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New Blue & Gold Career Fair

By **PAIGE KAGENI**
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The Center for Career and Professional Development will host the inaugural Blue & Gold Career Fair on Thursday, September 19 from 4:30 to 6 p.m. in the lobby of the Henderson Campus Center, coinciding with Blue & Gold weekend. The event will provide a space for students to meet alumni and potential recruiters for networking and business opportunities. In addition, attendees will get a chance to take professional headshots and enter raffles for various prizes.

One of the organizers, Associate Director of Alumni and Employer Engagement Autumn Parker, '16, spoke about the importance of the career fair.

"This event fair is coming from scaled recruitment events that my office has led," Parker said. "Last year, we had the PITT career fair that was in October and we had about 20 employers commit.

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Parkhurst returns as college's dining provider

By **ANNA WESTBROOK**
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The beginning of the academic year marks the return of Parkhurst as the college's dining provider, following a two-year stint with Aramark that left students deeply dissatisfied with the food options on campus. Parkhurst also served as the college's dining provider prior to Aramark.

Dean for the Student Experience Ian Binnington said that compared to last year, his experience as a diner has been "night and day." Some stations in Brooks have even achieved restaurant quality at times, he added.

"Over the past couple of weeks as students



ANNA WESTBROOK/THE CAMPUS
Students line up to order food in McKinley's Dining Hall during dinnertime on Wednesday, Sept. 11. Parkhurst's return means McKinley's is now home to five new stations, including Bravo, which houses an everchanging menu cooked right in front of diners' eyes.

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ASG fills additional position

By **SAM HEILMANN**
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Allegheny Student Government swore in one more Senator and discussed filling committees at their general assembly on Tuesday.

The meeting lasted just 24 minutes and began with the swearing-in of Senator Aubrey Carion, '27. Last week's minutes were approved unanimously.

Director of Finance Dom Juliana, '26, reported that the Finance Committee will be meeting on Fridays at 11 a.m. in the ASG office. This week's total spending came to $584.17, which included spending for Women in Business and Economics, AC International Club and Grounds for Change weekly operations and an open tab.

President Ella DeRose, '27, promoted college committees during the meeting, which operate outside of ASG and prioritize the inclusion of student voices in college decision making.

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Glass bottles, license plates and ceramic toilets

French Creek Cleanup participants clean up heaps of trash



BEN STAVNEZER/THE CAMPUS
Aidan McGrory, '26, hauls a toilet that his team found in the forest toward the trash trailer during the annual French Creek Cleanup on Saturday, Sept. 7. This year, in addition to teams working along the creek, students spent time cleaning up the Weyel Estate.

By **JAY SHANK**
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The annual French Creek cleanup event happened once again on Saturday, Sept. 7. Groups of students, including sports teams like men's lacrosse and women's track, formed teams and adventured into different parts of the French Creek watershed to tackle cleaning up heaps of garbage. Participants also had the opportunity to tag along with Students for Environmental Action's visit to the Weyel Estate — located only 20 minutes from the college — and dig up trash from a farm dump used in the 1930s.

The Weyel Estate is registered as a conservation easement with the French Creek Valley Conservancy and ownership will pass to the FCVC once the owner vacates.

"I feel like we were able to do a lot of work for that property," said Elsa Waidelich, '25, president of SEA.

The team at the Weyel Estate consisted of 21 students, who worked together to clear the former dump full of cracked liquor bottles, appliances and old house supplies. As students cleaned the dump, the event coordinators separated the items into metal and nonmetal.

"The total of the trash is a fundraiser for the conservancy," said Andy Walker, '00, a board member of the French Creek Conservancy. "We are very proud."

An entire dumpster of nonmetal trash and two trucks full of metal were filled within the two hours that the group was at the property. Don Weyel, the property owner, was shocked at what actually got done.

"I am overwhelmed and overjoyed," Weyel said. "I didn't even think we were going to get to the dump."

Weyel repeated to students that this is not where work for the environment ends.

"When people say, you know, climate change isn't as bad as they say it is, I say, 'You're right. It's worse,'" Weyel said. "Climate change is real and so I do everything that I can to protect the environment, to reduce my carbon emissions, to go solar, you know."

Despite the hard work, the group consensus was that the cleanup was fun. Some students dug up unique looking bottles and kept a handful of them, one student found a license plate and another student found an old superhero mug.

Katherine Hoehl, '25, really enjoyed the experience.

"It was a cool time, I would do it again," Hoehl said. "I hope more underclassmen continue to participate in the clean up, because they'll learn a lot and really help the community. And you get free hot dogs at the end!"

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In this week's Campus...

HARM REDUCTION FOR DORM HALLS

Contributing Writer Anton Hodge, '27, argues that equipping all residence halls with the overdose-reversing medication Naloxone is a public health no-brainer – he's run the numbers to prove it.

