

# Former students allegedly arrested for trespassing Arter Hall

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A former Allegheny student who was allegedly arrested for trespassing on campus is also facing drug charges. The student's preliminary hearing in the drug case was scheduled for Thursday, Sept. 19, and has been moved to Monday, Sept. 23.

The former student facing drug charges, Sophie Foreman, '22, and another former student Jessica Gar-

cia, '20, were arrested on Sept. 12 after being found at Arter Hall. Prior to their arrests, they were told by college officials that they were no longer permitted on college property.

Garcia and Foreman received letters from Dean of Students April Thompson on Saturday, Aug. 31, asking them to leave college property. Thompson's request followed the arrest of Foreman by Meadville city police on Aug. 31.

On Aug. 31, Foreman was charged

with one ungraded felony count of manufacture with intent to deliver a controlled substance, four ungraded misdemeanor accounts of possession of a controlled substance, one ungraded misdemeanor count of possession of drug paraphernalia and summary counts of public drunkenness and disorderly conduct.

Foreman faces over 20 years in jail and \$273,300 in fines if convicted of all charges, according to the Meadville Tribune.

When asked to comment on the matter, Executive Vice President and Chief Operating Officer Eileen Petula wrote, "Allegheny College is deeply committed to the safety of our students and our community," in an email to The Campus.

"When the College receives information that may pose immediate concerns for the safety of community members, it may take measures following College policy and complying with all applicable laws," Petula wrote

in the email. "We comply with the Family Educational Rights and Privacy Act (FERPA) but it is our policy not to publicly discuss any particular case or situation, directly or indirectly."

After being found at Arter Hall, Foreman and Garcia were each charged with one count of criminal trespass and arraigned before Magisterial District Judge Samuel Pendolino.

Foreman and Garcia's preliminary hearing in the trespassing case is scheduled for Thursday, Sept. 26.



## A Campus Tradition

Fraternity and Sorority Life welcomes new members



EMILY RICE/THE CAMPUS

Top: The sisters of Alpha Delta Pi, Eta Beta Chapter gather in Brooks Circle during Run Out to celebrate their newest members on Saturday, Sept. 14, 2019.

Above: The brothers of Delta Tau Delta, Alpha Chapter gather in Brooks Circle to welcome their newest members during Run Out on Saturday, Sept. 14, 2019.

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## Class of 2023 senators sworn into office

By LAUREN TRIMBER  
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Officially joining Allegheny Student Government during its meeting on Tuesday, Sept. 17, the five new class of 2023 senators discussed their plans for the upcoming year and how they hope to work together as a group.

Class of 2023 President Peter Alegre, who was first drawn to ASG because of his prior involvement in his high school's student government, said he decided to run for senator when he saw the impact ASG has on campus. Since being sworn in, Alegre said he has made it his biggest goal to be a resource for his constituents.

"I think the most important part is definitely being the representative, so always being available to talk as a resource for my class," Alegre said.

Like Alegre, Vice President Bennett Westfall, '23, wants to focus on the students in his class.

"(My biggest goal is to) make life better for Allegheny students, even in small ways," Westfall said.

Both senators Breea Gray, '23, and Andi Reiser, '23, said they want to prioritize the community aspect of Allegheny through their work with ASG.

"(I want to) establish a community where everybody feels safe," Gray said.

Reiser added that seeing "everyone coming together as a community," was important to her as a senator.

While the new senators are excited to start working with ASG, almost everyone said they are most looking forward to being a part of a student government that has an impact on the school.

"My (high school student government) couldn't do anything," Westfall said. "For me, at least, it's going to be a big transition, being in the student government that does have control."

Since a considerable number of their constituents are likely coming from similar high school situations

and have not often interacted with a student government, Reiser said she is preparing for an adjustment period for the way the class of 2023 interacts with the senators.

"(The student government) is kind of new, so the (first-years) have to wait it out and see how it goes before they can really change anything or find something that they want to change," Reiser said.

Senator Lucas Biniewski, '23, agreed, adding that he hopes to help students understand that they can help create change.

"(Seeing that) the freshmen class is willing to be involved and having them actually change things is going to be one of the hardest things," Biniewski said. "They're going to think what they think doesn't matter at all"

Gray's biggest goal for the year also pertains to first-years — she hopes to help the class of '23 feel as involved as possible.

"That's the one thing I want, is freshmen to be involved on campus and be in the loop of what's happening, too," Gray said.

Although the senators are already planning ways to overcome foreseeable challenges, they said they believe the group will work well together because each person brings their own skills to ASG.

"I think the things I work for and whatever I'm passionate for, I think I have a very resilient and hardworking attitude toward that," Alegre said. "I just want to make sure things get done."

Both Reiser and Westfall consider sociability as one of their strengths, with Westfall adding that he can start talking to anyone, whether he knows them or not. Gray said she feels strongest in making posters for ASG, while Biniewski described himself as a "money man."

With the senators balancing their strengths in preparation for working together in ASG, Westfall said he feels confident about the coming semester.

"It's going to be a good year," Westfall said.

### IN THIS WEEK'S CAMPUS



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Why season three was one of the worst, yet most powerful seasons yet.

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### FROM ROME TO MEADVILLE

President Hilary Link discusses her move to Western Pennsylvania.

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FRIDAY



H: 78° L: 58°  
Rain: 0%  
Sunrise: 7:05 a.m.  
Sunset: 7:21 p.m.

SATURDAY



H: 79° L: 62°  
Rain: 20%  
Sunrise: 7:06 a.m.  
Sunset: 7:20 p.m.

SUNDAY



H: 78° L: 63°  
Rain: 40%  
Sunrise: 7:07 a.m.  
Sunset: 7:18 p.m.

# Nicaraguan dance troupe performs traditional dances



KELSEY EVANS/THE CAMPUS

**Top Left:** Union Latinx hosts traditional Nicaraguan dance troupe, Daughters of the Corn on Tuesday, Sept. 17, 2019, in the Henderson Campus Center lobby.

**Left:** Two dancers perform a traditional cultural dance to educate audience members on Nicaraguan culture and current issues on Tuesday, Sept. 17, 2019, in the Henderson Campus Center lobby.

**Bottom Left:** Three dancers perform traditional Nicaraguan cultural dance together on Tuesday, Sept. 17, 2019, in the Henderson Campus Center lobby.

**Top Right:** A dancer performs a cultural solo dance on Tuesday, Sept. 17, 2019, in the Henderson Campus Center lobby.

**Above:** A solo dancer performs her traditional cultural dance on Tuesday, Sept. 17, 2019, in the Henderson Campus Center lobby.

# ASG discusses climate strikes, cost of textbooks

By SARA HOLTHOUSE  
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Allegheny Student Government welcomed new faces during Tuesday's general assembly meeting.

Beginning at 7:01 p.m., ASG swore in the senators for the class of 2023 on Tuesday, Sept. 17, in the Henderson Campus Center room 301/302. Also sworn in was the proxy for the class of 2021, Andrea Jonsson.

During cabinet reports, two ex-officios were approved for the Diversity and Inclusion Committee, and Chief of Staff Jared McHale, '20, discussed the openings that remain on the College Committees Council during his report.

"I'm still in the process of recruiting people for the College Committees Council," McHale said. "I do have a few that are interested but haven't finished their applications yet."

