to allow transgender students to use the bathrooms that match their gender identity," according to The New York Times.

According to The Telegraph, in February 2017, the Trump administration "ended federal protections for transgender students that instructed schools to allow them to use bathrooms and locker rooms matching their gender identities."

Randi Weingarten, President of the American Federation of Teachers, was quoted in The Telegraph saying, "Reversing [Barack Obama's] guidance tells trans kids that it's okay with the Trump administration and the Department of Education for them to be abused and harassed at school for being trans."

Are college campuses doing enough for their transgender students? Simon Caccia is a senior transgender student at Carlow University. "My freshman orientation week was a little rough," he said.

When first becoming a student at Carlow, Caccia lived on a girls' floor, which he called "hellish." "After my freshman year, they made the fourth floor coed. I love the idea of a coed floor because it's trans friendly, and good for people whether or not they're out and whether or not they fit into the gender binary," said Caccia.

Jennifer Carlo, Vice President of Student Engagement at Carlow said Carlow's housing policy is a "work in progress."

Carlo said Gwendolyn Stevens, Assistant Director of Campus Life, Residence Life at Carlow University, alongside other members of Carlow's campus life are looking into what other institutions are doing as far as students being assigned roommates according to the gender with which they identify.

"If I had been able to have [a coed floor] my freshman year, I would have felt so much better," said Caccia. Stevens said all students are encouraged to work with campus life for housing questions.

Caccia recalled an issue last year with people "going into the wrong bathrooms" while living on the coed floor. "For the first time in my life, I was told, however indirectly, that I wouldn't be welcome in a girls' restroom, and it was really empowering," said Caccia.

"Over the last few years we've created a number of gender neutral bathrooms across campus any student can use," said Carlo.

Carlo said students should use the bathroom that corresponds with their gender identity.

Caccia said the coed floor was a big and wonderful step, and he knows that Carlow "won't tolerate any transphobia from students or staff."

In addition, any transgender student interested in counseling can contact either Nicole Lacey or Chloe Heimbuch, Mental Health Counselors on Carlow's campus. Carlo said, "In at least one case, a counselor worked with a student to find more specialized resources," as the student needed more in-depth support than what the

campus could provide.

Carlow has an LGBTQ+ club. Stevens said, "They're present, and they're always looking for new energy, so please reach out to campus life if you're interested [in joining]."

Dr. Harriet Schwartz, Associate Professor in the Department of Psychology and Counseling at Carlow University, along with a group of students, created Carlow United in response to the November 2016 election results ruling in favor of Donald Trump.

It reads on Carlow United's Facebook page, "We seek to create a culture of empathy, even among people who disagree. We believe there is no room for hate. You matter. Let's take care of each other." Stevens said Carlow United is a "broader LGBTQ+ group rather than just for trans students," and a few trans students who participate in the group "find it helpful." Stevens also said, "Both

Residence Assistants and First Year Mentors receive training with PERSAD to make sure our student staff is aware of trends, terminology, and ways to support students." PERSAD CENTER is a "human service organization whose mission is to improve the well-being of the LGBTQ+ communities, and the HIV/AIDS communities," according to their official website. There are PERSAD service centers located in both Pittsburgh and Washington, PA.

In response to the Trump administration's policy changes regarding transgender students, Carlo said,

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statue. They instead favored angles of the sidewalks and parking lots surrounding the monument. There are also no clues as to what time of day the vandalism took place.

After being investigated by university officials and campus police, only a vague idea of how the vandal removed the hands could be speculated. A smooth break in the marble indicates a possibility that the vandal used the brute force of a hammer-like object to cleanly snap the hands from the rest of the body.

The evidence, flat and underwhelming, makes it safe to assume that we may never know who is responsible for the vandalism. Without any substantial evidence, police say they have no leads. And with no suspects, motives began to run rampant through online



Image courtesy of Mariani and Richards

comment threads, some expressing a hastiness towards a supposed degradation in the perception others have of the everyday Catholic.

It’s never been a question as to who it was atop the monument on the corner of Fifth Avenue and Robinson. With his hands raised, his heart symbolically burning on his chest, the statue of Jesus stood not as a decoration but as a symbolic devotion to the University’s Catholic affiliation.

“It’s not a far leap to say that it might have been an anti-Catholic or an anti-Christian sentiment behind it,” said Wilson. “But at the same time, you can’t really say that until you know who did it. Without a real reason, other than to just do it.”

“I was concerned that the statue happened to be of Jesus. The statue is who it is, so it’s reasonable to think that perhaps it may have had something to do with the vandalism.” said Jenn Carlo, the University’s Vice-President of Student Engagement. “But in the absence of any information about who actually committed it; it’s very hard to really say anything more than that.”

University officials have found no evidence to suspect an ulterior motive and say they are treating case as a typical act of juvenile vandalism.

While it’s certainly possible malicious intentions were behind the vandalism to statue of Jesus, the immediate hostility out of pure speculation has become a cause for concern.

