



The Campus

Volume 145, Issue 14
Friday, March 12, 2021

Meadville, Pennsylvania
www.alleghenycampus.com

Campus-wide quarantine lifted

By **CHRISTOPHER WAKIM**
News Editor
wakimc@allegheny.edu

In an email to the campus community, on March 5, Allegheny College Health Agency’s Gabrielle Morrow announced that the campus-wide quarantine has ended.

“We are not out of danger — there are a high number of students in isolation and quarantine, and worsening spread is possible,” Morrow said.

Following several clusters of positive cases, ACHA tested 300 students that were associated socially with those that had tested positive for COVID-19. No positive test results were found among students that were contact traced, but the students were placed in quarantine as a precautionary measure. ACHA also began rapid antigen testing in the David V. Wise Center, where several students tested positive from a random sampling of students.

“This speaks to the excellent choices by the vast majority of Allegheny students: you know how to stay safe,” Morrow said.

Any student that feels ill is encouraged to contact the Winslow Health center and report their symptoms to ACHA.

“Stay diligent; email us or call Winslow (Health Center) right away with concerning symptoms,” Morrow said. “We are here to help.”



Open for business!



See **FEATURES**

page 7



Parkhurst responds to student concerns

By **BREE GRAY**
News Editor
grayb@allegheny.edu

With the completion of their second Dining Committee meeting, Parkhurst is further seeking to implement dining hall changes in support of student wants and needs.

On March 8, Parkhurst announced on their social media page that they had made several changes to Brooks Dining Hall following the student feedback they received at their focus group.

Parkhurst hosted an open forum discussion with the campus community on March 3, via Zoom. Participants were able to voice their concerns directly to leading members of the Parkhurst team and management.

“We have never done a dining committee this early in the semester, but last semester, the first two weeks were bumpy — they were bumpy for all of us,” Parkhurst Manager Stephanie Lang said. “We thought that this would be the perfect opportunity to jump on (Zoom) and get your feedback to see what is working and what is not working (for you).”

Lang covered changes that Parkhurst made from last year’s feedback at the start of the meeting.

See **DINING** page 2

Suspect arraigned in the 2019 Ravine rape case

By **BREE GRAY**
News Editor
grayb@allegheny.edu

By **CHRISTOPHER WAKIM**
News Editor
wakimc@allegheny.edu

Trigger Warning: sexual assault, gun violence, rape

A 28-year-old suspect was arraigned on March 5 in the Ravine-Narvik Hall sexual assault case.

Montelle Brown of Meadville was charged with the crime after his DNA was found to match the DNA sample collected from the victim’s medical exam in 2019. Brown appeared before Magisterial District Judge Samuel V. Pendolino for his arraignment and his bond was set at \$500,000. He was unable to post bond.

“This was what we call a preliminary arraignment,” said First Assistant District Attorney Paula DiGiacomo. “It was a notice of the charges filed against him, and (to set) bond. There are 22 new charges (against Brown), including rape charges, burglary charges, involuntary

deviant sexual intercourse, sexual assault charges, and simple assault charges.”

The charges consist of both felonies and misdemeanors of varying degrees. According to court documents, Brown currently faces three first-degree counts of rape, two first-degree counts of involuntary deviate sexual intercourse, two first-degree counts of burglary, one second-degree count and one third-degree count of criminal trespassing as well as three counts of sexual assault in the second degree. The misdemeanor charges consist of four first-degree counts of indecent assault, four second-degree counts of indecent assault without con-

sent and two second-degree counts of simple assault.

The criminal complaint alleges that Brown pointed a gun at the woman during the assault.

If found guilty, Brown could receive up to a 20 year sentence as well as up to \$25,000 in fines for each first-degree felony charge. Brown could also receive an additional ten-year sentence and up to \$25,000 in fines for each second-degree felony charge. He faces a potential seven-year sentence for each third-degree felony charge as well as up to \$15,000 in fines.

Brown, if found guilty of all 22 charges, faces up to 219 years in prison and \$360,000 in fines.

According to online court records, Brown will be represented by public defender Mario Andrew Medina.

Brown’s preliminary hearing, which was previously scheduled for March 19 at 9 a.m., has been rescheduled for 10 a.m. before Pendolino.

Brown is currently an inmate at the state prison in Huntingdon, after he pleaded guilty to possessing an unregistered firearm without a license.

In this week’s Campus...

ANNUAL ASG PRESIDENTIAL & VICE PRESIDENTIAL DEBATE

Two tickets enter the primary elections this year.

Page 3

EXPLORING THE HISTORY OF FAT CATS

Gus returns and this handsome feline is hungry for some cat food.

Page 4



CLUB SPORTS TO RETURN SOON

Club sports express optimism about potential to return to play this spring.

Page 8

FRIDAY



H: 52° L: 22°
Rain: 6%
Sunrise: 6:37 a.m.
Sunset: 6:24 p.m.

SATURDAY



H: 41° L: 31°
Rain: 3%
Sunrise: 6:35 a.m.
Sunset: 6:25 p.m.

SUNDAY



H: 44° L: 21°
Rain: 3%
Sunrise: 7:33 a.m.
Sunset: 7:26 p.m.

DINING

from page 1

“Last semester, we rolled out the mobile ordering at McKinley’s (with the GET app),” Lang said. “Through that semester, we addressed a lot of concerns, we reintroduced made-to-order deli sandwiches and expanded menu options. This semester, we heard loud and clear that students wanted pasta back so we introduced a pasta concept on the mobile app, so we are really excited about it. We also added a check out station right by the pick up station to purchase snacks and bottled water at McKinley’s.”

In addition to these changes, Lang continued to explain that Parkhurst added specials for the Lent celebration, including seafood.

“At Brooks, we heard you loud and clear about portion sizes and we are portion-sizing everything so it is more fair across the board,” Lang added. “We are making everything as standardized as humanly possible.”

Parkhurst also added the smoothie station, in addition to the addition to a small grocery section in Brooks Hall’s Pine Market.

“(For) students who said that they do not like to leave campus or their rooms a lot and really enjoy cooking, or would prefer cooking — particularly students with allergies or dietary restrictions — we wanted to give them the option to buy groceries, especially in the first two weeks that they (could not) leave campus,” Lang said.

Following the update, Lang then offered students the opportunity to share their concerns with the management team.

“Although I enjoy having eggs and other groceries at the Pine Market, they are prohibitively expensive,” Peter Alegre, ’23, said. “Most items are charged (high) compared to what you see at the grocery store.”

Lang explained that Parkhurst does not have the purchasing power of larger, commercial stores such as Walmart, which contribute to the higher prices.

“Most of the time from the delivery fees from our vendor we are paying as much if not more than what you can get the stuff for at Walmart,” Lang replied. “As (the Pine Market) grows, there is a possibility to renegotiate with vendors to get preferred pricing, but at this point, what we have is what we can get and have access to. Some vendors are really hesitant because colleges do not really do this so it was really hard to find products and find competitive prices.”

Lang added that Parkhurst is reevaluating their prices to ensure students receive a more competitive pricing.

Students raised concerns about the amount of meals swipes needed to purchase a meal at Brooks Dining Hall.

“Almost every time that I visited Brooks (Dining Hall) this semester, I have had to use two swipes,” Ryan Valerio, ’22, said. “Before, I was able to use one swipe and eat as much as I wanted because it was buffet style. I know that there are COVID-19 restrictions and I understand that, but now we have self-serve cereal and waffles, so I am not seeing the rationale anymore for why the system is like this. We are getting way less value for our swipes. I know that you said that we can now do take-out — I appreciate that option — but take-out was an option before with the Green Box System.”

One student recalled that they had used three meal swipes just to receive one meal. Another student commented that the new system, which had smoothies available for one meal swipe, were less valuable than before. Students on the mini meal plans shared their experiences with the Parkhurst team.

“You have all the ears in this room hearing the exact same thing and that is exactly what the dining committee is for — to be able to hear the feedback,” Lang said. “Buffets are dead. I hate to admit it, but I do not foresee them coming back — I do not foresee all-you-can-eat dining coming back. I think that (COVID-19) has pointed out safety concerns that have always been there so I do not ever see Brooks (Dining Hall) going back to any kind of buffet.”

Lang encouraged students to use a larger meal plan if needed as well. She mentioned that they had offered additional plans with more Munch Money, such as Plan A.

As a result of these discussions, Brooks Dining Hall received a complete redesign of the existing system. Parkhurst added a pick four option where students can get four items from any of the stations for one meal swipe. Smoothies are now available for Gator Cash or Munch Money.