Following McHale's report, Co-Directors of Student Affairs Kelsey Evans, '20, and Genesis Pena '22, reported on the continuation of the Wellness Committee and the search for the next Director of Public Safety, along with

the plan for feminine product dispensers in women's bathrooms.

"We're also working on the plan to install feminine product dispensers in some women's bathrooms (in the campus center) that we worked on last year," Pena said. "Last year the plan was to get dispensers in every restroom in the campus center, and this will be our pilot project, and if it works out very well we can put it in more buildings."

The next cabinet member to report was Director of Sustainability and Environmental Affairs Cat Lord, '20, who discussed the upcoming Climate Strike on campus.

"The global Climate Strike is (today), and there is stuff happening here in the Gator Quad, along with groups going to Erie," Lord said. "(On campus) there will be registration and commitment signings and stuff like that, so check that out and do whatever you can to get involved."

Lord added that the strike will be happening from around noon to 1:30 p.m. Friday.

During class reports, the class of 2020 mentioned its plan of having a donuts and coffee event during finals week.

In addition to swearing in Jonsson, the class of 2021 announced it had completed its mission statement.

The class of 2022 reported that it had officially had its first class meeting, and will continue to have meetings after general assembly, and also had finished its mission statement.

Because they had just been sworn in, the report for the class of 2023 focused on introducing ASG's newest senators.

After class reports, Vice President Elyse Cinquino, '20, discussed a leadership development session that will take place after the next general assembly.

"We will be doing a meeting like normal, but that part will be shortened, and then we will go over Robert's Rules (of Order) for the first-years, and as a reminder for anyone else," Cinquino said.

Cinquino also brought to the table the planned committee that will work on lowering the price of textbooks for students on campus.

"We did bring this up last week about trying to lower student textbook costs, so now we're going to try and get a committee together," Cinquino said.



LAUREN TRIMBER/THE CAMPUS

Five first-year senators are sworn into office during the Allegheny Student Government meeting on Sept. 17, 2019, in the Henderson Campus Center.

Senate members were asked to raise their placards for Cinquino to know how many were interested, so plans for that committee could begin.

In his report, President Jason Ferrante, '20, asked ASG members to sign up to help with the upcoming Wingfest along with the committee that helps run Blue and Gold Weekend.

"Wingfest is coming up sooner than you think," Ferrante said. "We always help

out by volunteering. It's always really fun, and that is on (Sept. 28), so we will be sending out a sign-up sheet for that."

Additionally, Ferrante made a statement about the upcoming Climate Strike on behalf of ASG.

"Allegheny Student Government fully recognizes and supports these strikes," Ferrante said. "Students have the right to assemble and protest, and these strikes are rightfully taking action to address the

imminent threats from climate change."

During unfinished business, Director of Communications and Press David Roach, '21, announced that he would be sending out a biweekly email the following day. Students were also encouraged to attend the upcoming home football game on Saturday, Sept. 21.

After ASG Advisor Gretchen Beck gave a few announcements to the room, the meeting was brought to a close at 7:27 p.m.

# Allegheny receives grant for citizen science research

By SARA HOLTHOUSE  
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Citizen science is a term that may not be familiar to some, but it is the main focus of a new research project led by Benjamin Haywood, assistant professor of environmental science and sustainability, that is being funded by a grant from the National Science Foundation.

In collaboration with the University of Washington, Haywood will help lead the two-year collaborative pilot project. The grant was received from NSF's Advancing Informational STEM Learning Program. The research project will focus mainly on citizen science, a category of science in which ordinary, untrained people work on a professional scientific research project, and how to improve the practice of citizen science.

"Citizen science is essentially public participation in some type of scientific investigation, alongside professional researchers," Haywood said.

Haywood said that a crucial part of the definition of

citizen science is the environmental problem that needs to be solved by researchers.

"That's where citizens partner with professional researchers to collect and try to make sense of that data," Haywood said.

Although this project is just beginning, Haywood said that it has been in the works for a long time, dating all the way back to his dissertation in 2012. He explained that a lot of his research focused on the value of citizen science and that he was able to connect with other organizations across the United States.

"Since then, I've been very interested and involved in some of those networks and organizations and wanted to continue to do more research," Haywood said. "But of course that requires a lot of additional time and writing grant proposals, so it has taken me several years to put together a proposal and get that through the process and approved. Grants can be pretty difficult to get. ... I've really been interested in trying to get Allegheny students involved in this work, so this grant allows me to do that."

Additionally, Haywood said the main goals for the project are to be able to "play an important role in shaping the success of citizen science," including helping people learn and gain benefits from the practice, along with collecting important data that is useful for the participants as a society. The project also provides the opportunity for national research.

Some of that national research for the project involves working with people in the state of Washington in collaboration with the Coastal Observation and Seabird Survey Team.

"It is a citizen science program that is based in the University of Washington in Seattle but that basically covers almost the entire West Coast," Haywood said.

Haywood described the program as a marine ecological monitoring program that focuses on the health of the ecosystem. One of the main things Haywood hopes to accomplish with his project is to be able to understand people's connections to their environment, along with working to strengthen the practice of citizen science.

Haywood said he hopes that through his project, more students will become interested in the area of citizen science and be able to increase their skills toward their professional careers after graduation.

"We have very complex global environmental challenges right now that need a

lot of data and information over a broad, geographic space," Haywood said. "We'd like to figure out how or if citizen science can help people think in more advanced ways. ... We think that citizen science helps people to develop critical thinking skills."

Haywood added that he is excited about the fund and the opportunity to work with people and discover the differences in careers in different parts of the country. He also hopes to be able to support "interesting work" and to help students increase their knowledge and skills.

Allegheny students will also be a part of the research team over the next two years, though the hiring process for the team has just begun.

One team member, Johanna Steele, '22, said she was interested in joining the team because of the angle the project was going to take.

"I was really interested in the angle it took towards research and environmental activism," Steele said. "I feel like, in general, a lot of environmental science research projects are very science-focused. This one is science-focused, but with citizen science it is a bit different, which is interesting."

While she has never done a project focused on citizen science before, Steele said she is excited that the subject group is made up of people from her home in Washington.

"It's kind of fun to see a bit of home (at Allegheny)," Steele said.



HAYWOOD

Additionally, Steele said she finds it interesting that the college is able to do a project on this large of a scale with the University of Washington.

"I think it's really important to start at the community level when teaching people about science, and have them to develop the skills to really make a difference in their community," Steele said. "I think it's good that this grant supports that, and that it's not focused on the area of Meadville because I feel like a lot of things are focused around here."

There is a plan to send students to the Western U.S. for the summer during this project. Future plans for the two years have been brought up, but there is nothing set in stone, according to Steele.

Steele is a transfer student from a university larger than Allegheny, where there is less of a relationship between students and professors.

"I just think it's really awesome that Allegheny stu-

dents have the opportunity to work with professors on research and contribute while learning," Steele said. "At the larger university (where I transferred from) those spots were really competitive and difficult to get. ... I think it's really great that students get the opportunity to participate in things that overall will have a global effect."

Another hired team member, Eden Merkle, '20, said the project struck home with her because she has always been interested in peoples' connections to the environment.

"For me this grant means a lot because it means that people are interested in this (subject) and people are interested in investigating this," Merkle said.

Merkle said that while she has never been involved in a project involving citizen science, she has studied it.

"This is the first time I've really been exposed to (citizen science), but I'm really beginning to understand how helpful it is," Merkle said.