In a statement made on the Carlow University Facebook page, the University thanked the community for expressing their support and

understands the grief the vandalism has caused, but also expressed their disagreement with posting hate-filled comments aimed at the vandals. Fittingly, the statement used the words of Jesus himself to express forgiveness for those responsible, “Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.”

When Michelangelo dropped his hammer and chisel at the feet of David for the final time, it was no longer a chunk of marble from a quarry in Italy, it became art. Its significance transcended that of a rock, it evoked emotion. And the same can be said about Carlow’s statue of Jesus. It’s these emotions that are embedded a mile deep, especially in religious symbols, that are tested the hardest.

So, let’s see it as a gut check to our beliefs and how we respond when they’re attacked.

While the destruction was certainly deliberate and the damage has been done, the generosity of Mrs. Freeborough and the masons who have donated their time and talents towards the restoration stands as a testament to the community that Carlow has garnered over the years.

And even after Jesus is unveiled with two new hands, let’s remember, statues are not the convictions to your faith, your actions are.

# Transgender Student’s Comfort and Safety on Carlow’s Campus

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“Carlow in no way will be changing their policies or procedures to reflect those guidelines.”

Although Caccia’s orientation week was difficult, he said he had “a lot of help that year,” especially from his Resident Assistant, friends, and the Carlow Police. Caccia also said, “I remember the joy I felt when I first saw informational pamphlets about trans people in the nurse’s office. I also appreciate how accommodating the staff is when a trans student changes their name.”

Caccia said he’s heard horror stories from friends at other universities about trans students not being allowed to use their preferred names, although “cisgender students can use nicknames like ‘Yeti’ in class.I’m really glad Carlow isn’t like that,” said Caccia.

Although Caccia mentioned he’d like a place on campus specific to LGBTQ+ people, like an LGBTQ+ floor in the residence hall, he said, “I feel safe here. Carlow is doing a lot for its trans students, and I’m really proud of that.”

## NYFW

By Lauren Fritz

As a three-year New York Fashion Week veteran, you could say I’ve seen it all. Between walking in shows, working backstage, and attending shows, I have had the pleasure of experiencing this insane week from all angles. This year, so many new trends have popped up all at once. For those of you who don’t know how this works, in September, the trends for spring/summer of the following year are previewed, and in February, the trends for fall/winter are previewed. Trends seen on the runway are often very avant-garde and seem unwearable for the average person, but inspiration can be taken from any of these trends to create fashionable and wearable looks. Here’s a look at some of this spring season’s trend forecast:

### 1. Yellow

Yellow has been popping up here and there over the summer, but next spring be prepared to see it EVERYWHERE. From shoes and dresses to bags and sunglasses, yellow took over the runways this season.

### 2. Suit Jackets

Suit jackets are a classic piece that can be worn with anything. This season definitely proved that. On the runway, suit jackets were seen paired with shorts, skirts, denim and of course, sleek, tailored trousers. Suit jackets are perfect for the crisp spring mornings and will definitely be seen a lot in 2018.

### 3. Jumpsuits

Sherri Hill, Marc Jacobs, and Voltaire all included jumpsuits in their lineup. Jumpsuits are a comfortable yet chic wardrobe essential that was shown all over the runways this season. Skinny leg to wide leg, solid fabric to patterned, jumpsuits are on the trend radar for next spring.

### 4. Utility Wear

Inspired by military and work wear, this season’s shows previewed utility-like pieces on almost every runway. From the geometric shapes of utility jumpsuits at Zadig & Tibi to the army green inspiration at Bevza, this trend is definitely something to jump on board with.

### 5. Stripes

Okay, let’s be honest: stripes never go out of style, but this season you might be seeing a lot more of them than you want to. Vertical, horizontal, thick, thin- you name it. Collections like Self Portrait and Monse (along with many more) included multiple pieces with stripes and we’re here for it.

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Image by Lauren Fritz



# Vegan Stigmas

By Tevin Scott

Vegan is often a word that makes people cringe. Whenever eating food with a friend or coworker, there’s always a moment when, after having avoided selecting meat or dairy products, he shoots me a look of bewilderment. “Won’t you have chicken in that wrap? No parmesan on your pasta? How about a tall glass of milk?” I always feel my palms become sweaty and my heart drumming painfully in my chest. Sometimes I bite the inside of my cheek. After a few moments, I take a large gulp of air and utter the words, “I’m a vegan.” After which I’m met with a look of horror and shock (briefly followed by exaggerated questions about my plant-based selectivity). As ridiculous as it sounds, this scenario occurs quite often in my personal and professional life. Often being associated with high-class elitism and pugnacious activism, the vegan lifestyle is far too often stigmatized in our culture.