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ELEPHANTS, DONKEYS AND PYGMY GOATS

Allegheny professor and former political candidate Matt Ferrence read his essay about what pygmy goats at the county fair can teach us about national politics. Contributing Writer Addison Schaad, '28, has all the details.

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DEFENDING CHAMP

Volleyball Captain Jacy Diaz, '26, has taken the Presidents' Athletic Conference by storm. Contributing Writer Jay Shank, '28, sat down with her to learn more about her winning strategy in sports and in life.

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FRIDAY H: 82° L: 58° Rain: 7% Sunrise: 6:59 a.m. Sunset: 7:32 p.m.

SATURDAY H: 84° L: 59° Rain: 7% Sunrise: 7:00 a.m. Sunset: 7:30 p.m.

SUNDAY H: 82° L: 58° Rain: 5% Sunrise: 7:01 a.m. Sunset: 7:29 p.m.

DINING *from page 1*

have moved in — new students and continuing students — I've been asking almost every student I meet what their opinion of the dining is," Binnington said. "And I think I've barely come across one who doesn't have a positive opinion."

Among the changes Parkhurst is bringing to the college is the return of Pine Market. Located by the entrance of Brooks Dining Hall, Pine Market will transition to an area where students can buy food every day of the year around the clock.

There are also new stations in McKinley's: Corner Mercantile serves deli-style foods and desserts, Cinco Cantina serves contemporary Mexican style food, the Grille serves American grill classics, Hello Bistro serves salads, the Oven serves pizza and Bravo serves a continuously-rotating menu.

These changes are being guided by members of Parkhurst's leadership team, several of whom already have experience working with the college.

Parkhurst General Manager Maria Foxall is no stranger to Allegheny. From 2019 to 2022, Foxall served as the director of Brooks before Parkhurst lost its contract with Allegheny. Once Parkhurst won the bidding process in Spring 2024, Foxall said the company contacted her, asking her to come back and direct all of Parkhurst's operations at Allegheny.

As general manager, Foxall was involved in much of the transitional hiring process and said that while the majority of the Parkhurst leadership team is new, approximately 90% of employees working under Aramark opted to stay on and shift to working for Parkhurst.

"There's a lot of younger people and they've actually really enjoyed working for Parkhurst because they're learning to actually cook from scratch," Foxall said. "Not to say anything bad about Aramark, but a lot of it was processed food or, like, came out of a bag or box."

Now, Foxall said, employees are hand-breading all the chicken, making marinara sauce from scratch and learning cooking skills that they can bring home to their families.

Foxall, who is from Denmark, worked as a nurse for the first 15 years of her career. Once her kids were born, she took a job as a cook at a daycare to provide her children with childcare. There, Foxall was confronted with the task of cooking meals using a menu of highly processed, non-nutritious ingredients that she believed were unhealthy for children. The experience inspired Foxall to pursue a degree in nutrition, and she began working in nursing homes' dining service and eventually for Meals on Wheels, an organization that delivers nutritious meals to senior citizens.

"I just have a passion for food and feeding people wholesome food," Foxall said. "I think that's so important, and so, I also love to educate people about food."

Part of her education efforts will include bringing students on behind-the-scenes tours to demonstrate how different food staples are made and help students begin to gain an understanding of the skills needed to perform the labor-intensive work.

Being from Denmark, Foxall also has a passion for introducing international foods to the college community. In the past, Foxall said international students could submit recipes that Parkhurst would make and have available for students to try. She wants to bring this opportunity back.

Food quality was important for Foxall in her job as a daycare cook, and it remains important to her now. She is proud that many of the staple dining hall foods — like pizza dough, marinara sauces and soups — are made from scratch on site. She said the kitchen also just got a smoker, so all of McKinley's Cinco station pulled pork is smoked overnight.

In addition to food quality, Foxall named allergen-friendly food options as a top priority. Her team is currently in the process of sourcing halal and kosher meats so that they can be served at a special station. She is also aware that students had difficulties getting meals during Ramadan last year and said that she plans to adjust dining hours to accommodate the early morning and late evening meals.

"We want everybody to be able to eat," Foxall said. "One thing I do (is) encourage everybody, like when I talk to students with allergies… come into the dining room and ask for a chef, and the chef will literally walk through each station and say, 'This is what you can have, and this is safe,' or, 'This you should stay away from.'"

Foxall also said that students can call ahead and request a specific allergen-friendly meal, and the dining staff will do their best to accommodate that request.

Dean for Student Life Trae Yeckley works with Parkhurst nearly every day. So far, they said they have heard positive feedback from students, particularly regarding the salad bar and fresh fruit in Brooks.

"That was the thing we heard loud and clear from students, last year in particular," Yeckley said.