Overall Merkle emphasized that she is very excited for the project, and mostly excited for the connections that the project will create and what lasting relationships people will form because of this project.

"Science rocks," Merkle said. "There are a lot of opportunities out there that are just waiting, so if you find something that you feel connected to, (I believe that) you should look into opportunities for ways to participate in it."



We have very complex global environmental challenges right now that need a lot of data and information over a broad, geographic space."

—BENJAMIN HAYWOOD

Assistant Professor of Environmental Science and Sustainability, Allegheny College

# Allegheny students and faculty to take part in Global Climate Strike activities

By MATTHEW STEINBERG  
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Today — three days before the U.N. Climate Summit in New York City — global citizens will step out of their workplaces and address the climate crisis as part of the Global Climate Strike. More than 4,000 strikes have been registered across the world since Sept. 16, and more than 800 of them are taking place in U.S. communities.

Members of the Allegheny community are joining in the action. Today in the Gator Quad and Henderson Campus Center, student organizations and faculty members will gather in an effort to better understand the climate crisis, see why there's a need to take action and discuss what can be done to address it.

To do so, a number of organizations and departments on campus will participate in various activities. The Green Students of Color Society, for example, will have six ta-

bles set up in the Gator Quad and aim to facilitate student participation in the Climate Strike.

"We're going to have posters set up," said founding member of Greensocs Melissa Burnett, '20. "Most of the posters are related to other disciplines so we can relate to the audience as a whole. So we'll have posters on psychology, biology, etc."

Burnett said the club hopes that everyone will "see the impact that climate change is having."

Founding members of Greensocs Cassie Brown, '20, and Shaellen Franco, '21, also stressed the importance of all disciplines recognizing the importance of taking action to bring attention to the impact of the climate crisis.

"We want people to start having a working mentality of, 'How can I mold sustainability around what I'm doing, or mold what I'm doing around sustainability?'" Brown said.

Other organizations in the Allegheny community will be

holding events and activities as well, on and off the Gator Quad. The Center for Political Participation will be tabling and holding voter registration, while students from the Dance and Movement Studies Department will be performing a "Planet Dance" at 1:30 p.m. on Murray Lawn

Activities will also continue later in the day and over the weekend — At 7 p.m. Saturday, Sept. 21, and 1 p.m. Sunday, Sept. 22, there will be a showing of "The Human Element" in the Vukovich Center for Communication Arts.

Bringing attention to the climate crisis and taking action are critical steps that individuals and organizations must continue to take, according to Kelly Boulton, sustainability director at Allegheny College.

While it is important to focus on what can be done now and into the future to stop the climate crisis, Boulton also said it's also important to highlight Allegheny's commitment to climate action,

which has been over a decade long.

Allegheny became a signatory of the American College and University Presidents' Climate Commitment in 2007. This initiative began in 2006 with 12 higher education institutions that committed to climate action and sustainability.

Ever since, Allegheny has cut its carbon footprint by nearly 50%, according to Boulton. The institution has also committed to climate neutrality by 2020, meaning it strives to be an organization that has net-zero greenhouse gas emissions, in an effort to reduce levels of carbon dioxide in the atmosphere.

"(And the climate action has been) student-driven and embraced by the entire community," Boulton said. "To me, the Climate Strike is a little bit about celebrating where we're at, and then also saying, 'And what else do we need to do?' Because there's always more — there's always more to do."

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since 1876

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### CRIME BLOTTER

*Editor's Note: The weekly Crime Blotter is compiled using the Daily Crime Log available on the Office of Public Safety's web page. Crimes reported may still be under investigation. Crimes listed below are collected the Thursday before publication.*

**Sept. 12, 2019**  
**Arter Hall**  
Trespass

**Sept. 14, 2019**  
**College Court**  
Alcohol Violation

**Sept. 14, 2019**  
**College Court**  
Alcohol Violation

**Sept. 15, 2019**  
**Gator Quad**  
Disorderly Conduct

**Sept. 15, 2019**  
**Baldwin Hall**  
Alcohol Violation

# The human body: the most powerful form of expression

## ESPN uses celebrities to capture beauty, artistry

By SHIRA HAUS  
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Media influences culture — this is especially true in the U.S., where we are constantly saturated with TV, radio, news, the internet and magazines. Media tells us what to do, how to live, who to be; and it has an especially large impact on our standards of beauty and collective body image. Powerful individuals and organizations in the media industry also have the ability to influence our culture, for better or worse.

Every year, ESPN's magazine puts out their "Body Issue," in which athletes pose for a series of naked photos. Needless to say, it is ESPN The Magazine's best-selling issue. Athletes from tennis star Serena Williams to Olympic figure skater Adam Rippon have been featured in previous years, and for the 2019 issue, the magazine has put forth a fairly diverse selection of athletes — Paralympian Scout Bassett, Myles Garrett of the Cleveland Browns and former collegiate gymnast Katelyn Ohashi are featured among others.

This year's edition, which was released on Sept. 4, is also the magazine's final "Body Issue" (and the final print edition of the magazine). ESPN's final "Body Issue" has been met with mixed reception; critics are satisfied to see it go, while others send it off with a tearful salute. I find myself on the latter end of the spectrum.

Although I am not an avid consumer of sports entertainment, I appreciate the commitment, teamwork, and physical and mental strength that sports require, and I see the magazine as a way to honor these aspects of the athletic world. However, the "Body Issue" is contro-

versial in many circles, and it's not so cut and dry.

The "Body Issue" has been criticized for promoting unhealthy body image among impressionable readers. I will not be idealistic here about the reasons behind the ESPN corporation's choice to photograph naked athletes in this issue — it is to sell magazines, nothing more and nothing less. But even though corporations exist to profit from human bodies (in this case, literally), promoting a diverse and realistic portrayal of athletic bodies can be a step forward in combating the issue of harmful body image.

We can criticize intent behind a piece of media while also appreciating the positive benefits it brings. Take, for example, baseball player Prince Fielder's 2014 photoshoot, which spawned the hashtag #huskytwitter, encouraging plus-size men to be more confident in their bodies. Showing a man with a body type not traditionally associated with sports as fit, confident and attractive was a bold move for ESPN, and ultimately a positive one.

Even if ESPN's motive to add diversity in body type is solely to sell magazines, we should not ignore the benefit of such a decision, and feel encouraged that our culture is moving in a more inclusive and accepting direction. In its "Body Issues," ESPN truly does attempt to showcase diversity among bodies they photograph, including disabled athletes, older athletes, athletes of color and athletes with nonconforming bodies. But some criticisms of the issue go beyond diversity and into the content itself.

In our society, nude bodies are often seen immediately as sexual, often without any further nuance or

explanation. Of course ESPN would face backlash when publishing (albeit relatively tasteful) nude photos in their widely-distributed magazine. But the controversy has not always stemmed from traditional or religious groups who object to the photos themselves; the issue has also drawn criticism from Progressives who see the photos as objectifying, or promoting unrealistic standards of beauty.

But I would like to counter that argument. The naked body is not in itself inherently sexual. Although nudity is associated with sex in most contexts, these photos do not portray the body sexually.

The athletes are photographed in poses of power, not sexual objectification. Their bodies are their own, and they are in complete control over the situation. Both men and women are shown in similar poses; this is not a case where only the women are completely nude. This is not a photoshoot for "Playboy," where the only motive for the pictures is for sexual gratification among readers. Instead, the "Body Issue" is a celebration of the human body and what it can accomplish.