In order for one to invalidate the ongoing myths and stigmas about veganism, one must understand what exactly it is. The Vegan Society defines veganism as “a way of living which seeks to exclude, as far as is practicable, all forms of exploitation of, and cruelty to, animals for food, clothing or any other purpose.” So, where exactly do society’s stigmas come from? Who inspired those antagonizing vegan memes that fill newsfeed of Facebook and Instagram newsfeeds? Better yet, do they paint an accurate image of the vegan lifestyle?

The main problem that I’ve always had since becoming a vegan is how commonly it is associated with elitism. Log onto Google or YouTube, search the term vegan and browse the results. Often, the biggest vegans on the platform are massively out of touch hipsters with large disposable incomes. A great example is Freelee the Banana Girl, a popular YouTube lifestyle blogger and vegan activist who makes more than ten thousand dollars a month and promotes an inadequate and highly expensive raw food diet. With organic fruits and vegetables typically being fifty percent more expensive than their conventional counterparts, splurging on an entirely organic raw vegan diet is simply not affordable for people of lower incomes, according to Consumer Reports. What’s worse is that researchers at Stanford University School of Medicine found there is no evidence that organic foods are healthier than conventional foods. Even popular supermarket chains contribute to this stigma. Whole Foods Market has been frequently accused of selling overpriced foods. In the year of 2014, Whole Foods paid over \$700,000 in fines to the city of Los Angeles after the state of California found numerous pricing violations there. Similarly, an investigation in New York found that in order to charge customers more money, eighty different types of pre-packaged food contained inaccurate weights. This was reported by the New York City Department of Consumer Affairs. The similarity between popular YouTubers and supermarket chains is that they often promote foods and diets that are out of reach for many people. Consequently, many people begin to assume that only the high-income eccentric elites can afford to be vegan. Sometimes, even people who may be able to afford a vegan diet are lead to believe that they cannot because of the stereotypes commonly associated with it. Contrary to popular belief, plant-based diets are quite affordable. Many of the basic foods that comprise a nutritionally adequate vegan diet are quite cheap, namely beans, legumes, lentils, tofu, nuts and seeds. As mentioned before, conventional fruits and vegetables are 50% cheaper than their organic counterparts.

The second major stigma (and possibly the more destructive of the two) is that vegans are arrogant, overbearing zealots. Not only is this stigma untrue, it also attempts to delegitimize valid arguments vegans make in respect to animal ethics and health. Ironically, most of these kinds of stereotypes come from a small vocal minority. A perfect example is when Freelee the Banana Girl uploaded a video in 2015 in which she contemplated whether or not she believed meat-eaters “deserved to live.” Unsurprisingly, she was met with significant backlash from both sides alike. She’s also a known misanthrope and anti-natalist. Unfortunately, Freelee is not alone. Vegan Gains, another vegan YouTuber who discusses fitness and diet, has gained a reputation of creating belligerent rant videos about non-vegans and making crude comments about certain groups of people. What’s more, Gary Yourofsky, another animal activist who works across several online platforms, has found himself in severe controversy after equating animal slaughterhouses to the Jewish Holocaust. He has also been known to equate factory farms to African-American slavery. The problem with these contentious equations is that many people are far more receptive to human suffering than they are to animal suffering. The harsh reality is that equating human slavery to factory farming will simply turn most people away from veganism. It also highly stigmatizes those who seek to educate non-vegans about the importance of animal rights.

The vegan and animal rights communities are not alone in that their loudest and most extreme members often end up dominating conversation. This is made evident by news stories which tend to highlight only the most extreme or outrageous members of a group, neglecting to tell the story of the majority of the group. So, several estranged hipsters should not represent veganism. Luckily, many vegans within the community are finding ways to make veganism more inclusive. PETA, a national animal rights organization, has many online articles dedicated to vegan meal recipes as well as ethical clothing and makeup brands. There are also many smaller YouTube channels, including Unnatural Vegan and Bite Sized Vegan, dedicated to using logic and reasoning to win people over to the vegan lifestyle. Many of these activists receive much less attention than they ought to.

Ultimately, in an effort to inspire change in society as a whole, many vegans are making an effort to distance themselves from these stigmas as much as possible. Anti-natalism, misanthropy and vitriol seem to be heavily tied to vegan activism; however, neither of these are helpful in changing as many people that we can. Non-vegans must also realize that stereotypes are often untrue and rarely paint an accurate picture of any community.