Parkhurst also added hot chocolate and expanded the vegan options available to students, such as vegan pizza and tofu scramble. Parkhurst plans to continue to expand their vegan entree selection, according to Lang. Additionally,

Lang encouraged students to reach out to Parkhurst with additional feedback regarding menu options.

“If you have anything specific that you would like to see at the stations — all of the time — that would be great feedback for us,” Lang said.

Aside from Brooks Dining Hall, students requested that hot breakfast options become available at McKinley’s again.

“Right now, the reason we have not had (hot breakfast options) for the past two weeks is because the pasta concept is very busy — not just on your end with the ordering, but also on our end with the cooking,” Sous Chef Jason Snavley said. “I usually make the breakfast sandwiches myself, but most of my mornings have been spent helping the pasta concept and ensuring that we have all of our preparation complete for the upcoming service whether it be lunch or dinner. I plan to have the breakfast sandwiches available on Tuesdays and maybe Fridays, too.”

Students also requested that fresh fruit become available in the market next to McKinley’s. Additionally, students mentioned that they would like to see mozzarella sticks brought back more frequently at McKinley’s. Due to the structural changes, McKinley’s has only offered mozzarella sticks as a late night special along with other student favorites, such as boneless wings. Parkhurst will bring mozzarella sticks back more frequently for late night specials as opposed to every three weeks.

Any student with additional feedback is encouraged to attend the next Parkhurst Dining Committee meeting and Focus Group on March 17 via Zoom at 7 p.m. Students can access the link in Parkhurst’s Instagram, @alleghenydining, and it will also be available in MyAllegheny.

“If you have anything specific that you would like to see at the stations — all of the time — that would be great feedback for us.”

—STEPHANIE LANG
Manager,
Parkhurst Dining

ADVERTISEMENT

CAREER EDUCATION

WANTS to MAKE SURE YOU DON'T MISS OUT!



Meet the Press :
Careers in Journalism & Writing
Handshake Event #717309

Thursday, March 18
6:30 pm – 8:00 pm

G2U PGH Spring 2021 Government Virtual Career + Internship Fair
Handshake Event #703410

Thursday, March 18
1:00 pm – 4:00 pm

You can also use  **Handshake** to schedule an appointment with a career counselor!

Follow us on social media!
 @accareered |  Allegheny Career Education

MEET THE PRESS

CAREERS IN JOURNALISM & WRITING

PART I

Join The Campus newspaper and Career Education as they host a moderated panel presentation in which seasoned journalists and relative newcomers to the field, all Allegheny alumni, return to campus to share their experiences and advice with students aspiring to enter the field of journalism or pursue careers in writing.

MARCH 18, 2021
6:30 PM - 8:00 PM

Register on Handshake
Scan this QR code



or log in to your account and search for the title under "Events" on the main page. You will receive a Zoom link upon registration.



ANNE GEARAN '85
DIPLOMATIC CORRESPONDENT,
THE WASHINGTON POST



MILTON ARTURO GUEVARA '18
PRODUCTION ASSISTANT,
NPR



MARLEY PARISH '19
NEWS REPORTER,
THE CENTRE DAILY TIMES



CAITIE MCMEKIN '14
STAFF PHOTOJOURNALIST,
KNOXVILLE NEWS SENTINEL

ASG Presidential and Vice Presidential Debate held via Zoom

Editor’s Note: Bree Gray, ’23, is listed as a candidate in the upcoming ASG presidential election as well as named in the story below. Gray is separately a News Editor for The Campus. The Campus does not endorse any candidate for ASG president or vice president, and Gray did not contribute to the reporting or editing of this story.

By **ETHAN WOODFILL**
Editor-in-Chief
woodfill@allegheny.edu

Noah Tart, ’22, with running mate Sophie Adams, ’22, faced off against Bree Gray, ’23, with running mate Bennett Westfall, ’23, to assert their platforms before next week’s student government elections.

The annual Allegheny Student Government Presidential and Vice Presidential Debate was held at 7 p.m. on Tuesday, March 9, via Zoom. The debate was moderated by Provost and Dean of the College Ron Cole, ’87, and was open to all members of the campus community. Questions were submitted prior to the start of the debate, and each platform was given four minutes to respond to questions following their initial opening remarks.

The Gray and Westfall ticket delivered their opening statements first. Gray, the current Director of Communications and Press, spoke about her previous experiences on various committees, including the Major Events Committee, Community Relations and Title IX.

Westfall, the Director of Organizational Development, has previously served as a senator, and on committees including the Rules Committee, Dining Committee and WiFi Committee.

Tart began his opening statement by emphasizing hope and unity, and explaining the Tart/Adams platform. Their four goals include transparency, fiscal responsibility, raising standards inside and outside of the classroom and building community.

The first question was, “Over the past year, the administration has made a number of important decisions regarding student life on and off-campus. How will you ensure that the administration is transparent with the student body in the future?”

Tart indicated that his platform is centered around transparency. He said that students

need to be a part of the over 20 student committees so that decisions are made with student input. If elected, Tart and Adams will introduce a transparency bill to make college financial documents and meeting minutes more accessible to students.

“Transparency and freedom of information lead to a larger knowledge of how our college functions,” Tart said.

Adams elaborated, stating that she would like to see more administrators utilize office hours, like Cole’s weekly office hours.

Gray noted that she believes the administration has been largely inaccessible over the past year.

“Transparency is something that Bennett and I care deeply about,” Gray said.

Among the Gray/Westfall ideas include creating a State of the Union to discuss ASG’s progress and give monthly updates to follow up on their action plan.

“The relationship between the student body and the administration is, to say the least, tense,” Westfall said. “There are concerns that students’ voices often go unheard and that the administration can be unresponsive.”

The next question was, “How will you ensure that the entirety of the student body is properly represented, specifically organizations, clubs and student demographics that traditionally have been overlooked or under-represented?”

Gray acknowledged that ASG is perceived as a predominantly white organization and that she would implement mandatory cultural competency and anti-bias training sessions for all members of ASG. She would also introduce a zero-tolerance policy against discrimination.

Tart stated that 30% of Allegheny students are Black, Indigenous or People of Color. He explained that he wants to expand the resources available to the Culture, Identity and Leadership Coalition organiza-

tions, as well as make the Inclusion, Diversity, Equity, Access and Social Justice Center more prominent in the Henderson Campus Center.

“Currently the IDEAS Center resides in the top-most corner of the campus center,” Tart said. “(It’s) in a very dark, backlit corner. That’s wrong. ... These are some of the most socially active organizations. It’s imperative that we celebrate and advance these organizations. ... It’s the responsibility of ASG to better crystalize the student opinion and reflect how the student demographic is.”

The next question was, “COVID-19 has had a specific, negative impact on the mental health of college-aged adults. What are your plans to improve mental health on campus during and after COVID times?”

Tart indicated that, according to the American Psychological Association, two out of five college students have anxiety, one out of three are depressed and that 80% of students are struggling overall. He said that he wants to expand mental health resources and create policies and procedures to reduce stress from the pandemic.

“Noah and I have had several conversations checking in with each other,” Adams said. “So often, we have this drive to keep going and going, and at no point do we sit down and check-in with ourselves.”

Adams emphasized that students should reach out for help at the Counseling and Personal Development Center and that they do not need to be in a crisis to do so.

Gray said that mental health is a priority of her platform. She wants to create “Stop the Stigma” events to promote mental health resources and work with the CPDC to make it a more visible resource on campus.