Foxall has also heard positive student feedback, especially about the fresh fruit in Brooks and the general freshness and flavors of the food.

Binnington attributes this, in part, to Parkhurst's commitment to high-quality food.

"They generally don't serve — there are probably some exceptions to this — but they generally don't serve food that's been frozen first, which is not the experience of the past couple of years," Binnington said.

The college's expectations surrounding the quality and freshness of the food served in the dining halls do not vary significantly across different dining providers that are hired. However, even though expectations are set, some practices are out of the college's control and are determined at a corporate level, which can lead to differences in the products offered by different dining providers, according to Binnington.

The primary way the college can control for these differences is during the bidding process, when dining providers submit applications to be reviewed by faculty and students.

During the bidding process last spring, several criteria were placed at the forefront of the discussion — including sustainability efforts.

"We love Parkhurst," said Sustainability Coordinator Kurt Hatcher, '07. "They've been wonderful to work with."

Since Parkhurst had a relationship with the Office of Sustainability during its previous tenure, Hatcher said it has been helpful to not have to start from scratch on enacting dining sustainability measures.

During the bidding process, Hatcher and Director of Sustainability Kelly Boulton, '02, wrote nearly six pages of sustainability-related criteria — ranging from guidelines for purchasing ethically sourced food to the usage of environmentally-friendly cleaning supplies — that dining providers applying to the college had to respond to. Parkhurst was up to the challenge, Hatcher said.

"Our experience of their openness to sustainability is that when we propose an idea, their response is typically, 'That sounds good, but we can do more,'" Hatcher said. "It's very exciting to work with people who get it (sustainability) and see the value in it and are open to new ideas and collaborating together. So it's really wonderful."

Hatcher said the sustainability efforts feel very collaborative, as evidenced by the fact that the Parkhurst team regularly meets with Hatcher and Boulton.

One sustainability effort Parkhurst leaned into is the green box program, facilitating the switch to an app-based tracking system and working to ensure that green boxes are the mandatory default for all take-out meals.

Already, the impact has been significant. As of September 10, over 435 students were registered in the green box system and over 2,082 disposable containers had been avoided, according to Hatcher. Currently, students can redeem points that accrue in the app by showing their phone to McKinley's employees, which will earn them a free monster cookie. In the future, Hatcher hopes to expand the possible prizes.

Foxall said that she hopes to eventually take steps to further expand the positive environmental impact of the green box program, like using reusable cups. In an effort to make McKinley's as low-waste as possible, it will also soon transition to using only reusable dishware in the sit-down area, according to Hatcher.

An additional sustainability initiative Parkhurst has signed onto is a requirement that they source nearly 25% of their food from a local vendor or a Forage Partner, according to Foxall.

"There's just something about if you know where your food comes from — you have to know where your food comes from," Foxall said. "So, I'm a big believer in that."

Local vendors must go through an approval process certifying that they follow certain food safety guidelines, according to Hatcher. The Carrden — the garden located outside Carr Hall — is in the process of becoming an approved vendor, which means that harvest from the garden like herbs could be used to flavor food and make iced teas.

Foxall said that the response from local vendors when they hear about the opportunity to build a partnership with the college has been overwhelmingly positive.

"They're so excited that we're back," Foxall said.

Though the college became carbon neutral in 2020, the standard guidelines the college uses to track its carbon emissions do not require the accounting of greenhouse gas emissions stemming from dining services. Hatcher said he and Boulton hope this will change in the future. Parkhurst, he said, has been immediately receptive to locating existing data and generating additional data required to calculate dining greenhouse gas emissions.

Beyond existing sustainability efforts, Hatcher said an additional expectation written into Parkhurst's contract is that the company will continue to become more sustainable over time. This manifests in a myriad of ways, like a requirement that the percentage of locally-sourced food increases every year.

"That's not an immediate initiative, but the fact that they're on board with that kind of speaks to how they value sustainability," Hatcher said. "It's really exciting."

Hatcher said that even though the Office of Sustainability has maintained the same sustainability expectations for dining providers over the years — and even expanded their expectations — it has not always been easy to generate buy-in.

"The experience with our prior provider was that oftentimes the folks we worked with on campus didn't have the same background in these types of initiatives and so there was a bigger learning curve," Hatcher said.

It was often the case that Hatcher and Boulton had to maintain a greater level of vigilance around sustainability initiatives because rules would not be followed and then would have to be reinforced.

"It's just been nice to be working with people who have backgrounds in sustainability," Hatcher said. "They have the answers to our questions right at their fingertips, they know what we're asking for and where to get it, they know what our minimums and our baselines and our sustainability policies are — and that's just taken as a minimum, not a sort of a suggestion."

During the dining provider bidding process, food insecurity efforts were also a topic that came up. Binnington said that while there have not yet been extensive conversations this year about measures to combat food insecurity, there will be soon.