# The Other “S” Word

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“We definitely face a lot of stereotypes. Two of the main ones I have noticed are people thinking we are all stuck up and all we do is party. What they don’t know is how DGB is more than that. We do multiple philanthropic events every semester and most of our proceeds don’t even benefit our chapter, we donate our proceeds to the Magee Women’s Hospital NICU.” Bianca joined DGB because her older sister Pricilla was a member of Delta Phi Epsilon at Indiana University of Pennsylvania. She remembers Pricilla telling her about all the experiences she had when she was younger and always praising the sisterhood for it. Molly Pratt, a Biology major at Carlow and the Recruitment Director for DGB, said, “There are many reasons as to why girls join sororities. I do not think that the stereotype of sorority girls is true. Every girl is different in their own way and each girl contributes something different to their chapter. I find that Greek life is a great

way to find a group of people who share similar interests as yourself and create a lifelong bond.” Molly joined DGB during her freshman year at Carlow and was disappointed that the university didn’t have much in terms of Greek life. Molly said that she has made some of her best friends thanks to her decision to join DGB. Sororities are known for getting a bad reputation because of societal stereotypes and assumptions, but it is important to know that these ideologies do not represent every sorority chapter across the country. When I joined DGB, I knew that there might have been a slight possibility that I wouldn’t like it but I kept an open mind. I did not focus on the gossip I was hearing. Instead, I stuck to my intuition and trusted that my potential sisters would help me make the right decision. My sister Shannon Campolong said it best when she said, “Something I learned about myself after joining Delta Gamma Beta is

that I can make almost anything work as long as my sisters are by my side to support me.” Sorority members are just a group of women who want to support each other and create an environment where everyone is welcomed and included. We invite young women from all different backgrounds and I am proud to be a member of a sorority here at Carlow University.



Image by Molly Mitchell

# Crime on Campus

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force informed the family that the cameras in Lot C had been damaged over the summer during construction and were not operational at that time, according to Bartalotta. During an interview, Jennifer Carlo, the Vice President of Student Engagement, confirmed that the cameras are damaged. “There are some cameras that are down, that’s why we have re-deployed some of the cameras from Lot B,” said Carlo. She added that extra patrols are being conducted in the C Lot to keep the campus safe. According to Bartalotta, she spoke with Jennifer Carlo after the incident about parking in Lot B until the cameras are working in Lot C again, and the university approved this request. Dr. Mellon told Bartalotta that she plans to follow up with the family in a few weeks. According to the university police department, this is classified as an ongoing investigation and the campus police are treating it as an isolated incident.



CCMG Cypher Premier

By Erika Kellerman

Rap is always changing. People of every race, gender, sexuality, etc. have a place in the scene. With new technology and social media websites, artists can avoid spending thousands of dollars to record in-session with producers by building their own studios at home.

Alex Stumpf, 21, is an up-and-coming rapper from Latrobe, PA. He and his three friends, Cam Foster, 17, Alex Foster, 21 and Nick Kernicky, 20 started Common Collective Music Group (CCMG) in July 2017. Stumpf said, “CCMG is a group of people who have the same passion. We do it our way. We want it to grow into more than music–like Odd Future.” Stumpf added, “We have to trust ourselves. If no one else likes [our music], it doesn’t matter. We like it, and that’s all that matters.”

Stumpf started writing when he was in 7th grade. He said that other kids were doing it, but he was shy, so he kept his work to himself. “The first time I freestyled, [I was] out having fun with the guys,” said Stumpf, “People started to encourage me, and they really liked it. I thought I could give it a shot. I had a vision and it just started taking off.”

Stumpf, whose artist name is “Truman,” hated the first song he ever released. He said, “I laid my first verse with Cam , and people liked it a lot. People were surprised. I absolutely hated it, truthfully. When I started featuring on songs, I really found my groove.”

In December 2016, Stumpf started working on a project. He said, “I saw Kernicky put something up with his turntables on Snapchat. I really liked what he was doing, so we linked up and really hit it off.”

Stumpf then moved on to writing more lyrics. He, a friend named Jason Hauser (Conley), and Nick Kernicky wrote their song “Memories” in one night. Stumpf said, “Conley laid the hook, I wrote a verse, Kernicky laid his verse, and then it was done. We sat there like, ‘Wow, this is really good!’” Stumpf said everyone started listening to their song, and although they linked up in an unconventional way, he’s glad it happened. “It was really natural and quick,” he said, “I didn’t have to think twice about it.”

Alex Stumpf, Nick Kernicky, Cam Foster and Alex Foster became CCMG. “We all have our different styles, but we encourage each other,” said Stumpf. “We don’t put each other down, we listen, and when someone tries to do something different, we encourage them. We want people to be themselves,” he said.

Inspiration

Stumpf looks up to Young Thug. He likes how Young Thug brands himself; “He dares to be different. If you don’t like him, he just says, ‘F\*\*\* you,’” said Stumpf. Even though Stumpf looks up to many rappers, he doesn’t want to sound like them; there isn’t a set direction he wants to take.

Now more than ever, men are saying it’s okay to be emotionally aware. They’re breaking down stereotypes by writing about their sexuality, like Kevin Abstract of BROCKHAMPTON, wearing dresses, like Young Thug, and being

more open about the emotions they’re told to hide. Stumpf said, “If you can’t show who you are, why are you doing it? If you can’t tell your story, or show a less masculine side of yourself, then why are you in the game? If I went through something, it may not be the same experience as another person, but it helps,” he said, “You have to be okay with yourself to make music.”