“(These events will ensure) our students don’t feel as though they’re not broken enough or to feel as though they’re not worthy enough to go to counseling,” Gray said. “One of the biggest

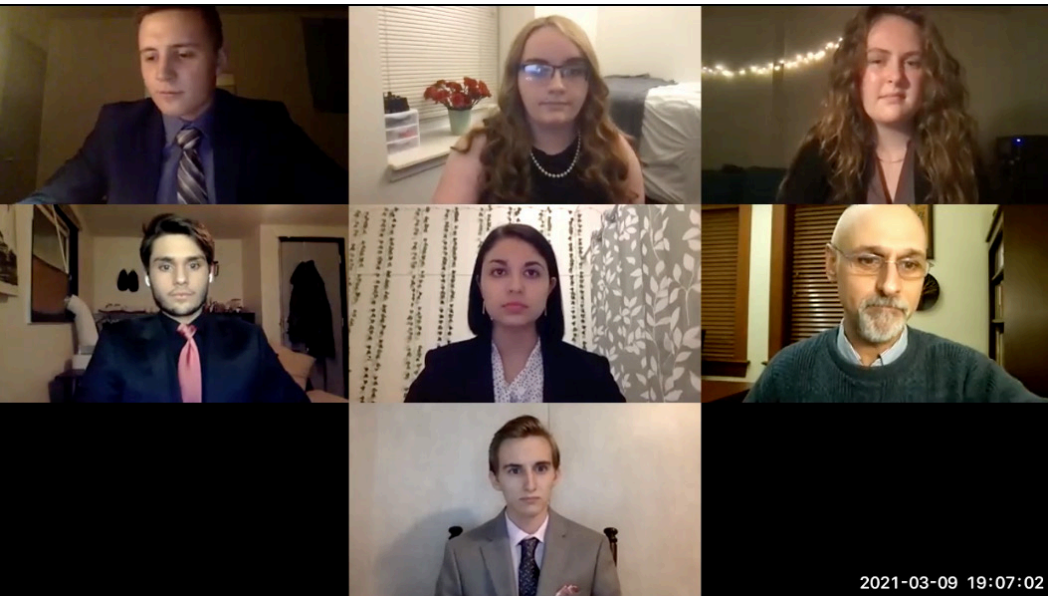


PHOTO CONTRIBUTED BY ASG
The annual ASG Presidential and Vice Presidential debate occurred on Tuesday, March 9, via Zoom.

issues our students face is feeling as though their issues aren’t pertinent enough to be brought to a counselor.”

The next question asked the candidates how they would plan with the administration in the event that COVID-19 extends into the fall semester.

Gray stated that she is planning a “Return to Normalcy Plan.” This includes safely reinstating in-person general assemblies.

Westfall elaborated that he wants to see more on-campus social events to ensure students’ morale and physical and mental health.

Adams said that she would want ASG to be a larger part of conversations with the administration for any semester plans so that students can work for a safe reopening.

“Regardless of COVID, we still have to work with the administration,” Tart said. “ASG is the body of the students ... we’re going to have to work in tandem to solve universal problems. ... In order to get a withdrawal from a relationship, you need to make a deposit.”

One of the final questions posed asked each candidate to discuss an internal ASG issue they would like to see resolved.

Gray said that she would like to see more student participation, especially students serving as senators and on committees. She wants students to feel comfortable participating in ASG and attending general assemblies.

The Tart and Adams platform agreed.

“Every committee has room for students,” Adams said.

During her closing remarks, Gray emphasized her commitment to improving collaboration between ASG and the administration.

“Let us focus on embracing the administration and collaborating with the administration, rather than having unproductive conversations,” Gray said.

Adams said that she wants to see a broad coalition of students influencing future decisions and

that the Tart/Adams administration will take into account constructive student criticisms.

“The ability to take criticism in stride is needed to build a productive relationship while also being able to feed off of each other’s ideas,” Adams said.

The ASG Presidential and Vice Presidential elections will be held from Monday, March 15 to Wednesday, March 17 on WebAdvisor. The debate is available on Allegheny College’s Youtube channel.

THE CAMPUS

since 1876

EDITORIAL STAFF

Ethan Woodfill	Editor-in-Chief
Bree Gray Christopher Wakim Hassan Javed	News editor News editor News writer
Sami Mirza Jordan Greynolds	Features editor Features editor
George Ackerman Gabriella Brady	Science/International editor Science/International writer
Peyton Britt Kaleigh White	Opinion editor Opinion editor
Adam Cohen Travis Luxbacher	Sports editor Sports writer
Emily Rice Tito Mazzucchi Kaleigh White Sami Mirza	Photographer Photographer Photographer Photographer/Videographer
Kaleel Van Voorhees	Editorial cartoonist
Roman Hladio	Copy editor
Annaliese Stone	Web designer
Erix Santillana	Business manager
Michael Crowley	Faculty adviser

Advertising (814) 332-5386
Box 12, Allegheny College
520 North Main St. Meadville, Pennsylvania 16335

The Campus is printed every Friday during the academic year, except during breaks and exam periods.

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.

March 5, 2021
Trespass
Parking lot 25A

March 5, 2021
Stalking
Baldwin Hall

March 10, 2021
Theft
Odd Fellows

Fat cats: lesser-known baby boomers

A brief history of feline obesity in the U.S.



My cat, Gus, is clearly a part of the feline obesity epidemic, his expansive figure measuring around 28 pounds. He is also evidence that a cat’s beauty is not at all diminished by his weight.

By PEYTON BRITT
Opinion Editor
brittp@allegheny.edu

I am a cat mother to an absolutely gorgeous, yet unfortunately immensely overweight fellow named Gus. Chances are that you know others, perhaps even yourself, who have fat cats, as more than half (59%, to be exact) of cats in the United States are overweight or obese.

This statistic naturally leads one to wonder why American cats have become so fat — are cat owners simply grossly overfeeding their cats, unaware of the negative effect on the spoiled kitty’s health? Although this explanation is valid in many cases, there is far more to the picture — in fact, a full explanation draws Christopher Columbus and World War II into the story.

For much of American history, the commercial pet food industry did not exist. Rather than purchasing specific food for their cats, many people simply expected that cats could wrangle their own sustenance from the wild. By the end of the nineteenth century, however, the commercial pet food industry, beginning in England, had spread into the United States and taken firm root. Canned wet food became a common choice for both cats and dogs, at least in the households that could afford it.

Fast-forwarding to World War II, however, metal rations created issues for canned pet food companies. As a result, they began marketing campaigns to push dry food, quite successfully — by 1946, dry food made up 85% of the pet-food market. Dry food was popular for its convenience, lack of smell and price.

Contributing to the rise of dry cat food was the invention of the trademarked “Cat Chow” extrusion process by Purina in the 1950s. In this practice, the raw ingredients for the cat food are cooked together into a homogenous liquid, then pushed through a mechanical extruder. The extruder puffs the food up to be baked, resulting in an end product which is larger and therefore less dense than its constituent ingredients, giving consumers the impression that it will give you more bang for your buck.

This innovation is not what it seems, however — the extrusion process strips the majority of the nutrients from the food, as well as a lot of its flavor. In order to restore its nutritional value and taste, pet food producers have to put more nutrients and artificial flavorings into the end product.

Moreover, in order for the extrusion process to work, the food must contain high levels of starches, and this is where Christopher Columbus enters the picture. In 1493, after his travels to what would become the United States, Columbus returned to Europe with a pocketful of corn seeds and absolutely no knowledge of how to process it. Thus corn failed to become a significant part of the European diet, all the while it was expanding in importance in the U.S.

As the territory we now call the U.S. was colonized by European immigrants, so too was the American diet colonized by corn. In fact, the U.S. is the world’s largest producer and consumer of corn.

Of course, the story of corn is more complex than this one man’s contribution, but to go into further detail would derail this narrative from my focus, that being cat food.

Corn was cheap, and technologies such as canneries and railroads saw to it that the stuff could be grown in excess, distributed all over the country and shoved into just about everything, including cat food. Dry cat food could have never expanded in popularity so rapidly were it not for the assistance of corn starch in the aforementioned extrusion process.

The presence of corn in dry cat food creates a huge problem, however: cats are naturally carnivorous, meaning that they absolutely need to eat meat to survive, and their digestive systems are not equipped to process plants. A cat cannot thrive on a plant-based diet, no matter what. It is also worth noting that cats are meant to drink very little water directly, instead getting the hydration they need from their meats.

When cats are fed primarily dry diets, they get way more plants than their bodies are meant to process, as well as less meat than they need to sustain themselves. As a result, they become full of empty calories, and lethargic from lack of nutrients, conditions which hugely increase the likelihood of becoming overweight or obese. Thus World War II pretty directly contributed to an increase in feline obesity rates — in this sense, we might think of cats as a second class of baby boomers, although their “boom” was in terms of weight rather than population.

The main problem here is that being overweight poses significant risks for a cat’s health, such as increased risk of cancer, heart disease, diabetes, joint pain, hip dysplasia and decreased life expectancy. In light of these concerns, I would argue that continuing to feed a cat a dry food dominant diet is unethical.

However, the unfortunate reality is that although the facts about feline nutrition are out there, they are not as commonly known as they should be. This is the direct result of profit-motivated pet food corporations, who push dry food for its cost-effectiveness (grains are far cheaper than meats, and likely always will be), rather than taking into consideration what is actually best for cats.