We as human beings are powerful. We are strong, beautiful and diverse, and our bodies should not be a topic too taboo to explore. The "Body Issue" has broken race, gender and body type barriers, and should be commended as a special print issue that added nuance and diversity to the world of athletics. Media changes cultural norms and conversations, and the "Body Issue" is a positive example of that. It's important to showcase the amazing feats of which the human body is capable — isn't that one of the reasons why we watch sports in the first place?

# MMA: making history, breaking barriers

By JOSHUA MEISEGEIER  
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Shenzhen, Aug. 31 — the hearts of every audience member of the crowd pulses with anticipation. This was the event that everyone in attendance was waiting for. Seconds felt like hours; minutes were days. It was as if time stood still, forcing everyone to acknowledge the sheer and utter significance of what was about to occur in the stadium.

Then it was time and, less than 60 seconds later, it ended. It took only 42 seconds for MMA Weili Zhang to dismantle and demolish Jessica Andrade, the best women's strawweight (115lbs.) fighter on the planet. The crowd, roaring with excitement, knew Zhang stood on top of the world, not only as the new UFC strawweight champion, but as the first Chinese MMA fighter in the history of the organization to earn such a title. This wasn't just a win for Zhang. It was a win for MMA in China, and I couldn't be more ecstatic.

The sport of MMA has always had a difficult time gaining traction in the world's most populated nation. Already boasting many martial artists, such as Shaolin kung fu and wing chun, many in China are of the mindset that MMA is just a Western style of martial arts that's trying to replace the traditional and culturally significant Chinese martial arts — and there is merit to this argument.

While MMA focuses on the "martial" aspects of the practice, most of the Chinese disciplines focus their attention on the "art" aspects of martial arts. Anybody who has witnessed Chinese martial arts can see the beauty and elegance of the practitioner's movements. In addition, many traditional Chinese martial arts focus on spirituality with inner peace as the main goal of the art form. And while there is

genuine merit and benefit in practicing beautiful and peaceful martial arts, the time spent away from the "martial" aspect of martial arts leads many of these ancient art forms to be less effective in fights than was once believed.

MMA, on the other hand, is a relatively new discipline that focuses almost exclusively on the "martial" aspect of martial arts. While there are a few examples of people combining martial arts to create more effective fighting systems (notably Kanō Jigorō, the creator of judo, and Bruce Lee, creator of jeet kune do) the inception of what is now MMA is commonly accepted as the first UFC event, held in 1993.

There, eight fighters of different disciplines fought against one another to determine which martial art was the most effective fighting style. The early days of MMA saw fighters train solely in their first discipline. In the modern era, numerous martial arts, including many Chinese martial arts, were deemed less effective compared to other martial arts. In a scramble to find the best martial art, thousands of practitioners jumped ship from their original style to a different style that was more effective against other martial arts (Brazilian jiu-jitsu saw the most growth at this point).

But, over time, fighters realized that combining styles from different martial arts was more effective than just training in a single one. Most fighters incorporated techniques from boxing, wrestling, kickboxing, Brazilian jiu-jitsu, muay thai, sambo and judo, which were all arts deemed effective when it was the only discipline used by a practitioner in an MMA fight. But now that modern fighters know the basics of what they need to know to be successful in the cage, techniques common from once-abandoned martial arts are coming back into the sport, notably from kung fu.

Zhang, a fighter whose roots in

MMA came from kung fu, has famously stated that she will bring as many techniques from kung fu to MMA as she can. With kung fu in her arsenal, she has been on a 20-fight win streak, with 10 knockouts and seven submission victories.

Feared rising star Zabit Mago-medsharipov, No.5 UFC Featherweight, of Dagestan, Russia, has been seen using flashy double spinning back kicks, wheel kicks (also used in taekwondo), and trips associated with kung fu to skillfully, yet savagely, smash his opponents into oblivion.

If the hype around kung fu in MMA isn't enough evidence to suggest a shift in popularity, an example of another sport that once gained popularity in China should convince even the most skeptical — basketball.

Like martial arts, basketball has been popular in China since its introduction. But the sport's popularity skyrocketed when Yao Ming became one of the best players in the NBA in the early 2000s. As far as the Chinese people were concerned, if Ming was winning, all of China was winning, and basketball became far and away the most popular sport in China.

Now with Zhang as a UFC champion, it wouldn't be surprising if the Chinese were to adopt the same mentality they have of Ming scoring buckets, to Zheng winning fights.

And new fans of fighting means new talent to the sport, something that I couldn't be happier about. Zhang's new belt is a momentous victory for her personally, and is equally a large victory for the Chinese. I just hope that the momentum carries through, leading the sport to become more popular in the country, bringing new talent to the table and thus creating more art of a martial variety for the world to see.



Photo contributed by NETFLIX

# Mainstream TV tries to take on tough topics

By TAYLOR RENK  
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*Warning: Plotlines of the TV shows featured in this article include suicide and sexually aggressive crimes. Reader discretion is advised.*

There are a million little things I love about "13 Reasons Why," but there is only one reason why season three was the worst, yet most powerful season yet — pun intended.

TV and Netflix dramas like "A Million Little Things" and "13 Reasons Why" shine a light on important issues in the modern world. Bullying, sexual abuse, homicide, terminal illnesses and suicide take up the majority of screen time for both of these shows.

"A Million Little Things," for those who haven't watched, is a TV show about a group of friends, all of whom are grown adults around the age 40, and all have been challenged to carry their own crosses. Whether it is cancer, mental illness or relationship infidelity, each character takes on a particular struggle that, at one point or another, brings them to rock bottom.

The show is based on the "million little things" that contributed to one of the character's decisions to take his own life. The show's purpose is to shine a light on a very disturbing and difficult topic, allowing the audience to be aware of suicide, and maybe even potentially learn a thing or two about the importance of self-care and awareness of others.

Throughout "A Million Little Things," the lives of each character are impacted drastically by the sudden death of one of their friends, which leads secrets and insecurities to be dug up. Through significant grieving and an abundance of struggles, the group leans on each other to stay strong through the pain. They see that there is a light at the end of, what seems to be, a very long tunnel.

The writers and directors of this series, in my opinion, are brilliant. They took very dark, uncomfortable topics in society, and turned them into an educational and promising storyline. No one likes to talk about death or illness — everyone wants a happy ending. But the unfortunate reality is that we live in a world where there are some dark times, and sometimes it may feel like there is no light at the end of the tunnel.

This show helps people realize that they aren't alone. No matter how difficult times may get, there are always people who are willing to bend over backwards for you. You could find this in a family member, a friend, a professor or even a counselor. No matter the person or the group of people who help you get through tough times,

you are never alone.

The second season premieres on Sept. 26, and I wouldn't want to miss it.

"13 Reasons Why," on the other hand, delves into several issues in the darkest, most explicit manner possible, which I don't think is the most effective in addressing these topics. Topics of suicide, sexual assault and drug addiction are prevalent in this show, and are addressed in-depth.

The first season addresses reasons that could potentially lead to suicide, as well as the background and raw emotion that comes with it. The second season addresses bullying and assault, while ending the season with a possible school-shooting cliffhanger. The third season, instead of addressing an issue and how it arises, is almost like a murder-mystery investigation, but the murdered character wasn't of a fan favorite. It was Bryce Walker — the rapist and antagonist from the previous two seasons.