Mixtape

CCMG released their first mixtape, “Welcome to Burbank,” on July 9, 2017. Stumpf said, “Kernicky got hurt and couldn’t do much, but he lit a spark under my ass. He really is like my brother and engineer.” The mixtape took nine months to finish because “Kernicky wanted to wait until it was perfect,” said Stumpf.

“Who I Do It For” is Stumpf’s favorite song off the mixtape. “[It] scratches the surface of my emotional side,” said Stumpf, “It’s [me] talking about [my inspirations].” Stumpf said, in relation to inspiration, “I’ve struggled a lot with depression and not being comfortable with who I am for a long time. I draw a lot of inspiration from that, whether it’s good or bad. The feeling of love and being in love, too.” Stumpf said some-one listening and relating to the music is a “big inspiration.”

For their first music video, CCMG sat down one night, and Kernicky, “the mastermind,” according to Stumpf, introduced an idea.

CCMG watched a RAW Cypher video, a series by BLKMNDS, on YouTube; Stumpf said, “Kernicky spun around and said, ‘I wanna do something like this.’” Although it took a long time, Stumpf said once Nick Gross, 23 Graphic Design and Cinematographer,

got involved, he really listened to them. “He wanted to do it as much as we wanted did,” said Stumpf, “Nick is a part of CCMG. Like I said, it’s not just music, it’s art, filming, etc.” The video was shot at a friend’s pool.

New Music

Stumpf just finished a mixtape called, “Before Capote.” He said, the recording will give people “a deeper sense of who I am. I’m releasing my demons and showing what I’m really made of.”

You can listen to “Welcome to Burbank” on Truman’s SoundCloud account.

You can also follow CCMG on social media:

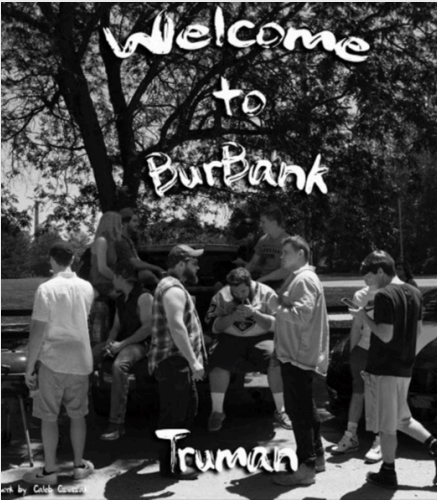
Alex Stumpf- Twitter: @Alex\_Stumpf Instagram: stumpf\_alex

Nick Kernicky- Twitter/Instagram: @kernicky69

Nick Gross- Twitter: @GrossyEPS Instagram: grossy.eps

Cam Foster- Twitter: @Colossal-Cam Instagram: colossalcam

Alex Foster- Twitter: @Alex\_Foster96 Instagram: frostafarian69



Color Guard: The Forgotten Sport

By Amber Kanoza

When someone mentions that they were in color guard in high school, I feel my whole-body fill with excitement. I have spent years being taught new techniques and performing for crowds everywhere. We as a team work hard to put on a well-put together show. With all the work that it requires, I firmly believe that color guard is a sport.

I have been spinning a flag since I was 12 years old. I’ve done seven seasons of traditional marching band, three years of drum corps (the more intense summer version of marching band), and three seasons of Winter Guard International (WGI). Currently, I am performing this upcoming season with Pittsburgh Performance Project while teaching a color guard in my hometown of Erie.

Winter Guard International manages and holds color guard competitions worldwide. It also has separate sections for percussion and winds. Winter guard performs inside, during the winter.

One of the main criticisms I get is, “How hard is throwing a flag?” Well if you’re just going to throw it in the air, then it is not too difficult. However, what makes any sport difficult is the technique you have to learn and master in order for everyone to look polished. “It’s a team sport that depends on individual accomplishments of all the members in order to succeed”, according to color guard coach Sanya Gross. It can be tailored to fit the individual and gives every level a chance at personal success.” Sanya has been spinning since 1984 and started teaching not long after. She continues to teach, despite damage to her hip and arthritis in her fingers.



Image courtesy of Amber Kanoza

There are countless hand positions, moves, angles, heights and body movements to learn. In order to look put together, everyone has to spin the same. Everyone must carry themselves in the same way, so even the way your shoulders are turned can make a difference. It is a very perfectionistic sport, like dance. Every movement matters. In order to make this happen, it takes time and practice.

In color guard, like other sports, there is a risk of injury. We are dealing with semi-heavy equipment. Rifles are made with solid wood, sabers are metal with thin hilts, and flags have weights on both ends of a metal pole. The body movements and dances take a toll on your joints as well. When you catch your equipment wrong or it falls on your foot, it hurts. Personally, this year I needed reconstructive knee surgery from a torn ligament sustained at a 12-hour rehearsal this past November. Color guard Nick Mennecke said, “My last year at Braddock I got two hernias and marched the whole season with them. I imagine it happened from the stress I was inducing to my body after being retired.”