I was not personally aware of how detrimental my cat’s exclusively dry diet was for him until recently, and as a result, the darling fellow is grossly overweight. Although he is adorable, I realize now the risks I have exposed him to, and I feel terrible about it. I have taken steps to transition him to a mostly wet diet, and I urge all other cat parents to do the same.

When I wrote an article expressing my love for my cat, Gus, including some photos, I received some criticism about his obesity, despite my explicit mention of having placed him on a weight-loss diet plan. Furthermore, I explicitly mentioned that I was only four years old when my family adopted Gus — what four year old is in charge of determining what the household pets will

eat? I surely was not.

Although these critical comments were hugely outnumbered by positive comments, I just want to acknowledge that although it is entirely true that it is in the best interest of cat lovers to see to it that their cats maintain a healthy weight, the power and influence of the capitalist agenda should not be underestimated. When corporations decide that a particular narrative is best for their profit margins, that is the narrative they will push relentlessly, by means of propaganda and marketing, almost to the extent that the truth is obscure.

I think this unfortunate reality diminishes the ethical agency of the consumer such that the disproportionate burden of truth-seeking placed on their shoulders is often at odds with one’s desire to make moral decisions.

I do not mean to suggest that those who want to adopt pets have no responsibility to do proper research into how to care for them, or that corporate interests entirely undermine individual responsibility. I just mean to suggest that this story of feline obesity in the US is complex enough that it would not be right to place the blame entirely on individual consumers.

I think it is most reasonable to reserve judgment towards owners of fat cats, and instead offer education and compassion. It serves no one to make fat cat parents feel guilty for having fattened their cats when dry cat food, the common culprit of feline obesity, is promoted as a suitable source of nutrients. Now that I know better, Gus eats better, but the weight does not come off immediately.

Now, I would like to offer you some advice and information about how best to go about feeding your cat, in the hopes of helping others avoid the mistakes I have made in the past. For one, consider opting for an entirely wet diet. Dry food can lead to dehydration, malnutrition and obesity, while wet food offers more nutrients, a higher concentration of meats and more water, all of which are important to feline health.

If you do choose to feed your cat dry food, be aware of the potential risks and be cautious in selecting a brand. The old axiom “you get what you pay for” is relevant; cheap brands are likely full of fillers such as corn, rice and other carbohydrates, which are not ideal for your kitty’s well-being. The main ingredients in cat food should always be meats.

Also worthy of consideration is how you feed your cat. Free-feeding, or the practice of leaving a bowl of dry food out for your cat to graze, is often a driving factor in obesity because it goes against the natural instinct of hunting, allowing cats to become lazy and complacent under the assumption that food will never be scarce.

My last piece of advice is that you should not listen to me! I am not an expert. Research for yourself how best to feed your pets. If you love your cat, you should properly nourish them. It is deeply unfortunate that war and capitalist interests have muddled the information about how to take care of cats, but there is still hope of fighting back against feline obesity.

Positives of Module 1

Spring semester takeaways

By EVELYN ZAVALA
Contributing Writer
zavala01@allegheny.edu

Spring semester has certainly been a change for all Allegheny College students and staff. As students settled into their module two courses in relief to be back to in-person learning, I found that I did not share the same powerful relief my peers did because I had an amazing experience with my remote module one course.

During that period of time, I took Communication and Democratic Life with Professor Courtney Bailey. The class focused mainly on the role rhetoric plays in politics and in our everyday lives. The topic of the class made it easier for students to become interested quickly because it was highlighting aspects of life we had never thought about before. I had always been interested in how many ways to communicate exist and the class allowed me to explore that.

The class ultimately restored my faith in remote learning as a whole because it was different than any other class I had taken. I am aware that my positive encounter with online learning was not shared by many of my peers, but I also discovered the uncovered potential remote learning has.

My professor deemed a three-hour course every day to be an excessive amount of time to be in class, so they cut it down to a little over an hour and decided to instead assign readings, movies and videos, and to have us reflect and respond every day.

The class structure allowed me to better succeed because I had time to absorb the material and had many opportunities to process it. I could also enjoy the material more because I was not stressed about having to memorize the contents and instead focused on thinking about what I could take away from the discussions and readings.

The reflection process took my learning to a new level because I was retaining the course material better than I would have if the class was three hours and, as a result, felt more comfortable with participating in class discussions.

It became apparent that I was not the only one in the class who was benefiting from the class structure. Each class was lively with participation and it was almost impossible for the professor to get to everyone. Throughout the experience, I was reminded that remote learning can be just as valuable as in-person learning when everyone does their part.

It is a common idea that teachers and professors are responsible for mak-

ing sure a class is productive and enjoyable.

However, after reflecting on my module one course, I have come to realize that students hold half the power to make the classroom a place where they can learn from each other. My experience with remote learning taught me that a class does not have to be in person for it to be worthwhile.

Coming back to campus, I felt refreshed by my experience with my module one class and I began to appreciate the flexibility of hybrid classes more.

For the first week of classes, I was experiencing high amounts of physical pain so I could not attend my classes in-person. However, I was still able to participate and get what I needed out of the lesson which made me truly appreciate the flexibility remote learning offers to students who are on campus as well as remote students.

I no longer have to panic when outside circumstances interfere with my ability to attend classes in-person because I know I can still access my education through a video conference or a recording depending on the situation.

With the opportunity to attend classes remotely, I have found that my learning experience has become more accommodating to the flow of life. While there are many things I can control, life happens without consideration of the class I need to attend, so recorded lessons and the ability to attend through any device allows students from all circumstances to still get an education.

Because I am only taking three classes on campus after finishing my module one course remotely, I have also had the chance to work on my personal development. While I could do that taking more classes, three classes has really pushed me to be more productive and make the most of the time I have.

With my time, I have worked on getting rid of old habits, reading more, studying and writing. Important parts of life such as self-care were never really a big part of my life, but with all the time I have, I have become a more responsible person when it comes to taking care of my emotional and physical well-being.

The spring semester offered me a lot of insight on what it means to be a part of a remote learning community as well as showing me the potential online learning has to change the number of people that are able to access an education. Along with the opportunity to experience a new way of learning, the spring semester has fostered my personal and academic growth.

..... COMIC

By KALEEL VAN VOORHEES
Editorial Cartoonist
vanvoorheesk@allegheny.edu

Want to create a comic for The Campus? Contact Kaleel Van Voorhees for more information.

Perseverance rover has safely landed on Mars

New rover will look for signs of ancient Martian life

By **GEORGE ACKERMAN**
Science/International Editor
ackermang@allegheny.edu

A new rover has landed in Jezero Crater on Mars as part of the Mars 2020 mission.

The rover, named “Perseverance,” is on a mission to gain information about the geology of Mars, and look for signs of ancient Martian life, according to NASA. To do this, Perseverance will collect and store rock and soil samples with the goal of returning the samples to Earth for study.

The name Perseverance was selected through a K-12 essay contest, which was won by a seventh grader from Virginia.

The decision to choose this name came from a recognition of both the challenges of getting a rover to Mars safely, but also the turmoil occurring back on Earth, including



NASA/JPL-Caltech
This image was taken by Perseverance from its landing site. It is of sentiment left from the river delta which existed there.

the COVID-19 pandemic. NASA installed a plaque on the side of the rover to commemorate the impact of the COVID-19 pandemic and as a tribute to the perseverance of healthcare workers.

The Jezero Crater landing site for Perseverance was specially selected to find signs of ancient life on Mars. According to NASA, the site was once a river delta flowing into a large lake around 3.5 billion years ago.

The belief in the possibility of ancient life on Mars stems from previous orbital and landed explorations of the planet, and evidence that wet conditions existed long enough for microbial life to develop.

Additionally, scientists will be using data collected from Perseverance to try to understand what turned Mars from a wet planet to a dry, rocky

one, and why Mars and Earth are so different from each other, despite similarities like the presence of water and protective magnetic fields.

The landing itself, which was recorded on video by onboard cameras, happened on the most challenging terrain of any previous attempted landing, according to NASA. It was also unprecedented in that the rover used new landing technology that included not only radar — which has been used in previous missions — but also the Lander Vision System, which actively pinged the ground as the rover approached the Martian surface.

Only about 50% of Martian landing attempts by any agency have been successful, according to NASA.

NASA made use of eight retrorockets to ensure a soft landing. A retrorocket is an auxiliary rocket which is fired in the direction of travel to slow a spacecraft down as it approaches.