Throughout the first two seasons, Walker was pegged as the villain, haunting the lives of basically every other character in the show. However, in the last season, Walker was shown as a victim — almost like he was sick and in remission, but in the end, despite his efforts to become a better person, he was murdered in cold blood.

There is always a place for people to turn their lives around — and I hope that everyone feels sorry for their mistakes — but this season in particular victimizes the villain while being insensitive to those who have been through traumatic events.

Not only was the plot insensitive in this season, but I also believe that the show in its entirety is extremely graphic and could potentially be triggering to those who have experienced similar events, specifically those who have considered taking or attempted to take their own lives.

The topics addressed in "13 Reasons Why" are real world issues — ones which need to be addressed and not swept under the rug, but I believe the TV show could be more effective if viewers could watch it without closing their eyes because it was too graphic, and many critics agree, which is why many explicit scenes have been deleted post-release. The show is on contract for a fourth season, so hopefully they can return to highlighting societal issues in a respectful and meaningful manner.

With World Suicide Prevention Day taking place in September, it is important to always remember that silence can be loud, and that you are never alone through it all. It is time for us all to stand still and listen to the silence of others. Go ahead — we are listening.

# The value of an international learning experience

## *President Link discusses transition from Rome life for her family*

By WILLY WALKER  
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Moving across the world poses difficulties for all involved, no matter the prize on the other side. That prize, however, is a once-in-a-lifetime experience that will help shape people into the best versions of themselves that they can be, something that Allegheny's new president is familiar with.

President Hilary L. Link was appointed Allegheny College's 22nd president and first female president in January 2019. Link assumed her position on July 1, 2019, and moved her family from Rome to Meadville — an, approximately, 4,500-mile move.

"There are advantages to moving to a smaller town that I think (my family) hadn't even considered when we were moving," Link said. "We have lived most of our adult lives in kind of big, anonymous, complicated, chaotic cities, and we have really been appreciating the quieter environment here in Meadville."

Prior to moving to Meadville, Link served as the dean of Temple University Rome since 2013, where she was instrumental in the expansion of the university, according to a Temple University article.

"She is a visionary whose innovations and leadership helped our university celebrate Temple Rome's 50th anniversary, while keeping an eye toward the next 50 years and further expansion of Temple's already impressive European footprint," said Temple University Provost JoAnne A. Epps in an article published on Jan. 15, 2019, by the university regarding Link's departure. "While her departure is a great loss for Temple, it also represents a great opportunity for Hilary and Allegheny College."

Having worked at Barnard College of Columbia University, New York University and Yale University, Link is no stranger to big cities. However, she noted that this was her first major move to a small town.

"We feel very safe here and already, even in two-plus months, embedded in the community, and that's something that in a big city is very hard to have," Link said. "We are still finding our way and figuring out different ways to spend your time in a small town in (Northwestern) Pennsylvania versus being in Rome, Italy or New York City, but we're getting there."

Link emphasized the "warm" environment of the college, which her entire family has found welcoming. She enjoys the neighborhood where the president's house is located as well as the nature in the area — something that is less familiar in a big city.

"Jokingly, we like to say there's really no traffic and you can park anywhere you need to park, which is not the case in Rome," Link said.

Pam Higham, assistant to the president, noted that Link has been welcomed with open arms by the campus community.

"I've heard wonderful things about her from students, faculty, staff and the Meadville community," Higham said. "We are very lucky to have her as president."

While Meadville has proven to be a welcoming community for the new president and her family, she noted the benefits of living in Rome, including the amazing food and year-round sunshine. Link pointed out the uniqueness of her former home, such as the ability to be just mere miles away from architecture that is thousands of years old.



LINK

The last big move for the Link family occurred six years ago, but Link said moving back to "their home country" made the transition easier. However, logistics are still being sorted, despite the move occurring two months ago.

"We still haven't unpacked all of our boxes and so while I had to hit the ground running in terms of the presidency, at home we're still trying to find papers that we know we packed somewhere back in June in Rome and will at some point resurface," Link said. "I think it's just a matter of having enough time given how busy and all-consuming my position is — finding enough time to also feel settled enough at home."

The move concerned more than just the president. She had to have her three sons in mind when she made the decision to move back to the U.S. The change in schooling was the top priority for her family. Her thirteen-year-old son Alex is currently attending public school in Meadville, while her youngest son Zachary, who is 8 years old, is attending a school called the Creating Landscapes Learning Center.

"They have had very different schooling when we were abroad in Italy, and so we were

lucky enough that here in Meadville we were able to find two different options that kind of fit what they both need," Link said.

The family knew that they were not going to stay in Rome forever, but Link said that Western Pennsylvania was never somewhere they planned to live, until the opportunity to be the president of Allegheny came along. She believed that because they were citizens of the U.S., the move had a sense of comfort.

"(The kids) really had two very specific demands in order to agree: They want ... a trampoline and a dog," Link said. "Those are the two things that every day they're saying, 'Where's our trampoline and where's our dog?' but as you can imagine, my husband and I have been a little bit busy settling in, unpacking a house, starting new jobs, etc. So we are working on it."

Link added that once the family adopts a dog, she will bring it to campus.

Link's husband, Jeff Link, perhaps, had the easiest move of the entire family, as he did not have to change jobs. He works for The College Board out of its Reston, Virginia, office but was given permission to work remotely from Meadville.

"He just basically moved from being in an apartment in Reston to being home with us," Link said. "He's mostly working from home and he's really excited to be here in Meadville."

The entire Link family is not located in Meadville, however. Her oldest son, Jason, is finishing his last two years of high school back in Rome.

"It's a great situation in the sense that he's attending the same school that he was attending for the past two years," Link said. "We know the teachers and the administration real-

ly well, we know his group of friends really well, so we know he's in really good hands, and we know that for him this was the better choice."

Link said it was for the best that he remained in Rome so he can finish his last two years of high school in a familiar environment.

As a mother, she pointed out the difficulty of having her son so far away.

"I think it actually made me very able to relate to all of the parents of first-year students on move-in day because my son was about to leave to go 5,000 miles away, and so I can fully understand," Link said. "It's both exciting because you're proud of them, that they can do this and that you know they're going to be OK, but it's really nerve-racking because you're not there to make sure that everything's going to be OK."

Having been the dean of Temple University Rome, a study abroad campus, and having studied abroad herself, Link knows the struggles of moving away from home and the difficulties of having to adjust to a completely different culture and way of life. However, she believes that going abroad and stepping out of your comfort zone is one to learn who you are as a person.

"When you go abroad and you put yourself in that challenging position, nobody knows your background and that can be both liberating and really hard," Link said. "When I first went abroad, the biggest thing that I took away from it is figuring out 'how do I define who I am' in a context that is not my own, and it made me think long and hard about who do I really want to be, how do I want to treat other people and how do I want to be perceived by other people?"

Link said that it is hard, as a

mother, to have a child studying in another country, but she believes studying abroad helps students adapt to new situations and become creative problem solvers.

"As a parent that's the most exciting thing to see because you watch your child become a global citizen, whether they're coming here or they're going elsewhere," Link said. "They become someone who learns how to speak other languages, adapt in other cultures, learn to interact with people who are radically different from themselves — and those are all things they are going to need moving forward."