"It's very clear that there are food insecurity issues on campus," Binnington said. "It's been six weeks, so I don't have a clear picture of what that's going to look like, but I am confident that, as they have partnered with us on all of these other issues over the last six months or so, and as we've gotten this stood up, I'm confident they'll be partnering with us on these issues."

Foxall said that she has requested the data collected during the food insecurity survey conducted last year and that she is eager to find ways to combat food insecurity on campus.

Binnington says that meal plans will likely change in the future, given the need for meal plans to evolve to meet the needs of the student population, but that there are currently no plans or discussions at this point about changing the meal plans.

During an open forum discussion Parkhurst hosted with the campus community via Zoom in March 2021, students identified high grocery costs in Pine Market, the large number of meal swipes needed to purchase a full meal during COVID-19 era pre-set proportions and lack of desirable food options as reasons for their displeasure, according to Campus reporting at the time.

In a September 2022 Campus article, former Chief of Staff Kevin Kovalycsik said that the change in dining service providers came as a result of former President Hillary Link's response to community feedback. During his tenure, Kovalycsik also hired Wi-Fiber, an internet service provider that failed to meet the college's expectations and was fired last year after a catastrophic failure of the college's network system.

Foxall did not address what specifically led to the college choosing Aramark to replace Parkhurst, but said that she hopes to stymie any potential future problems through increased transparency, communication and an increased sense of partnership with the college.

"I feel as though they are truly our partners in wanting to work with us in order to deliver the best experience to the students," Binnington said.

Binnington expressed similar positive feelings about Parkhurt's relationship with the college.

"Parkhurst is committed to making this relationship with Allegheny work and that means a whole variety of things including point of service with students, but also back of house in terms of equipment and investment and all of those other things that students don't see," he said.

Both Binnington and Yeckley said they were unsure of what caused Parkhurst to lose its contract with the college, as they said neither of them were involved in managing the contracts. Kovalycsik, who was involved in hiring Aramark, no longer works for the college.

Binnington said President Ron Cole, '87, has committed to giving students a seat at the table in dining conversations going forward, just as students were included in the conversation about the new dining provider last year.

"Working with Parkhurst has been — they are dedicated to the students, they want the student feedback, they want, you know, to know that their priority is student dining, is the students and their experiences," Yeckley said. "And it's been very apparent in the conversations and meetings that we've had."

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Many of those were alumni-affiliated and we had well over 50, nearly 60 students travel and attend that event. There was a clear investment within the last year, and two years, of those efforts that showcase we're trying to get back to that interpersonal career readiness and professional development building through employer relations and alumni supplementing."

Parker emphasized how much the career fair had built upon prior events similar to it. Of the 25-employer goal she had set, 26 had already committed to appearing at the event. She also spoke about the importance of students registering to attend the fair through Handshake, which had already gotten to 72 students of her 100 student goal.

"That all showcases that there is an eagerness for people to connect and make sense of their career pathway explorations and considerations with people that they trust," Parker said. "Who were in their shoes, who can humanize this experience and empower them to leverage their Allegheny living and learning experience, converting it into something meaningful and to the greater world."

CCPD also worked in tandem with the Office of Sustainability and the IDEAS Center to create the Career Closet. Located in the Office of Sustainability in the basement of the Tippie Alumni Center, the Career Closet is a sustainable clothing resource to supply individuals with business attire for interviews, presentations and other events. While still in its beginning stages, the Career Closet plans to be a staple in campus resources to be used with other resources, such as the Gator Success Grant. Another organizer, Nicole Ross, director of human resources, spoke about how the Career Closet came to be.

"Last year, while talking with students, the topic presented itself regarding their lack of appropriate professional clothing for occasions like interviews, class presentations and other academic or career-related activities," Ross said over email. "This shortage of resources was causing some stress among these students, and I realized that the Allegheny community could undoubtedly step in to offer support in a new way."

Ross began by reaching out to Sustainability Coordinator Kurt Hatcher, '07, and Director of Sustainability Kelly Boulton, '02, at the Office of Sustainability. Ross then reached out to staff members and individuals from other departments to see if they would be willing to donate clothes they didn't need. The team held two donation drives and set up the clothes, shoes and other items they received on the first floor of the Tippie Alumni Center.

"Though we are still refining processes, referral methods, space, and resources, we've made significant progress," Ross said. "We're excited about the ongoing support we can offer students as they continue to achieve academic and professional success."

Hatcher spoke about the process of obtaining clothes from the Career Closet, as well as its significance in sustainability.

"We're going to put out the information for faculty advisors, (senior comprehensive project) advisors, anyone who would supervise a student on campus, and really anyone who would be working with a student on research," Hatcher said. "Even if it's not comp research, but something that you could take to a conference and present at a session, those are all good reasons to need more professional attire. We'll let all those people know that there's a very simple form you can fill out that comes back to my email inbox, and then that triggers me to reach out to that student to schedule time to come in and see if there's something in the collection of donations that will fit their need."