When the rockets turned on, the rover was traveling 190 miles per hour at 6,900 feet above the ground, and reduced speed to 1.7 miles per hour by the time the rover was about 66 feet from the surface.

In terms of timeline, Per-

severance will explore the landing site region for one year on Mars, which is equivalent to two years on Earth.

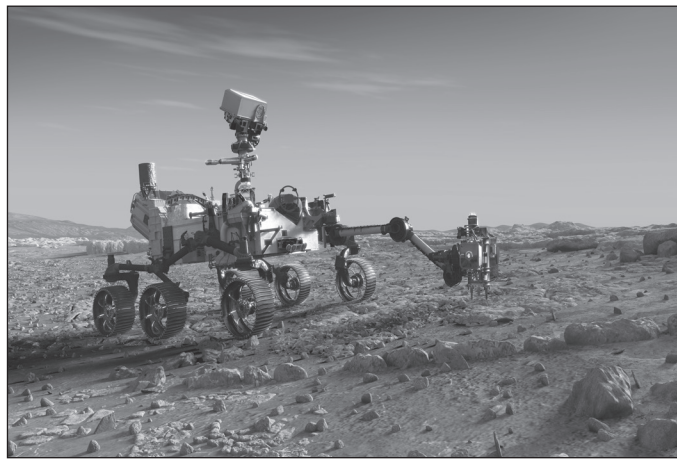
According to NASA, after mission controllers have determined the stability of the rover systems, Perseverance will find a flat spot and serve as a helipad for the “Ingenuity Mars Helicopter” which will attempt up to five test flights for up to 30 sols (almost 31 Earth days).

The Ingenuity Helicopter’s mission is an experimental one, with the main goal being to demonstrate that flight is possible in the thin atmosphere and harsh conditions of Mars.

To accomplish this feat, the helicopter was designed with much larger and faster moving rotors. Additionally, the effect of gravity on Mars is about one-third the intensity of that on Earth, which will help Ingenuity fly. While Ingenuity weighs four pounds on Earth, it will just weigh 1.5 pounds on Mars.

To get to Mars, Ingenuity hitched a ride on the belly of Perseverance, and Ingenuity is highly dependent on Perseverance for communication with the home planet.

Because of delays in communications, Ingenuity will



NASA/JPL-Caltech
An artist’s rendition of what Perseverance will look like when taking samples on Mars.

not be able to be directly controlled from Earth. Instead, the helicopter is programmed to sense terrain and temperatures so engineers can evaluate flights after they happen on Mars.

While Ingenuity will be powered by battery, Perseverance will be powered by the heat produced by the decay of plutonium-238. The system to make this happen is known as a Multi-Mission Radioisotope Thermoelectric Generator, which was developed especially for space missions, according to NASA.

This system of producing power has been used since the beginning of space exploration in the 1960s, and aided in previous missions to the Moon, Mars, Pluto and the distant Kuiper Belt.

Perseverance is also loaded with advanced technology that makes this

rover a significant improvement over past rovers.

There is an autopilot feature that allows Perseverance to navigate faster and avoid hazards more effectively in addition to advanced cameras, an X-Ray fluorescence spectrometer, a device designed to produce oxygen from Mars’ carbon dioxide and ground penetrating radar to understand subsurface geology.

The Mars mission has also been done with the goal of establishing the ability for future human missions to the Red Planet.

Along with the experimental technology that can produce oxygen, the technology which improves Perseverance’s ability to more quickly and safely travel may

be used on human missions to the Moon and — one day — Mars, according to NASA.

College students’ mental health impacted by COVID-19

By **GABRIELLA BRADY**
Science/International Writer
bradyg@allegheny.edu

As a result of fearing for the health of their family members and friends, and not being able to participate in extracurricular activities — such as jobs, sports, and travel — many people choose to stay home to avoid unnecessary exposure to COVID-19.

In March 2020, schools began to weigh their options to keep their students and staff safe from contracting and spreading the virus, and eventually came to the conclusion that closing down schools and learning remotely would be

the safest possible option.

In an article, Emma Garcia and Elaine Weiss, two economists at the Economic Policy Institute explained, “The shutdown of schools, compounded by the associated public health and economic crises, poses major challenges to our students and their teachers. Our public education was not built, nor prepared to cope with a situation like this,” thus suggesting that learning remotely might not be an entirely beneficial decision.

To determine whether or not the pandemic had a significant negative impact on

students’ mental health, researchers at Texas A&M University recruited 266 students from a large university system in Texas to participate in their study.

Demographic information was collected to analyze differences among age, gender, academic year and major to determine the distribution of ratings on the Perceived Stress Scale, a psychological scale created as a way of determining whether or not certain events are stressful .

Once this information was sorted, a mean PSS score was calculated to determine the overall stress and anxiety levels. In this population, that number was much higher than normal, indicating that the pandemic has had a direct effect on the stress and anxiety levels of many college students.

Additionally, 71% of those sampled had indicated an increase in stress and anxiety as a direct result of the pandemic.

This study, however, was not the only collegiate study done to determine the effects that COVID-19 has had on its students.

According to researchers at the University of Colorado-Boulder, 58.2% of the students who took part in the study had expressed that negative learning experiences came as a result of being stuck at home for such a long period of time.

This study also found that motivation to do school work also went down during the lockdown period. In fact, 76.8% of the students strongly agreed that their means of learning were hindered by remote courses.

While these statistics were discovered through the course of collegiate studies, other researchers focused more on which particular online mechanisms were contributing to these negative feelings.

An article published by Stanford University on Feb. 23 found that prolonged periods of video chat were

contributing to a feeling of tiredness, worry or burnout in a phenomenon known as “Zoom fatigue.”

While most see Zoom as a means of talking to family and friends, others find that being on Zoom for extended periods of time might actually be doing more harm than good.

“When we are just hanging out with a good friend, we can be more relaxed because our presence in the same space can be sufficient to provide companionship and support,” Suzanne Degges-White wrote in Psychology Today. “When we’re on a video conferencing-type app, and it is two people hanging out and not engaging in a conversation, the situation can feel a little weird.”

Degges-White further explained that 85% of the message that we are trying to convey is sent through our body language. But when on a video chat, it is hard to recognize the expression of body language. Deggis-White said

that body language is what gives a conversation context and depth.

With a lack of visible body language, people may have a harder time concentrating on what the other person is saying and staying on track.

An article published in the Psychiatric Times by Jena Lee, a board certified child and adult psychiatrist at UCLA, explained how social interactions are associated with higher levels of oxytocin, a hormone that is commonly expressed in social bonding.

In fact, functional MRI data has revealed that having conversations on Zoom is associated with lesser activations of the reward circuit, a region of the brain which includes the amygdala, anterior cingulate cortex and ventral striatum.

“So more active social connection is associated with more perceived reward, which in turn affects the very neurological pathways modulating alertness versus fatigue,” Lee wrote.

“When we’re on a video conferencing type app, and it is two people hanging out and not engaging in a conversation, the situation can feel a little weird.”

—SUZANNE DEGGES-WHITE
Professor and Chair of the Department of Counseling, Adult and Higher Education,
Northern Illinois University

ADVERTISEMENT



ZINGALE
BIG IDEA
COMPETITION

MAY 8, 2021

DO YOU HAVE A BIG IDEA?
SPEND 20 MINUTES ON A ZOOM CALL AND YOU COULD WIN \$10,000!

THE ZINGALE BIG IDEA COMPETITION IS ALLEGHENY COLLEGE’S VERSION
OF THE POPULAR CNBC TELEVISION SHOW, “SHARK TANK”

HOW THE COMPETITION WORKS

- The Zingale Big Idea Competition will be held virtually in Zoom on Saturday, May 8, beginning at 9:00 a.m.
- The prize pool will be \$20,000 (First - \$10,000; Second - \$5,000; Third - \$3,500; Honorable Mention - \$1,500).
- Brian Slawin also has provided the opportunity for the first-place winning entry to present their Big Idea to the Ben Franklin Technology Partners of Central & Northern PA.
- Round One of the competition will involve students submitting a written, 3-page Executive Summary including financials.
- Executive Summaries must be received no later than April 26, 2021.
- Allegheny College entrepreneurship professors Chris Allison and John Golden will select the top seven summaries. These students will advance to the Final Round.

- During the Final Round on Zoom, students will have 15-20 minutes to present their Big Idea followed by 10 minutes of Q&A from the judges.
- Presentations will be spaced in 30-minute increments ending between 12:30 and 1:00 p.m.
- Judging will take place immediately following the last presentation.
- The winners will be announced via Zoom at 2:00 p.m.; email notification; and publicized by the College.