We know the risks, and we embrace them. Sometimes we have to learn to do things the wrong way in order to do them the right way. As Sanya says “We wear our injuries with pride.”

The University of Central Florida did a study to investigate musculoskeletal injuries in marching band participants. A musculoskeletal injury (MSI) can be anything like arthritis or carpal tunnel. The study proved that marching members are at a higher risk to sustaining a MSI due to the “repetitive nature of the activities performed during practice and performance.”

Like any traditional sport, guard has practices or, as we like to call them, rehearsals. However, we do them a little differently. For example, during indoor season, they are only on weekends. They can be a 12-hour day on Saturday and then an 8-hour day on Sunday, and then you’re expected to practice what you’ve learned over the week. There is a huge time commitment, but since you spend a lot of time with the same people, amazing bonds are formed. A strong sense of unity develops, and then you have the most incredible guard family, a true team.

I have so many great friends from guard, not to mention the instructors. They watch you grow not just as a performer, but as a person. I would do anything to help my students because I care about them. I want to make a positive impact on their lives with the sport I love. As Ashley Doty puts it, “It’s creating that relationship with a student that you can’t create anywhere else.”

I like to describe color guard as an iceberg. When you see a guard perform, you only see the top of the berg, the complete and finished product. What you don’t see is the long rehearsals, the interesting bruises you get from your equipment, or the sweat and tears from just plain exhaustion. The bigger part of the iceberg makes the experience whole. The camaraderie and the pre-show sleepovers create life-long memories. That is what color guard has done for me. It’s the sport that has changed my life for the better, and I could not imagine life without it.



College Discounts

By Abby Mullinary

Being a college student comes at a cost. Tuition seems to increase every year and room and board doesn't come cheap. Through it all, there's one major financial perk that makes things a little easier: student discounts.



Food & Entertainment Student Discounts:

- Phipps Conservatory:** Free admission for Carlow students (paid by SGA)
- Carnegie Mellon Museums of Art and Natural History:** Free admission for Carlow Students (paid by SGA)
- Andy Warhol Museum:** Free admission for Carlow students (paid by SGA)
- Pittsburgh Cultural District** (Pittsburgh Ballet Theater, Pittsburgh CLO, Pittsburgh Symphony Orchestra, etc.): Local student discounts available (various)
- Heinz History Center** (Heinz History Center & Western PA Sports Museum, Fort Pitt Museum): Admission discounted to \$6.50 with valid school I.D.
- Pittsburgh Playhouse:** Tickets discounted for students with valid student I.D. (various prices)
- Mattress Factory:** Admission discounted to \$10 with valid student I.D. Additionally, every Tuesday the Mattress Factory has 50% off admission.
- South Side Works Cinema:** College students get discounted tickets on Thursday nights.
- Milkshake Factory:** College Student Happy Hour on Wednesdays
- NHL:** The Pittsburgh Penguins discount 200 tickets per game for students. Students can purchase discounted tickets by visiting the student rush website on the day of the game.

Clothes and Beauty Student Discounts:

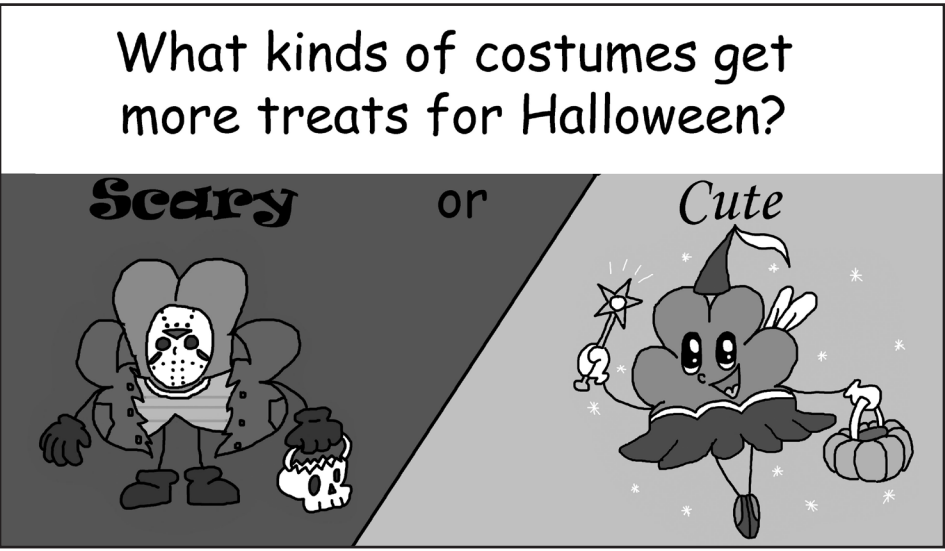
- J. Crew:** Show your college I.D. at any J. Crew store to receive 15% off all full priced items (in story only)
- Sally Beauty Supply:** Save on products and access specials with a Beauty Student Card
- Madewell:** Students get 15% off by showing a valid student I.D. (in story only)
- Levi's:** 15% off all in-store or online purchases
- Goodwill:** Students receive a 10% discount with a valid student I.D.