Hatcher spoke to the theme of sustainability, especially as it relates to the Career Closet. Clothes that haven't been used or are lightly worn can be given a new use by students who need them.

"Kelly and I see the vibrancy of the community as part of sustainability," Hatcher said. "We aren't just concerned with reducing our energy use or our water use or being more environmentally friendly in physical ways — we see that there's a dimension of a healthy community that has access to the resources it needs. There's a social element to sustainability and we think that this dovetails with that part of the mission."



PAIGE KAGENI/THE CAMPUS

A Career Closet that will provide students with professional attire opened this fall and is located in the Office of Sustainability in the basement of the Tippie Alumni Center.

ASG *from page 1*

"This is really the best way for students to get directly up to the faculty and admin," DeRose said. "So if you have those opinions and you would like to be a part of that, come let me know or Jude (Gotschall, '26) or Joe (Leszczynski, '25)."

Dean for Student Life Trae Yeckley added that serving on college committees is a great way to make change on campus and build a resume.

"I'm also going to harp on the fact of college committees and having student voice on there," Yeckley said. "The reason is, is it's really important for students to sit on these committees because that's where our shared governance is. That is outside of ASG, that is where we come together — faculty, staff, administrators — and make decisions about the college."

DeRose also highlighted a recent meeting with President Ron Cole, '87, on how ASG can best contribute to achieving the goals outlined in the Strategic Pathway set forward by the college. According to DeRose, ASG will work with the college on sustainability, improving student voice and dining, among other issues.

Director of Community Relations Hunter Goerman, '25, reminded ASG members that Service Saturday and Wingfest will take place this Saturday, Sept. 14 along with Second Saturday in Meadville, an outdoor market featuring handmade goods and homegrown produce from local vendors.

Ask Allegheny

What have you learned — or did you learn — from your freshman year?



Left: Natalie Anderson, '28
Major: Undecided

"One of the biggest things that I've learned so far at Allegheny is that I have time to work on things. I have time to figure things out and there are people here who can help and support."

Right:
Sterling Levine, '27
Major: Psychology



"The most important lesson I learned my freshman year was that it is imperative that you get involved with as many things as soon as possible on campus ... and get yourself a good supportive friend group early on."



Left: Luke Bascom, '28
Major: Football

"One thing I've learned is how to live independently and sustainably."

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 Wednesday before publication.

September 3, 2024
Trespass
Odd Fellows
Referred to Dean

Spring 2024
Hazing
On Campus
Active Investigation

September 9, 2024
Theft
Campus Center
Unfounded

THE CAMPUS
Since 1876

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Naloxone in common rooms is common sense

Allegheny's dorms need anti-overdose options

By **ANTON HODGE**
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Common rooms in Allegheny dorms should be stocked with common anti-overdose tools such as Naloxone, often known by the brand name of Narcan. The low cost and ease of use — as well as potentially life-saving effects in the event of an emergency — should make stocking an anti-opioid drug in common rooms as an easily accessible precaution a no-brainer.

Potential questions or worries could arise: why Naloxone? Couldn't someone hurt themselves? Won't this encourage potentially dangerous drug use on campus? What would this cost?

From the top: Naloxone is the most useful and intuitive option to select to stock, in its Narcan form, due to its wide use cases and ease of access. According to Centers for Disease Control and Prevention data on overdoses in 2023, 81.8% of deaths due to fatal overdoses occurred solely due to an opioid or a stimulant paired with an opioid (SUDORS Dashboard: Fatal Drug Overdose Data - Accessible Version). In other words — just over four in five fatal overdoses could be aided or stymied by the presence of Naloxone.

Could someone hurt themselves with Narcan? Not realistically, unless they were en route to injuring themselves in another manner. Narcan, the nose-spray version of the drug Naloxone, has no needles or sharp objects. The side effects are mild in the vast majority of cases. While naloxone hypersensitivity presenting in allergy form is a possibility, this triggering from the administration of anti-overdose drugs has not been proven or convincingly demonstrated, according to Dr. Eric Macy of the American Academy of Allergy, Asthma & Immunology. It is not really possible for someone to do significant damage to themselves without a significant amount of effort and determination.

What would this cost? Couldn't this be prohibitive or raise fees for students?