ZOOM WORKSHOPS

Not sure how to prepare for this competition? Attend these planning workshops hosted by Chris Allison, Entrepreneur in Residence.

- WED | MARCH 3 | COMING UP WITH A BIG IDEA
WED | MARCH 17 | DEVELOPING YOUR BIG IDEA
WED | MARCH 31 | COMMUNICATING YOUR BIG IDEA

WHAT DO YOU NEED TO DO?

TO REGISTER, EMAIL:
Sarah Holt | sholt@allegheny.edu
Chris Allison | callison@allegheny.edu

ALLEGHENY COLLEGE

BRUCE R. THOMPSON
CENTER FOR BUSINESS & ECONOMICS



Campus Calendar

Editor's note: If you have a question or would like to submit an event for the Campus Calendar, please email Sami Mirza at <<mirza01>>

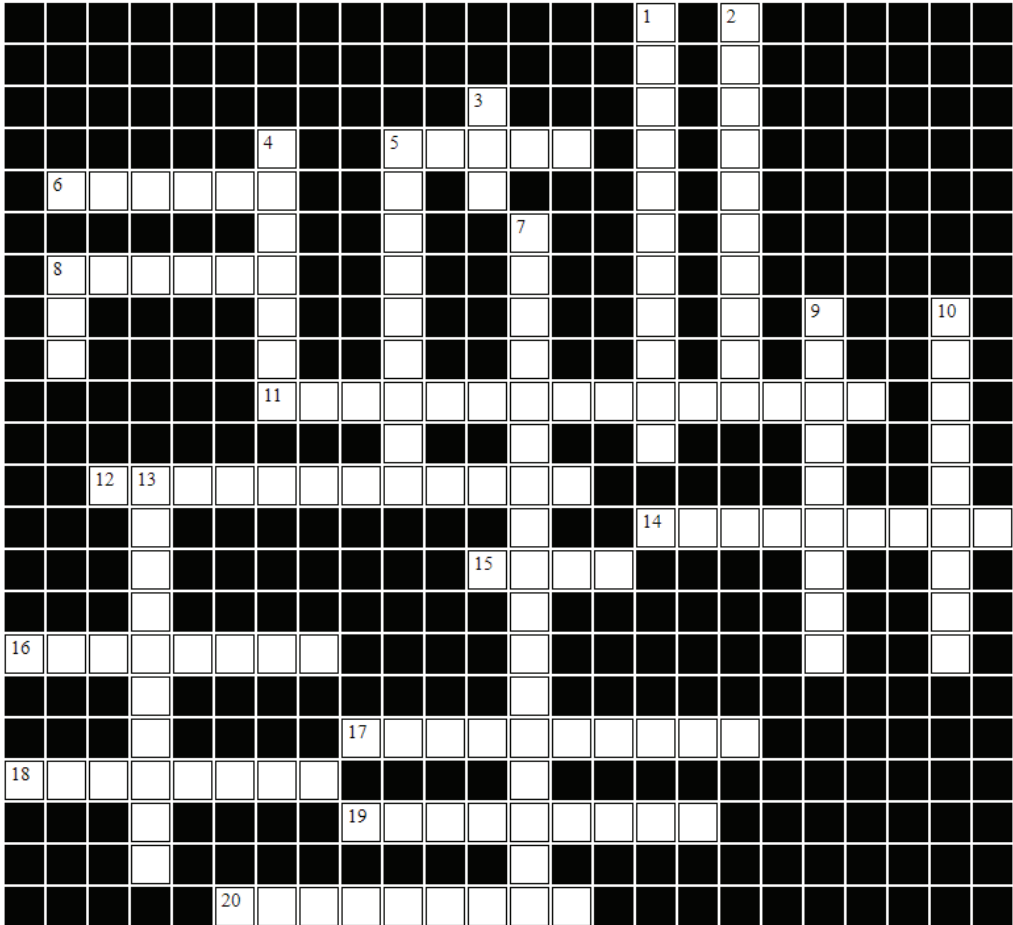
FRIDAY, MARCH 12 St. Patrick's Deca-palooza <i>5pm-Midnight, Game Room</i> Grab-and-go craft kits celebrating St. Patrick's Day. 60 kits available, while supplies last.	SATURDAY, MARCH 13 Hike with the Outing Club <i>9:30am - 10:30am</i> Sign up for a hike with the Outing Club with the link on the Programming and Events Calendar St. Patrick's Deca-palooza <i>Noon-Midnight, Game Room</i> Grab-and-go craft kits celebrating St. Patrick's Day. 60 kits available, while supplies last. Finger Painting <i>1pm-3pm, 292 Loomis St.</i> Join Green Living for a session of socially-distanced finger painting. Sign up with the link on the Programming and Events Calendar	SUNDAY, MARCH 14 St. Patrick's Deca-palooza <i>Noon-Midnight, Game Room</i> Grab-and-go craft kits celebrating St. Patrick's Day. 60 kits available, while supplies last. Snowtubing <i>5:30pm-8pm</i> <i>Avalanche Xpress</i> Sign-up in the Campus Center Lobby by 3/12. \$5 sign-up fee. Bus will be between Campus Center and Wise Center	MONDAY, MARCH 15 Contributing Writers Meeting <i>8:00pm-8:15pm, Google Meet</i> Interested in writing for <i>The Campus</i>? Contact Ethan Woodfill at <woodfille> for details	TUESDAY, MARCH 16 GAP General Meeting <i>6:30pm-7:30pm, Google Meet</i> Join GAP to discuss spring events and other on-campus activities. Join at meet.google.com/mbe-fkcb-rdk ASG General Assembly <i>7:30pm-8:30pm, Zoom</i> Join the Allegheny Student Government for its weekly General Assembly. Zoom ID is <<9424530583>> Trivia Night <i>7pm-8pm, Zoom</i> Join the Allegheny Equestrian Team for trivia. Zoom ID is <<93131063308>>	WEDNESDAY, MARCH 17 Developing your Big Idea Workshop <i>1:30pm-2:30pm, Virtual Event</i> Preparation for the Zingle Big Idea competition. Contact <callison> for details. Virtual Yoga Class <i>4pm, Zoom</i> De-stress and stretch out with this free yoga class. Contact <<dpecar>> for details
---	--	--	---	--	---

W
CROSS
R
D

By SAMI MIRZA
Features Editor
mirza01@allegheny.edu

ANSWER KEY

ACROSS
1. Zoom fatigue, 2. dry cat food, 3. ten, 4. Jena Lee, 5. Gallaghers, 7. College Hockey East, 8. PSS, 9. Twenty two, 10. plutonium, 13. Eighty five
DOWN
1. Zoom fatigue, 2. dry cat food, 3. ten, 4. Jena Lee, 5. Gallaghers, 7. College Hockey East, 8. PSS, 9. Twenty two, 10. plutonium, 13. Eighty five



ACROSS

5. Last of GFC's three reopening phases
6. What the CC smelled like on the morning of March 8
8. Producers of "Cat Chow"
11. Number of attacks on Asian-Americans between March and May, 2020 (two words)
12. The crater where the rover 'Perseverance' landed (two words)
14. Percentage of domestic domesticated cats that are obese
15. The US is the number-one producer of this crop
16. Hormone associated with social interaction
17. Co-head captain on the cheerleading team (two words)
18. USA ____, the governing body for ultimate frisbee in the United States
19. Jeremy Lin's phase of incredible performance
20. Perseverance's helicopter, designed for flight on Mars

DOWN

1. Psychological burnout due to virtual meetings (two words)
2. Main culprit of feline obesity (three words)
3. Upper limit on the size of a functional group at Allegheny
4. Author of article proving 16 Across (two words)
5. Sam ____, President of Grounds for Change
7. League of Allegheny's club hockey team (three words)
8. Perceived Stress Scale
9. Number of new charges against Montelle Brown
10. Radioactive element that powers Perseverance,
13. Percentage of the message in a conversation sent throughbody language

Grounds for Change reopens for first time since 2020

By **SAMI MIRZA**
Features Editor
mirza01@allegheny.edu

Stepping into the Henderson Campus Center on Monday morning, there was an unexpectedly strong smell floating through the foyer, something different yet pleasant.

Coffee.

Grounds for Change is serving coffee once again on the second floor of the Campus Center after it was shuttered on March 13, 2020 due to the COVID-19 pandemic. The not-for-profit student-run business has gone through significant changes to accommodate public health guidelines, but still hopes to retain its signature atmosphere and commitments to sustainability.