Travel Student Discounts:

- Amtrak:** Students receive 15% off of tickets year-round (if booked ahead)
- Greyhound:** Students receive 10% off individual tickets. Also, students can sign up for a Student Advantage Discount Card, which at \$22.50 a year gets a student 40% off tickets.
- Pittsburgh Port Authority:** With valid student I.D., students receive a discounted fare (\$1) for busses, the light rail or the Mon Incline after 7:00 PM on weekdays, on Saturdays and Sundays and on observed national holidays.

Other Student Discounts:

- Amazon:** Students can get Amazon Prime for 50% off (\$49 per year)
- Sam's Club:** Sign up for Sam's Club Collegiate Membership to get a discount on membership and savings on college essentials (\$45/year for membership)
- Apple Store:** Students receive Education Pricing and can receive \$200 off of a new Macbook
- Apple Music:** 50% discount for all valid college students (\$4.99 per month)
- Spotify:** 50% discount for all valid college students (\$4.99 per month)
- Joanne Fabrics:** Students receive 10% off every purchase with a valid student I.D.



Art by Kiki Thorpe

HOROSCOPES

By Kaylee Miller

ARIES (Mar 21-APR 19)

Dear Aries,  
Feeling particularly motivated lately? This shows in your school/work life immensely. Take this time to put your ideas to work and power through your daily tasks. Keep up the good pace.

TAURUS (APR 20-MAY 20)

Dear Taurus,  
With fall around the corner, you are feeling the change coming. Take this time to do some well needed switching up. Try decorating your room or re-organizing your clothes. Making small changes will have you feeling refreshed!

GEMINI (MAY 21-JUN 20)

Dear Gemini,  
Stressed with your new classes? Is this adjustment hard? Try acquiring some new studying skills. Finding a study buddy may be beneficial to you. Remember to take it one step at a time and you will do fine.

CANCER (JUN 21-JULY 22)

Dear Cancer,  
Opportunity is on the horizon. If a new opportunity presents itself to you, don't run- face it head on. It could be the chance of a lifetime!

LEO (JULY 23-AUG 22)

Dear Leo,  
Do you feel lazy lately? A little under the weather? Try taking up a new activity. Physical activity or brain teasers are recommended to keep a fresh and alert mind.

VIRGO (AUG 23-SEPT 22)

Dear Virgo,  
With the new semester under way, you are back into the school groove. Remember to take a step back and relax once in a while. Doing good is great, but remembering to take care of yourself is as well. I recommend a cup of tea and a good book after a long day.

LIBRA (SEPT 23-OCT 22)

Dear Libra,  
Lately, you've been feeling the excitement of life. Use this energy to complete projects that need done. But, don't get too carried away with this routine. Rest is always key.

SCORPIO (OCT 23-NOV 21)

Dear Scorpio,  
Zero in on what you want. Make sure you analyze your situations carefully to make certain of the outcome you desire. Let things happen as they come.

SAGITTARIUS (NOV 22-DEC 21)

Dear Sagittarius,  
Romance is in the air for you. Take this time to see who's been on your radar. This very well could be a new love interest.

CAPRICORN (DEC 22-JAN 19)

Dear Capricorn,  
Your strong personality gets you far. Because of your headstrong attitude, you accomplish tasks easily and others are receptive to your attitude.

AQUARIUS (JAN 20-FEB 18)

Dear Aquarius,  
Your instincts get you far. You may be more insightful lately than you realize. In the end, this will lead you to good outcomes. Keep following your feelings.

PISCES (FEB 19-MAR 20)

Dear Pisces,  
You've been feeling like speaking your mind lately. This helps you to easily influence others. Be careful and know the limits when conversing with others, for you could come off a bit too strong. Be mindful of your actions.



Shop Small: PGH

By Molly Mitchell

Business is booming in the city of Pittsburgh, more specifically, small business. This city is experiencing a rise in start-up companies and small businesses, especially in areas of technology and cuisine. These businesses are supported by local resources in addition to eager customers who are shopping small.

“Pittsburghers are born and bred to love small businesses. It’s a blue-collar town, so they want to support blue-collar workers,” said Bill Deller, who may be better known as @PGHFoodDude, from his popular Pittsburgh food blog on Instagram. “Pittsburgh is a growing city, so it’s a cool place to be right now. We’re definitely trying to keep up with the way the rest of the world is and it’s cool to watch,” said Deller.

Christine Hughes, Business Consultant and Training Manager for the Duquesne University Small Business Development Center, said that small business culture in Pittsburgh is, “thriving and it’s thriving in certain industries. We’re a hub for technology so there’s a lot of technology start-ups that are coming out of our local schools [universities].” Hughes went on to say, “That scene is very vibrant and there’s a lot of resources for people who are looking to start up in the technology field.” Hughes credits social media and the internet as valuable resources today.