Short answer: No. In the Meadville CVS on North Main Street, two doses of Narcan cost $40 plus tax. Let's assume that each common room/area receives one box at the start of each semester and that the college is somehow paying CVS prices for every single box. Let's also assume every single box gets used every semester, even though Narcan has a 36-month shelf life and it is incredibly unlikely that most boxes will be used. In total, rounding up, that is 81 dollars per common room per year (accounting for both semesters). Going off of the publicly available — and mostly entirely unlabelled — floor plans for each building, I identified 32 likely common room locations, which multiplied by the cost of 81 per, would be $2,592 per year. Considering ASG failed to spend a quarter of a million dollars last year — over 96 times that amount — and was forced to surrender it to the college so that it would finally be used to improve student life, the argument of cost should not be an impediment or reasonable opposition.

> "It's time to take proactive measures, rather than merely express sorrow when it happens again and do nothing else."
>
> —ANTON HODGES
> *Class of 2027*

Finally, a common opposition to Narcan or anti-overdose distribution is that harm prevention policies will inspire increased use of harmful drugs based on the idea that hard drug users will do more drugs with access to harm reduction policies. This is simply not true, and increased drug use alongside the opening of harm reduction centers has not been proven. As well, Narcan has no potential for itself to be used in an abusive manner and is solely effective for overdoses.

Does placing Narcan in public areas have precedent? Is it tried and true? Yes and yes. Several states and education systems have created harm reduction policies centered around Naloxone. Washington state passed a law requiring all residence halls with a population of more than 100 students to stock Naloxone and train staff on its administration — 11 of 34 community colleges in Washington state fall under such a jurisdiction, according to an article by Charlotte West — which is a step beyond even what I propose. January of 2020 saw Pennsylvania's governor at the time award almost one million dollars in grants to, in part, create Naloxone training opportunities, showing that in this state, there is precedent for 13 higher education institutions before Allegheny. All 50 states as well as the District of Columbia have implemented some form of good samaritan or access law to give broad liability protection to those administering Naloxone, regardless of training or certification.

Drug overdoses are the leading cause of injury-related deaths in the United States, and 18-25 year olds are the largest category of age to potentially abuse opioids, according to the CDC. Pennsylvania is an unfortunate leader in opioid death rates, ranking at ninth in the nation as of 2024 according to the World Population Review's state-by-state assessment. The intention of this piece is not to fearmonger the dangers of recreational drugs, or to promote their use, or to condemn those who would fall victim to opioid addiction or the abuse of their nature. The suggestion of strong, proactive solutions being provided is what will build a healthier community and provide a potential second chance at life for those who could ever need aid and help.

Naloxone is effective, simple to use and cannot harm someone if they are overdosing on a drug other than opioids or a combination involving opioids, making using it better than not using it in all overdose cases. Naloxone can reverse or pause the effects of an opioid-related overdose in minutes, though calling 911 will still be required regardless.

Finally, I expect that students who were present at this time last year will be expecting many emotive and mournful words on the unfortunate accidental overdose involving several over-the-counter substances that occured last September: However, I will not dredge up a friend for pathos. I will say, however: It has been a year. It's time to take proactive measures, rather than merely express sorrow when it happens again and do nothing else.

I do hope some at ASG or the college proper will take these words and put them into action. The solution I offer is not expensive, it is not complicated and it has been proven to be effective on over a dozen campuses across the nation. It does not pose any major health risks for the vast majority of the population, and any student or faculty can learn to use it by reading the box. For each common room in traditional residence halls, one box per year to begin. That is my proposal.

A PSA to freshmen who want to go home

The experience of hating your first year at college

By **JAY SHANK**
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I interviewed someone for my journalism class recently about her adjustment to campus, and she seemed to have no issues with move-in, especially none with making friends. While I love that she's enjoying herself and college, it made me think about myself: about how I'm not enjoying myself, and mostly about how I want to go home.

I moved into campus early, on Aug. 21. I'm a Bonner Scholar, so I spent two whole days surrounded by other freshmen. But by Sept. 3, I still felt almost like a loser. I had no friends. Out of my entire 14 days on campus, I have cried on 12 of them. I have called my mother every day for almost an hour each time. I looked in the mirror recently and I saw what my face has become: stress acne and pitch black eye bags. Most importantly, I still feel alone.

> We are not silly or stupid for feeling sad about being somewhere new, strange and uncomfortable: we are human."
>
> —JAY SHANK
> *Class of 2028*

I spent most of these days under the impression that I was the only person who felt like this: who felt sad, homesick and alone. In reality, that's impossible. Out of around 350 freshmen, there is absolutely no way I am the only person here who is homesick, and especially not the only person struggling to make friends.

Adjusting to college has not been easy, and that's how it is for a lot of people. We are surrounded by so many big friend groups and sociable students that it's easy to feel like we're the only sad people here, but the truth is that we're not. The even better truth is that we're not really alone: there are hundreds of other kids on campus who might also miss their mom.

I think one of the biggest things I am learning is that just because I am having a hard time does not mean I do not deserve to be here. We are here for a reason. We are not silly or stupid for feeling sad about being somewhere new, strange and uncomfortable; we are human.