Although the move changed how Link and her family live and grow, she remains firm in her beliefs regarding liberal arts.

"A liberal arts college is a perfect place for students to really find out who they are, how they think, what really excites them, and to figure out how to take the skills and the processes of learning that they're able to develop while they're in college and apply those beyond college and into the real world," Link said in an article published on May 8, 2019, by Pittsburgh's NPR News Station.

Link has made increasing accessibility to study abroad programs a top priority at Allegheny. This includes the passport fair hosted during first-year move in, where the college covered the cost for 82 students to obtain passports. She said that any student who wants to study abroad should be able to, without having to worry about financial difficulties.

"We want it to be that any student coming to Allegheny has both the incentive and all of the tools to be able to have a global experience, because we think that learning to be a global citizen is a really important part of a college education," Link said.



## A ticket to the world

By BRITANI DITCH  
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Allegheny College hosted a passport fair for students to obtain or renew their passports for no charge on Sept. 18, 2019.

Lucinda Morgan, director of international education, and Jerry Higham "Hopper" helped prepare and organize the passport fair for students. Lucinda Morgan said that she was hoping to plan more throughout the year and provided curious students with fliers displaying the information.

"Hopper" encouraged students to make an appointment to get the benefits of having and obtaining a passport. For a student to participate in the Passport fair, they must arrange for a meeting with Lucinda Morgan for any upcoming fairs. At the fair students are required to show forms of identification, such as a driver's license, state I.D., birth certificate and social security card. After completing a form to get their passport, Morgan provided a check pre-made by the school at the total cost of the passports. This is available to any stu-

dent, first year through the senior class.

The passport fair is a way for students to be given the opportunity to leave the United States and have another identifier without having to pay extra out of pocket expenses for a passport. Allegheny plans to continue to offer this opportunity to students. Allegheny hosted the event earlier this year and was able to aid 84 students. On Sept. 18, 74 Allegheny students took part in the fair.

Morgan said she is hoping to host this event again in October.



Photo contributed by BRITANI DITCH

**Top left:** Students apply for their passports during the passport fair on Sept. 18, 2019, in the Henderson Campus Center lobby.

**Left:** Lucinda Morgan, director of international education, assists students who are applying for their passports on Sept. 18, 2019, in the Henderson Campus Center lobby.

**Above:** The sign for the passport fair is displayed on the table for the passport fair on Sept. 18, 2019, in the Henderson Campus Center lobby.

# Innovation and creativity

## New lab brings departments together

By **SHAELYN URSIDA**  
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“Unusual combinations” is a concept heavily embraced at Allegheny College — as stated in the 2014-15 Allegheny College Viewbook, it celebrates the uniqueness of Allegheny students.

That is exactly what this collaborative of professors had in mind when they created the new Allegheny Lab for Innovation and Creativity. Most of the new lab lives in the Doane Hall of Art, while the other portion is located in Carr Hall room 121.

The ALIC Lab consists of 25 student workstations that can be utilized for video and sound editing, programming and virtual reality software for graphic design projects and serves as a robotics lab.

The fabrication side of the lab has four 3D printers, a laser cutter and a large computer numerical control machine. A CNC machine is like a computer control machine that is used to take precise drawings and cut them out of various materials like wood, foam or metal.

There is also a full dome projector that has found a home with the Physics Department in Carr Hall.

One notable aspect of the ALIC Lab is that any Allegheny student has access to it. The lab is not limited to specific departments.

Byron Rich, assistant professor of art and director of the Art, Science, and Innovation Department, is the coordinator of all lab operations.

“This lab is designed for any student on campus,” Rich said. “Originally, it was designed to be something for (communication arts), art and computer science (students). Then we started reaching out to other departments across campus and made it far more inclusive so any student across campus can come and work in this lab.”

This idea of a new lab had been discussed a few times at Allegheny in the past two decades. It was first proposed in 1997, but never moved further than the proposal phase.

Rich started to reinvigorate the proposal when he arrived at Allegheny in 2014. It wasn't until a year and a half ago that Rich and a team



**Above:** Professor Jamie Lombardi stands under the dome as the new projector displays video on Tuesday, Sept. 17, 2019, in Carr Hall.

**Below:** One of the finished products of the new 3D printer sits in the Doane Hall of Art on Tuesday, Sept. 17, 2019.

comprised of various other professors were given the go ahead to start production of the lab.

Michael Mehler, the chair of the communication arts department, was one of the original people working on the proposal in the '90s and early 2000s.

He also played a role on the team responsible for the production of the current ALIC.

After pushing for this idea since the '90s, “The timing couldn't be better,” Mehler said.

“There's a curricular movement to draw connections between a range of art and science programs,” Mehler said. “ALIC will provide a workspace in which faculty, staff and students from the entire college can work alongside each other to experiment and create.”

Allegheny received a \$150,000 grant in April 2019 from the George I. Alden Trust to purchase the full dome projector.

Several members of the Development Office were also pioneers for getting the funds for this new technology purchased, according to Professor of Physics Jamie Lombardi.



These members include Diana Brautigam, director, foundation and corporate relations; Heather Grubbs, associate director, foundation and corporate relations; and Kate Bennett, office coordinator, foundation

and corporate relations. Rich and Lombardi took their ideas for a two-part lab as well as a full dome projector, and consolidated them into one grant and one facility (even though they are in two

different buildings). “We hope that people in the Art Department, both faculty and students, will get involved with immersive art displays,” Lombardi said. “You can imagine the artist creating something that is shown in full 360 degrees and surrounds the people who the artist wants to show the display to.”

different buildings).

“We hope that people in the Art Department, both faculty and students, will get involved with immersive art displays,” Lombardi said. “You can imagine the artist creating something that is shown in full 360 degrees and surrounds the people who the artist wants to show the display to.”

The projector sends light outward and bounces it off of mirrors to actually project the video onto the dome. The video is a 360-degree shot video that is formatted into a fisheye lens to make it fit the circular format of the dome ceiling.

The software used to create such videos can be found in varying parts of campus, and now the new ALIC lab computers have access to that specialized formatting as well.

The lab is going to be a “hub for interdisciplinary learning,” according to Rich.

“We will have visiting artists, visiting physicists or visiting scholars from all over the place eventually working in the lab and working with students,” Rich said.

The lab is implementing a series of short courses free to students. These courses aren't being offered for credits, but rather to further one's learning on a specific software, editing style or even to educate oneself on how to use the new technology available to them, such as the 3D printers.

The courses are also being introduced for those students who can't fit a full course into their schedules, but have a peaked interest in the subject.

The courses will start in November and will run a few times a month for a few hours at a time. Topics for the courses will be made available to students soon, before November.

What might this collaboration between multiple departments across campus look like for students and professors?

“I think it will do more for students than any of us can begin to imagine,” Mehler said. “There have already been connections forged among art, theatre, video production, and computer science. Once students from other departments find their way into the lab, we'll really begin to see student-driven innovation.”

# Tool's album hits Billboard 200, showcases talent

## 'Fear Inoculum' introduces band's new sound, breaks decade of silence

By **CODY BAUMEISTER**  
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On the Billboard Top 200, an unlikely guest has swooped in and has been at the top spot since their new album's debut on Aug. 30. The progressive rock band Tool released their newest creation, “Fear Inoculum,” after 13 years of not producing any new music. Even though it was a long wait, fans of the band immediately jumped at the chance to listen to the new album, which takes the listener on a full journey.