Pittsburgh is also experiencing a trend which supports small business restaurants and cafes. “I knew there was an up-and-coming food scene here and I love to eat, so I wanted to be a part of it,” said @Bottomless\_Pitt, a favorite Pittsburgh food blogger on Instagram. She visits local Pittsburgh restaurants, takes photos of the food she likes, and blogs about it on Instagram. @Bottomless\_Pitt noted that many of the small businesses in Pittsburgh are restaurants and cafes, but said, “there aren’t that many boutiques yet, but hopefully more will come.”

In Pittsburgh, small businesses can compete based on what they have to offer over larger corporations. “People want an experience. A small business owner can create an experience that a big-box store

can’t. People are wanting to go paint a painting with their friends and drink wine while they’re doing that, or they want to go to the Glass Center and create something made of glass. People want and experience. They don’t just want to shop.”

“They are generally more creative and specialized in what they’re offering. Like, Pizza Taglio, for example, is like authentic, wood-fired pizza. Millie’s is hand-crafted ice cream with all natural ingredients and they post information about where they get their dairy products from. You’re not going to find that kind of stuff at a bigger chain” said @Bottomless\_Pitt. @Bottomless\_Pitt’s preference to shop small is evident. She said, “I would much rather support a small business and help them promote their products on Instagram than a big company that doesn’t need Instagrammers to post about them.”

Ultimately, one of the most vital resources that small businesses can have is business. The support of the community is very important. “We really benefit, we’re in a fantastic location. Shadyside has given us a lot of support. The support from the community and neighborhood extending out from that is really amazing,” said Melissa Horst, Retail Operations Manager at Millie’s Homemade Ice Cream.

According to the 2012 Public Affairs Pulse Survey commissioned by the Public Affairs Council, most Americans prefer to shop small. Additionally, this survey found that 52 percent of Americans think that small business owners are highly ethical while a mere 4 percent think CEOs of major companies are highly ethical. Furthermore, Americans have been found view small businesses more favorably than other institutions based on a 2010 Pew Research Center survey on the people’s view of their government.

Milan Johnson, University of Pittsburgh senior, said, “Yeah, I tend to trust small businesses owners over CEOs of large companies. I have a few friends who run their own clothing lines and I’m open to supporting them and trying their clothes.”

One student, a University of Pittsburgh senior, said, “Shopping small is dependent on accessibility



Images by Molly Mitchell

and the good or service.” He said, “If it’s easy and available to shop small, I do, but we’re both here at Starbucks [a large corporation] today because it’s accessible and its brand is well known.” Another student, a University of Pittsburgh senior, said, “For me, it’s not a moral decision between shopping big or shopping small. Big corporations do good things, and they do bad things, but they know how to please their customers and they are consistent. You know what to expect from them.”

Trevor Wormack, University of Pittsburgh senior, said, “Shopping small isn’t as convenient as buying from large corporations. But, I’d like to do it.” Wormack went on to say, “I’d much rather help a business that is struggling or just starting out than give my money to a rich CEO who doesn’t care about me.”

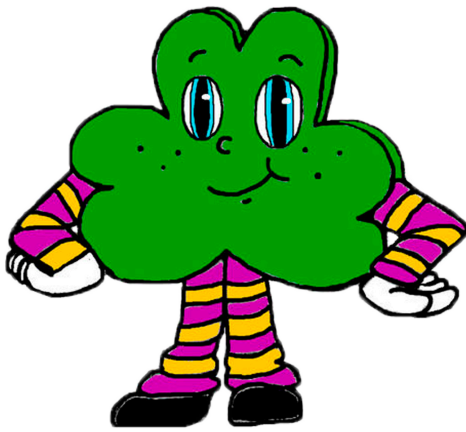
Timia Rickert, University of Pittsburgh senior, said, “Everyone starts somewhere.” Rickert said that she would shop small. She said, “If small businesses offer the same product with the same quality, why not support them?”

The general opinion held by students in the Oakland area seems to be open to supporting small businesses and shopping small, when possible. The majority of students agreed with trusting small business owners and said they favored shopping small when they could. However, some students indicated that they don’t favor one or the other, supporting big corporations or small businesses. The majority of my findings align with the national polls conducted on shopping small.

Some students in the Oakland area expressed concern with finding small businesses in the first



place in order to support them. Hughes was not discouraged by this. She said that today, small businesses are even more equipped to compete with large corporations and easier to be found by customers thanks to free advertising on social media. “Small businesses are able to compete because we have these great resources in terms of social media and people are spreading the word that way. Years ago, small businesses had to have a brick and mortar [storefront]. Now they don’t. They can now sell in many different ways, one of those ways being online.”



Art by Kiki Thorpe

Image by Molly Mitchell



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