One of the key changes has been in the layout of the space. Sam Gallagher, '21, president of GFC, noted that the space is far less crowded than normal.

“Just this past weekend, (Physical Plant) has taken out six or so couches,” Gallagher said. “The space has been physically-distanced so the tables are at least six feet apart. We also have some stickers on the ground to ensure that the line formation is six feet apart for every participant.”

“

It’s super important that we’re still here because we think that we’re a big staple to Allegheny’s community.”

—LUIS MENDOZA, '22
Board Member,
Grounds for Change

Though the space has been physically-distanced, in-person dining is some weeks away. GFC has established a three-phase system of reopening to ensure that.

“In the red phase, GFC is solely run by the board members, so there are only 12 of us occupying the space. Our hours are super limited,” Gallagher said. “In the yellow phase, our volunteers are all introduced back on campus. We have this pod system implemented this semester, so all of our volunteers will be in a pod of up to four people, and you’re able to work in that pod of four ... That way, if anything happens here, contact tracing is pretty limited.”

The final phase — green — is where in-person dining will occur. Gallagher said that GFC’s full reopening will coincide with Allegheny’s dining halls.

“We’re most closely following the dining halls on campus, so whenever you’re able to dine in-person at Brooks again, that’s probably when you’d be able to dine in-person in GFC as well,” Gallagher said. “The markers, in terms of who approves us, is just the (Allegheny College Health Agency), generally. I’ve been working super-super closely with Dr. Morrow. We meet via email or in-person at least once a week to talk about every measure that we’ve been doing in GFC to get her stamp of approval on it.”

But in-person dining goes beyond just having seating available. Luis Mendoza, '22, a GFC board member, thinks that the space functions as more than just a convenience stop.

“It’s super important that we’re still here because we think that we’re a big staple to Allegheny’s community,” Mendoza said. “Last semester ... random people would walk up to (board members) and be like, ‘When’s GFC opening again?’ So it’s just nice to finally be open again because now we get to serve all of our

people, which is what we love doing.”

Rebecca Newton, '22, volunteered for both her first and sophomore years before the pandemic hit. Though she returned Monday as a customer, she still feels a taste of the old GFC in the air.

“It feels really nostalgic,” Newton said. “It feels like this is a step towards normalcy, and soon enough you’ll walk in and all of your friends will be sitting and doing homework together. At least, that’s the hope.”

For Newton, part of what distinguishes GFC from the other dining options is the student-run aspect of the club. She likes connecting to the baristas on a personal level.

“I think it means a lot more when it’s your peers,” Newton said. “Maybe it’s someone that you walk in and see behind the counter who’s in one of your classes but you’ve never really said hello. I think a lot of people are really welcoming in the way that they’ll spark a conversation while they’re making your drink ... And maybe you wouldn’t think so because it’s just a pickup space right now, but you have to wait on the six-foot dots for a little bit so maybe (that will) spark up a conversation.”

GFC remained shuttered for the entire fall semester, but Mendoza said that this was not due to an unwillingness to reopen. Rather, it was because the administration was already swamped with work, and GFC’s advisor told them to postpone reopening until the administration was able to guide the process more closely.

“We were a little sad, but completely fine with it,” Mendoza said. “We took that semester to actually plan out what we wanted to do and how we wanted things to look which was super nice. We tried to think of a different way where we’d still be able to present ourselves, which is why we did the GFC pop-ups on campus.”

Gallagher noted that the club’s



SAMI MIRZA/THE CAMPUS

Students wait in a socially-distanced line at Grounds for Change on Monday. It was GFC’s first day open since it closed on March 13, 2020.

professional standing as a food vendor necessitated such administrative approval

“I do think we were held to a significantly high standard in terms of reopening because not only are we a club affiliated with ASG on campus, but we’re a properly-running business that needs to maintain health code and abide by so many regulations both in place by the state and from Dr. Morrow and the ACHA,” Gallagher said. “That made things difficult, but not difficult in a sense that it was not doable. It’s just that every move that we’ve ever made as a coffee shop had to be thought about and restrategized.”

One of the changes made to accommodate ACHA’s guidelines was the introduction of single-use compostable cups. This replaces GFC’s traditional system of using reusable ceramic coffee mugs, which are more eco-friendly but less practical for the pandemic. Newton doesn’t see this as a rejection of GFC’s commitment of sustainability, but as a necessary step towards reopening.

“Even when we were doing the training (last Sunday), we’re hoping

that once we get far enough into a safe place, that you can go back to those reusable mugs,” Newton said. “But I think they do such a good job of composting grounds and all of that kind of thing that the mugs are definitely going to have their comeback. Especially because so many people have their favorites.”

One option that Gallagher left open was that customers could bring their own reusable mugs once restrictions are lifted.

“If you were here in the green phase and you had a mug, I don’t think I would say that you’re not allowed to use it, but I don’t think that’s been (formally) approved by Dr. Morrow,” Gallagher said. “Until further notice we’ll be doing disposable cups.”

Grounds for Change is open for takeout Monday through Thursday, 8-11 a.m. and 8-11 p.m., Friday 8-11 a.m. and 5-8 p.m., and Sunday 7-9 p.m. on the second floor of the Campus Center.

Watch the Out Loud episode of this story on Instagram and YouTube.

Flexibility is music to the Allegheny Orchestra’s ears

Civic symphony adapts and plans for outdoor spring performance

By **JORDAN GREYNOLDS**
Features Editor
greynoldsj@allegheny.edu

The Allegheny College Civic Symphony faced many changes in order to continue rehearsing safely. Among those changes was the decision to only have string instruments in the orchestra this year, therefore cutting out the woodwind, percussion and brass sections.

This reduced orchestra allows for fewer people to be on stage and also allows each person to be masked at all times.

“We’re all masked up and six feet apart which is super comforting,” Sarah Lucas, '21, said. “I wish I would have known that last semester because I would have joined. I just didn’t want to go if someone was spitting into a tuba a few feet away from me.”

Just as the musicians have made adjustments to practice safely, things have also changed based on what they are practicing for.

“Last semester the orchestra did what’s called virtual ensembles, where each individual did their own recording of their part either with video or just audio and then a technician layered all of those recordings together to create a composite whole,” said Director of the Civic Symphony Jennifer Dearden. “We released four of those last semester and they were really well-received.”

The recordings of these performances can be found on YouTube.

These virtual ensembles have replaced the orchestra’s end of semester performances that typically take place in Shaffer Auditorium or Ford Chapel. However, the orchestra has an outdoor concert planned for May 8 or May 9 in the Gator Quad, weather permitting.

Even in this attempt to return to normalcy, some aspects of a traditional performance will still be lost. The performance will not be open to the public and it will not be a themed performance as they typically are in the spring.

“Something that the orchestra has enjoyed doing in the last few years is that in the spring we’ll normally do a themed concert so that all the pieces in that concert will revolve around a central idea,” Dearden said. “A few years ago we did a whole concert of movie music. We’ve also done a concert around nature and the concert that we were supposed to have last year in spring 2020 that got canceled was going to be about animals.”

Beyond performances, circumstances have also changed the dynamic of what the orchestra is able to play.

“Whenever you’re playing a piece there’s a lot of back and forth and talking between sections and that’s definitely limited when we only have basses, cellos, violins one and two, and violas,” Lucas said. “Whenever you have percussion and woodwinds and brasses you’re just able to do more and there’s more versatility in the pieces you can play.”

While in one sense there have been limitations on what the orchestra can play, there have also been some benefits to this as well.

“I think the silver lining is that now in civic symphony we’re able to dig into pieces that are strictly for string instruments, and I think that’s a cool thing to have in my college experience,” Lucas said.

The current circumstances have not only changed what music is played and how it is performed, but it has also changed the social dynamics of practicing.

“Being a freshman, I don’t really know what it was like last year but I’ve been doing orchestra my whole life and there’s something different about sitting next to someone while you play and having a stand partner,” Peter Lantz, '24, said. “Not having one of those and just sitting by yourself is different because

“

It’s been different but I still get to enjoy that two-and-a-half hour escape from everything going on in my life. I get to be there with other people who really enjoy making music together.”

—SARAH LUCAS
Class of 2021

when you have someone next to you then you can make jokes with them about what’s going on and I definitely miss that.”

Despite the changes that have had to take place this year, the civic symphony still provides a space for its members to do something they enjoy.