“Fear Inoculum” quickly stands out from other albums released around the same time by offering the listener over an entire hour of music, condensed into only 10 songs. The first two songs of the album, “Fear Inoculum” and “Pneuma,” together are 20 minutes long. Only four of the songs on the album are less than 10 minutes long, and the longest song, “7empest,” is over 15 minutes long. Even though the album has a long duration, it does not take away from the quality of music, which Tool expertly delivers in the album.

As in other albums produced by the band, Tool created its new album with a psychedelic and progressive sound. “Fear Inoculum” does not disappoint fans who love Tool's original sound, but it also adds more interesting dynamics that were once seldomly found in the band's older songs. The use of multiple tempo transitions, the switching of instruments midway through songs and the different vocal styles of Maynard James Keenan create an experience that makes the hour-long album too interesting not to finish.

“Pneuma” is one of the songs on the album that really touches on these changes. The song starts off very mellow with slow guitar riffs and accompanying drum beats that are elevated by Keenan's vocals, which are overlapped to give an echo effect. This opening gives the song a melodic feel, which is then quickly changed with heavy basslines, the addition of a synthesizer and a quick tempo shift for the drummer, who adds the use of bongo drums along with his standard drum set. The application of so many different instruments really makes the song

feel like a complete journey alone, which normally is how the album is supposed to feel with all the songs combined.

Even though the band usually includes rock songs on their albums, Tool adds another hidden gem called “Litanie contre la Peur.” This song does not rely on the band's normal instrument line up as it brings in only one instrument: a synthesizer. This instrument was unexpected, especially since the first two songs gave so much variation. However, it is oddly enjoyable to listen to. The added layering of different synth notes along with added editing features gives the listener a song that seems to have come from some type of science fiction movie.

“Invincible,” the fourth song on the album, returns to the original style Tool is known for. The intense and quick drumming, the use of tempo change for the guitars along with the use of the twang bar, which is a lever on a guitar that distorts the sound, to give long notes and the added vocals give fans who have been waiting so long a taste of what Tool is known for. However, an add-

ed bonus is the guitar solo in the middle of the song, which is different than most solos in rock music. Tool put this solo in the background and allowed the drums and rhythm guitar to be in the foreground, which then leads into a stunning solo by Danny Carey, who reaches a pace that not many can match.

“7empest” is the highlight of this album. With today's songs normally sitting around three to four minutes, it's hard for a song that is 15 minutes long to attract listeners. However, this song is definitely worth a listen. Its attention to detail surpasses the others on the album. So much is added in the song that it alone is a full and complete journey, which is surprising due to the open session vibes it gives off. The entire song sounds like the band had an overall idea but allowed their expressive nature to form the notes in the moment, meanwhile continuing to work together to form a fluid but captivating song.

The most unique song from this album would have to be “Chocolate Chip Trip.” This song really dives into the psychedelic nature of the

band. The rich and vibrant percussion sounds mix with the synthesizer perfectly to give an otherworldly feeling. The feeling only continues as the song starts to play around with electronic beats with the accompany of Carey's drums. This song allows Carey to have fun and open up in what seems to be about a five-minute drum solo that keeps the listener engaged and in “awe.”

Overall, this album is a fantastic addition to Tool's discography. However, large amounts of changes that the band presents through this album kind of take away from the essence of what fans have come to know. It is a great change of pace, but it would have been nice to hear a bit more of the heavy distortion, quick drums and powerful vocals that have made the band so popular. Even though the album does change up a lot, it gives the audience the desire now to hear more albums like it, which provides a type of resurgence for the band who has been quiet for over a decade.



# Restaurant reviews: pamper your palate

By SYDNEY HOLLER  
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Before going to a new restaurant, many people search the internet to find out what others have to say about its atmosphere, service and, of course, its food. The same holds true for the Pampered Palate, which opened its doors to the Meadville community in the spring of 2019 and is located at 1043 Park Ave. Reviews on Facebook were overwhelmingly positive, with one person even saying, "this place deserves 6 out of 5 stars!" Now for math majors, that improper fraction might be a red flag — but it seems that many others are too busy having their palate pampered to care.

The first experience many people have with restaurants actually occurs outside of the dining area — it occurs in the parking lot. The Pampered Palate makes a good first impression, as it has plentiful parking, which is especially

helpful for those who might have a tough time if they had to parallel park. Another convenience is that they are open seven days a week from 6 a.m. to 8 p.m., fitting well with many people's schedules.

The pear-green building is accented nicely with flowers and an outdoor patio, and the employees greet their customers with a smile. They have an impressive number of specialty drinks, from smoothies to hot chocolate to a variety of coffee.

The Caramel Nut Frozen Explosion, a frozen coffee drink topped with whipped cream, caramel drizzle and candied nuts, is a sweet liquid treat. If you prefer your coffee to taste a little less like coffee and a little more like dessert, this is the drink for you.

September is here, fall is on its way and the holidays are closing in, so something that pairs well with a Frozen Explosion is a Palate favorite: the Thanksgiving Club. Turkey, smoked bacon, swiss cheese, lettuce, tomato and

cranberry mayo sandwiched between their freshly baked multi-wheat bread is the perfect way to pregame the holidays. It was served with a pickle, the ingredients tasted fresh and it made for a very filling meal.

The speed of service was impressive as well, especially considering the great quality of the food. While there was no rush to order, once something was decided on, the food came out perfectly prepared and ready to eat.

While this would already be enough to fill up the average person, it's important to try one of their freshly baked pastries, even if you get it to go. Donuts, rolls, cookies and cakes were lined beautifully in their display case, so it might take some time to think about which one to choose. The cherry cheese danish was sweet, flaky and tasty enough to think about even days later.

Between soups, salads and signature sandwiches, some people might have a difficult time deciding on which of

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The atmosphere of the Pampered Palate feels how the food should taste: Fresh.”

—SYDNEY HOLLER  
Class of 2019

their unique recipes to try. They also had a few vegetarian and vegan options, including their Californian salad, the Veg Out sandwich and others.

The atmosphere of the Pampered Palate feels how the food tastes: Fresh. There is plenty of natural lighting and everything seemed very clean. Many potted plants were used as decoration and the added greenery made it a peaceful and calming place to enjoy a meal.

The Pampered Palate

could also be a great place for students to study. Soft up-beat music, like Big Yellow Taxi by Counting Crows, played in the background and made for a low-stress environment. There is also ample seating, but an even bigger perk is the free wifi that students could use to complete their various online assignments.

Green seems to be a theme, not only with their food and decor, but also when it comes to helping the environment. The Pampered Palate wants its customers to "choose to reuse" by purchasing one of their reusable cups or mugs, which is a great way to decrease the dependence on single-use plastic. Those who do will receive a discounted price for future drink purchases.

In addition to their reusable products, bagged coffee and teas are also for sale for anyone looking to take a piece of the Pampered Palate home with them. Their signature dark roast and french vanilla flavored coffees are available in 12 ounce bags, and boxes

of Steep brand tea bags are for sale in rooibos hibiscus, dandelion & peach and several other flavors.

For those who are on the go, other great options that the restaurant offers are online ordering and a drive-thru, which officially opened in June.