While you get in the groove of your classes that you didn't really want but you're too scared to drop, you change your sleep schedule on that tiny and achy bed and you learn to cope with coming "home" to somewhere you hate calling home — because you're not really "home"— it's important to remember that you are human. If you feel ridiculous for crying about your parents leaving even though you only live two hours away, remember that life has changed, and it's okay to grieve your childhood. When you get mad at yourself for being upset, think about the day you got dropped off at kindergarten for the first time, and the heartbreak you felt as your loved one walked away from you and left you there. Mostly, remember that there is no such thing as overreacting when you just watched your entire world change.

My first night here, I sobbed in the shower because I bumped my head on the faucet and I missed my shower at home. When I got back to my room, I cried again because my first aid kit wouldn't open after I cut my knee open while I was shaving. I missed my mom so badly that every time my RA tried to talk to me, she caught me crying.

The truth is that I am not adjusting well. I am not in a big friend group, I am not out partying, I cannot go a day without talking to my mom and I have eaten every meal but one alone. The truth is also that I'm 18. I just graduated high school, and I had to pack my entire life away in two months. I watched my mom drive away after I moved in and I realized that the life I packed away was no longer the same. It wasn't only my mom driving away that day: it was my childhood.

I am grieving, and that is okay. I am watching the people around me have fun and make friends, and it is okay that it does not come as easily to me. I'm tearing up while writing this and it's okay. I hold my stuffed animal so I can sleep every night, and that's okay. I have cried a lot, but it shows just how human I really am.

As we start this next chapter of our lives — which I'm sure you've heard many times, yay for cliché graduation speeches — it is okay to not want to. It's okay to want to go home. It's okay to cry.

There are three things that it is crucial you know:

You are never really alone.

It is okay to not be okay.

You are loved. If you are struggling to believe it, know that you are loved by me.

So, grieve and cry as much as you need. Struggle. It is all just proof that you are human.

Be human.

Professor Matthew Ferrence kicks off Single Voice Reading Series

By **ADDISON SCHAAD**
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Everyone sat with excitement in the Tillotson Room of the Tippie Alumni Center on Thursday, Sept. 7. As people continued to file in the few minutes leading up to the start of the event, many struggled to find a seat in the already crowded room. Some had to stand, anxious for the event to begin.

Thursday kicked off the start of the Single Voice Reading Series for the 2024-25 school year. Typically, the event invites four to six writers per year to campus to allow Allegheny students the chance to interact with a variety of authors.

The first reader in this year's series was Matthew Ferrence, an associate professor of English at Allegheny. The event was moderated by Center for Political Participation Fellow Anna Westbrook, '26, who also serves as news editor for The Campus.

Ferrence read an excerpt from his book, "I Hate it Here, Please Vote for Me." The book follows Ferrence's journey of running for the House of Representatives in 2020, an election he lost, and discusses the state of politics in rural Appalachia.

The book is the third that Ferrence has published, alongside his previous books, "All-American Redneck" and "Appalachian North."

Ferrence expressed his excitement of getting to speak at the reading.

"It's a joy and a pleasure to spend time together thinking about the beauty of words and the context of this book in the moment of now when politics are happening, to think about the power of the poetic and the narrative as politically active," Ferrence said. "I love it. It's fun to be among friends."

Ferrence started the night by having the crowd take a vote on the chapter he would read, and by popular vote he chose to read about one summer of his childhood when his family entered their goats into a competition at the county fair.

The story — which was about how Ferrence's sister beat dairy goat farmers at the fair with her pygmy goat — was used to help readers understand politics.

Ferrence used the story of his sister and the bigger name dairy goat farmers to highlight how politicians often ignore rural areas. This served as one of the rallying points of Ferrence's run, along with more personal reasons.

"The run was motivated by our current and continued state rep saying that he didn't think that the state of Pennsylvania should give financial aid to students who study poetry or other 'pre-Walmart majors,'" Ferrence said of his 2020 run for office. "The motivation of the run was being personally insulted as a creative writing professor, but then thinking about that and what it means for a politics that refuses poetry as a way of being in the world."

The crowd listened with rapt attention as Ferrence read. The event maintained a light atmosphere despite the serious topics, with Ferrence using his humor and poetic phrasing to engage his audience of students and faculty.

"It went well," Estrella Collins, '27, said of the event. "There was a lot of engagement, which was nice."

Some students related to the topics discussed, helping them connect to the reading.

"I like how he connected politics to a personal story," said Xander Malin, '26.

Malin went on to explain that as a person who owns animals, the story of the county fair was a good choice to connect to politics.

Ferrence hoped students would gain a new perspective after the reading.