“It’s been different but I still get to enjoy that two-and-a-half hour escape from everything going on in my life,” Lucas said. “I get to be there with other people who really enjoy making music together.”

This joy for music does not end with those who are playing it.

“I remember last semester Professor Dearden hadn’t heard people play live music in so long and was basically brought to tears by us just playing a scale,” Lantz said.

It has taken a lot of flexibility and improvisation to continue the civic symphony through a pandemic but orchestra members and directors alike seem to be enjoying it.

“I am exceptionally proud of them in how resilient and flexible they have been,” Dearden said. “They have brought their A-game every time. There have been challenges and they have risen to the occasion.”



JORDAN GREYNOLDS/THE CAMPUS

Professor Dearden conducts the Allegheny Civic Orchestra during their weekly practice in Schafer Auditorium. The orchestra is expecting to perform an outdoor concert in May.

Club sports working to return to practice this spring

By **JAKE PETTI**
Contributing Writer
pettij@allegheny.edu

Although no concrete plans are in place for Allegheny’s club sports to compete this spring season, club teams are optimistic that they will return to play by next fall at the latest. In the meantime, officials from each club team are working tirelessly to reserve practice time and possibly schedule scrimmages, all the while juggling COVID-19 regulations set by the Allegheny College Health Agency.

Each club sport at Allegheny competes in their own athletic leagues, seperate from the NCAA teams that all compete within the NCAC. Each of these athletic leagues is tasked with deciding if and when they plan to return to play as well as constructing new guidelines for player safety in terms of COVID-19.

“The College Hockey East was not allowing a season, so in

the fall we didn’t really have any practice or games,” said hockey team member Harley O’Brachta, ’23.

Because the College Hockey East’s schedule runs from the end of fall until just before spring begins, the hockey club will not be able to play a full regular season this year. Nevertheless, the team feels strongly about giving their seniors a great last season and they are currently working on options to play at least a few games this spring.

“Right now it’s all in the works, we’re trying to see what we can do,” O’Brachta said. “I know some of the guys are trying to secure some ice time to practice and if possible talk to some other colleges that are in our league.”

Another club which has been affected by their leagues decision on its spring season is the Ultimate Frisbee team. As members of USA Ultimate — the governing body for the sport of ulti-

mate frisbee in the United States — the ultimate team at Allegheny is forced to look forward to next year when competition will resume.

“USAU has effectively just canceled the spring season,” said Sophie Adams, ’22, a member of the leadership board for the ultimate frisbee team. “But they’re going full steam ahead with next fall season.”

For juniors on club teams like Adams, there is too much at stake to play a few scrimmages this season. With close contact sports like ultimate frisbee, the likelihood of contracting COVID-19 increases, deeming ultimate as a high-risk sport. Due to the guidelines set by ACHA, no high-risk sports have been able to participate in games this season, leaving the ultimate team searching for possible routes to take this spring.

“If Grove City or Edinboro (asked) for a (scrimmage), I just don’t think that ACHA would

give us the green light quite yet,” Adams said. “Next year will be my senior year and there’s too much to lose; playing one hour is just not worth it.”

“Next year will be my senior year and there’s too much to lose; playing just one hour is just not worth it.”
—SOPHIE ADAMS
Class of 2022

While the hockey and ultimate frisbee teams at Allegheny rely on their leagues to resume competition, the cheerleading club is unique in that their events depend on the schools NCAA teams. More specifically, the cheerleading team performs at football and basketball games, two high-risk sports that will not allow non-essential attendees.

Despite not being able to perform at any events this year, the

cheerleading team is currently working to secure gym time to practice, while considering the recent spike in COVID-19 cases on campus because cheerleading would also be considered a high-risk sport by ACHA. Their practices will have to consist of functional groups of 10 or fewer; but this time would be extremely beneficial, especially for first-year students who have not been able to perform stunts with the team yet.

“We’re basically just going to be preparing our material for football season next year” said Emily Jones, ’22, co-head captain on the cheerleading team.

They are still unsure on how much they will be able to do once their practices begin, but the cheerleading team is optimistic that they will eventually be able to practice as a complete group. They have been afforded the opportunity to be together as a team as long as they practice outside and remain socially dis-

tant in areas designated by the school. They also have a coach that must act as an advisor at all team events in accordance with ACHA.

“We weren’t as affected because our coach normally comes to our practices so that’s going to be our advisor,” Jones said. “But other clubs have to get an advisor or have an advisor present so that might affect the clubs.”

While in years past many clubs would hold captains practices without a coach present, a coach is now necessary for these club teams to play. However, for Allegheny club teams, this is the least of their worries, as these teams are more focused on the opportunity to compete next year, more eager than ever.

“I think we’re gonna come out of this stronger as a team,” Adams said. “And I think every team is going to be like that and it’s going to be really fun to play against some really competitive teams.”

Jeremy Lin addresses recent Asian American slur during game

By **ADAM COHEN**
Sports Editor
cohenaa@allegheny.edu

Linsanity — a term that many basketball fans remember fondly, born of the historic stretch of Jeremy Lin’s first five career starts. The eight year veteran is also one of the first Americans to play in the NBA whose family originates from China or Taiwan. In 2019, Lin became the first Asian-American to win the NBA finals. Lin was called “coronavirus” in a G league game on the court.

Brent Herrmann, ’24, was upset that Lin encountered this discrimination, but was not shocked overall.

“There is discrimination, not just with Asian-Americans, but with all races in general,” Herrmann said. “I was not surprised.”

While many people still face racism today, Lin wants more people to become aware of the specific discrimination Asian-Americans encounter.

“We are tired of being told that we don’t experience racism, we are tired of being told to keep our heads down and not make trouble,” Lin wrote in a Facebook post. “We are tired of Asian-American kids growing up and being asked where they’re REALLY from, of having our eyes mocked, or being objectified as exotic or being told we’re inherently unattractive.”

According to the New York Times, there were 1,800 reports of racial incidents towards Asian-Americans in the United States between March and May of 2020. Additionally, there were three cases of Asian-American hate crimes in 2019, while 28 of these crimes occurred in 2020.

Ryan Mantione, ’23, offered a theory as to why Asian-Americans have experienced more racist incidents in the past year.

“It’s pretty unfortunate that because he has Asian ancestry, other people think he is more dangerous to be around because of COVID-19,” Mantione said. “It’s pretty messed up.”

Another possible explanation for the rise in racial incidents towards Asian-American is attributed to former President Donald Trump infamously referring to COVID-19 as the “China virus.” Herrmann believes that a combination of Trump’s rhetoric and racist individuals are to blame for the rise in Asian-American hate crimes.

“I would say there are a variety of reasons why this is happening,” Herrmann said. “Once someone has a platform and other people hear them, they

listen to what they want to hear.”

In sporting events, people of color have heard derogatory comments about their race from the fans in the stands. For example, Torii Hunter, an ex-MLB All-Star, would travel to Boston for away games and was constantly greeted by negative remarks.

Herrmann explained why some people use sports as an outlet to spew hateful comments.

“Jealousy is a huge factor,” Herrmann said. “When your team is losing, the fans do not like that, and they can be sore losers. If players are speaking outright about their political views, and fans disagree with them, then fans have an outlet to express themselves.”



Photo courtesy of cnn.com
Jeremy Lin with the New York Knicks during his Linsanity run.

Fortunately, the NBA are investigating the statement made to Lin. Mantione suggested a few strategies the league can use to make sure these types of incidents happen less frequently.

“They could find the players who make these statements, even though logistically that could be tough,” Mantione said. “They should also hand out fines in these cases as we have seen in other sports, and try to censor the players who have made such remarks.”

Lin refuses to name the player who acted disrespectful to him. Nevertheless, the NBA may try to discover the player anyway, and give the player a fine.

Although Asian-Americans — and many other groups — continue to face racism today, it is worth noting that major sports leagues, such as the NBA, and most colleges, such as Allegheny, are committed to providing a safe and inclusive environment for all their members.

COVID-19 INFORMATION

Editor’s Note:

The weekly COVID-19 data is compiled using the COVID-19 Case Dashboard available on sites.allegheny.edu/covid19. Case counts listed above are collected the Thursday before publication.

ACTIVE STUDENT
CASES

11

POSITIVE TESTS
SINCE JAN. 13

38

ACTIVE EMPLOYEE
CASES

1

POSITIVITY
RATE

1.67%

QUARANTINE

51

AVAILABLE
QUARANTINE BEDS

80.0%