Between a frozen coffee, sandwich and pastry, the total came to \$13.53. While eating at Pampered Palate everyday may not be the most affordable option, especially for college students, the price is fair considering they are serving fresh food and upkeeping a lovely atmosphere to enjoy it in.

Even though the Pampered Palate is located on Park Ave. and just over a mile away from campus, Allegheny students should really try this hidden gem and see for themselves why some people are saying it deserves "6 out of 5 stars."

9/10



## TRADITION from page 1

On Saturday, Sept. 14, 2019, sorority sisters at Allegheny College ran down the residence halls and across campus, chanting and singing for their new members. After all the new members gathered at noon, they went to Brooks Circle. Fraternities at the college walked down Brooks Walk and stood in a circle. Each sorority and fraternity took turns having their new members stand in the middle of the circle as the rest of the brothers or sisters ran in to celebrate with them. Both sororities and fraternities sang and chanted their organization's songs. After every group sang, they gathered for a photo to celebrate Fraternity and Sorority Life on campus.



EMILY RICE/THE CAMPUS

**Top left:** Members of the Fraternity and Sorority Life organization Alpha Chi Omega carry their letters on Saturday, Sept. 14, 2019, into Brooks Circle during Run Out.  
**Left:** Members of Alpha Delta Pi gather in the middle of Brooks Circle to celebrate their new members on Saturday, Sept. 14, 2019.  
**Top right:** Members of Alpha Delta Pi run from Brooks Hall into Brooks Circle on Saturday, Sept. 14, 2019, during Run Out.  
**Above:** Members of Kappa Kappa Gamma hold up their letters and kneel to their new members in Brooks Circle on Saturday, Sept. 14, 2019, during Run Out.

# Women's Soccer ties John Carroll in nonconference game

By TRAVIS LUXBACHER  
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The Allegheny Women's Soccer team played against the John Carroll Blue Streaks at the Robertson Athletic Complex on Wednesday, Sept. 18. The Gators came into the contest with a 2-3-0 record, while the visitors started the game with a record of 3-2-0.

The Gators started strong, as Alex Klare, '22, scored a goal from just outside the 18-yard box, lifting the ball over the goalkeeper's head and into the back of the net. Klare continued her dominance over the game in the 55th minute of the match, when she scored her second goal, this one from a similar distance and angle, putting the Gators up 2-0 in the process.

Allegheny was unable to hold the Blue Streaks for the entire 90 minutes, as the visiting team leveled the score with two late goals inside the final 10 minutes of regulation.

These goals sent the game in overtime. While both teams were able to muster a couple of chances respectively, neither could break the deadlock, and the score ended in a tie. Although the Gators were disappointed not to take the full three points at home, Blair Proteau, '21, maintained a positive outlook on the game and what it could mean for the team moving forward.

"We knew John Carroll was a very strong team, so we were very excited once we got a goal right off the bat and had such a strong first half," Proteau said. "In the second half, I think it really came down to the last

10 minutes or so, and we just need to correct that."

Looking forward to NCAC conference play kicking into gear in the next couple of weeks, Proteau emphasized the importance of getting the right results first and foremost rather than focus so much on possession and spectacular play.

"(Our coach) reminds us how good we are as a team in possession and technically," Proteau said. "We are very good with passing and connecting with our teammates but it's really about finishing at this point in the season where I think that we need to work more on just competing and being able to play to win. So, when it comes down to the last five minutes of the game, we have to put it away. We know we are a good passing team, so it's more just taking opportunities when we have them."

Following Proteau's thoughts on the game and outlook on the season for Gators, Alex Heinle, '21, also looked back on the match and looked forward to the rest of the season, particularly conference play.

"John Carroll is a very good team, and even though we tied we can definitely take something from the game," Heinle said. "For us, we can learn from our mistakes and use them to improve in time for conference play."

Many lessons were learned for the Gators, but most notably being able to grind out the last few minutes of the game to get the positive result they strive for.

"Coming out of that game



TRAVIS LUXBACHER/THE CAMPUS

**Above:** The Allegheny College women's soccer team plays against John Carroll University's Blue Streaks on Sept. 18, 2019, at Robertson Athletic Complex.

**Below:** Spectators watch the Allegheny College women's soccer team play on Sept. 18, 2019, at Robertson Athletic Complex.

we can all learn that anything can happen," Heinle said. "We were up 2-0 for a large portion of the game, and we need to learn to keep our level of play up in order to keep the lead over our opponent."

For Klare, her two goals in the match marked her first two collegiate goals. As the team moves forward toward their first conference game of the season, Klare emphasized how the team has gotten better with every game, and how that bodes well for the future.

"It was awesome to get two goals; really you can't describe the feeling of when everyone is celebrating a goal no matter who scores it," Klare said. "As a whole yesterday, even though we didn't win, we played our best game of soccer so far. Every game leading up to conference play we have played better and better and have gotten more prepared."

Klare acknowledged the



importance of nonconference tilts as they prepare the team for the real deal coming up in the next couple of weeks.

"Each game has to be used as fuel for conference play because that is what all the preparation is for," Klare said.

The Gators wrap up non-conference play this upcoming Tuesday, Sept. 24 at the Robertson Athletic Complex against Penn State Behrend before palying against their first conference foe, Kenyon, on Saturday, Sept. 28.

## A GATOR VICTORY

### Men's soccer beats Carnegie Mellon University



ED MAILLIARD/ALLEGHENY COLLEGE

Danny Reid, '21, celebrates the Allegheny College Men's Soccer team's victory against the Carnegie Mellon Tartans on Sept. 16, 2019, at Robertson Athletic Complex.

By KELSEY EVANS  
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Allegheny College Men's Soccer team won its first game of the season, 1-0 in overtime, on Monday, Sept. 16 against the Carnegie Mellon Tartans at Robertson Athletic Complex.

This was the first time the Gators beat the Tartans since Sept. 17, 2011.

The lone goal was scored by

midfielder and forward player, Danny Reid, '21, in overtime during the 94th minute of the game.

The Gators had a total of 13 shots on goal made by Jorge Olan, '20, Eddie Opalko, '20, Matt Masucci, '20, and six additio players. 10 saves were made by goalkeeper Jack Barron-Sluga, '22.

"(Reid) and Shane (Lisman, '23) realized they had their backs to the play, and putting the free kick

in quickly gave (Reid) the time he needed to get a shot off," said Coach Angelo Panzetta, according to the Allegheny College Athletics website. "As we had a solid 90 minutes our last time out, we played another strong 90 minutes plus in the match tonight and finally found a way to finish the game off the way we wanted to."

The Gators' next game is at 2 p.m. Saturday, Sept. 21, against Fredonia Blue Devils at Fredonia.

## GATOR CHECK IN

### FINAL SCORES

**Men's Cross Country:**  
Sept. 14 at Allegheny Classic  
Final score: 2nd of 6

**Women's Cross Country:**  
Sept. 14 at Allegheny Classic  
Final score: 2nd of 6

**Women's golf:**  
Sept. 14 at Heidelberg Invitational  
Final score: 3rd of 12

**Field hockey:**  
Sept. 14 against DePauw University  
Final score: 0-4

**Men's soccer:**  
Sept. 16 against Carnegie Mellon University  
Final score: 1-0

**Women's Volleyball**  
Sept. 17 against University of Pitt-Bradford  
Final score: 2-3

**Women's soccer**  
Sept. 18 against John Carroll University  
Final score: 2-2