"One of the cultural narratives that is hitting students all the time now is that you are one thing: a being who needs to get a job," Ferrence said. "The message that I want to send is that even in something that is so transactional like politics, there is immense value and potential for change in doing creative work, in writing poems, in making art, in crafting stories."

Ferrence described what he learned during his political journey. He discussed how he was not surprised that he lost the election, as he was running as a Democrat in a Republican area.

"But the thing that was a surprise is that the Democratic Party also doesn't invest in rural America," Ferrence said. "They see it as a losing space, so they're not invested strategically."

He also discussed how his book is gaining attention, and how some people have mentioned to him that it has changed their thoughts on politics in rural areas.

Finishing the night with a question and answer period, Ferrence had the opportunity to answer student questions about his book and experiences. He discussed the emotional journey of running for office, the state of political parties in America and the chickens he raised alongside his goats.

"We live in the stories we tell, and the stories they tell about us," Ferrence said during the Q-and-A. He was optimistic that negative stereotypes surrounding Appalachia will one day disappear, creating a more hopeful future for the area.

"I hope that this can offer a tonic against that limitation," Ferrence said. "And make people realize that rural America is worth investing in, socially and economically."

Comedy Corner: Olives, Housing and Las Vegas

By **JOSEPH KLEPEIS**
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Vice President Kamala Harris pitched to union voters in "blue wall" states, according to The Washington Post on Sept. 2.
The pitch was a fastball low and away going nearly 98 mph.

James Carville lists "imperatives" for Harris to become a "certified fresh candidate," according to The Hill on Sept 3.

"She needs to have a cumulative review of 75% or higher after a certain number of reviews, between 20 and 80," Carville said. "And as long as five of those reviews are from top critics she'll be certified."

The Guardian reported on Sept. 3 that thieves in Spain were stopped before they could successfully steal over 1,000 lbs of olives.

"We were able to stop them and recover the olives," said a member of the Guardia Civil. "We caught olive the olive thieves olive once before they could get away olive one piece."

The BBC reported on Sept. 3 that a drought that dried up the Mornos reservoir in Greece revealed a sunken village.

The residents of the village were forced to evacuate over 40 years ago to make way for a dam, which supplies water to Athens.

Climate change may solve the housing crisis.

A Russian influence operation utilized prominent right-wing influencers to spread propaganda ahead of the 2024 election, according to Axios on Sept. 5.

The influencers claim to have been deceived by the operation.

"We definitely don't agree with Russian policies," said one of the influencers. "It's not like we were spreading this kind of rhetoric beforehand and were glad to finally get a check to do it."

An asteroid on its way to hit Earth burned up in the atmosphere near the Philippines, according to The Hill on Sept 5.

Those who were banking on planetary destruction to avoid the Oct. 15 tax return extension deadline are sorely disappointed.

The Des Moines Register reported on Sept. 5 that Jay Leno made a surprise appearance in Denison.

He arrived on Big Boy, the world's largest operating steam engine, and took photos with locals.

"I knew he collected classic cars," said one of the locals. "I have no idea when he started collecting steam trains."

> This might be the most damning indictment against Trump — outside of a courtroom that is."
>
> —JOSEPH KLEPEIS
> Class of 2026

The Rickenbacker Causeway reopened after police closed the highway to check a suspicious package, according to The Miami Herald on Sept. 5.
"We found a duffel bag just sitting on the road," said an officer on the scene. "Thankfully it was just a Rickenbacker on the Rickenbacker."

Amateur Minnesota comics are taking a big leap forward by winning stand-up contests, according to The Minnesota Star Tribune on Sept. 5.

"It was quite strange. I showed up prepared to do a tight 15 minute set and it turned out to be a literal stand-up challenge," said one of the comics. "There were 10 of us to start and I won by standing for 32 hours straight."

The Inquirer asked readers on Sept. 6 "Why are the Eagles playing in Brazil?"
Money, duh.

Dick Cheney supports Harris, says Trump "can never be trusted with power again," according to Politico on Sept. 6 (real quote).

This might be the most damning indictment against Trump — outside of a courtroom that is.

The Washington Post reported on Sept. 2 that Americans in the U.S. Open had a stare down with a big hurdle.

"I had no idea hurdles were going to be a part of this," said an American tennis player. "I'm a tennis player, not a hurdler."

A soccer player in England has been injured after a "pretty hefty sneeze," according to CNN on Sept. 6.

"It was a sight to behold," said Bolton manager Ian Evatt. "He came off the practice pitch and sneezed so aggressively that he flung himself across the locker room into the lockers, exacerbating his back injury."

A Detroit metro area Judge has been relieved of her duties after recordings surfaced of her making racist and anti-gay slurs, according to The Detroit Free Press on Sept 6.

Probate Judge Kathleen Ryan referred to herself as "a new racist" (real quote).

It's said you can't teach an old dog new tricks, but apparently you can teach a new racist old slurs.

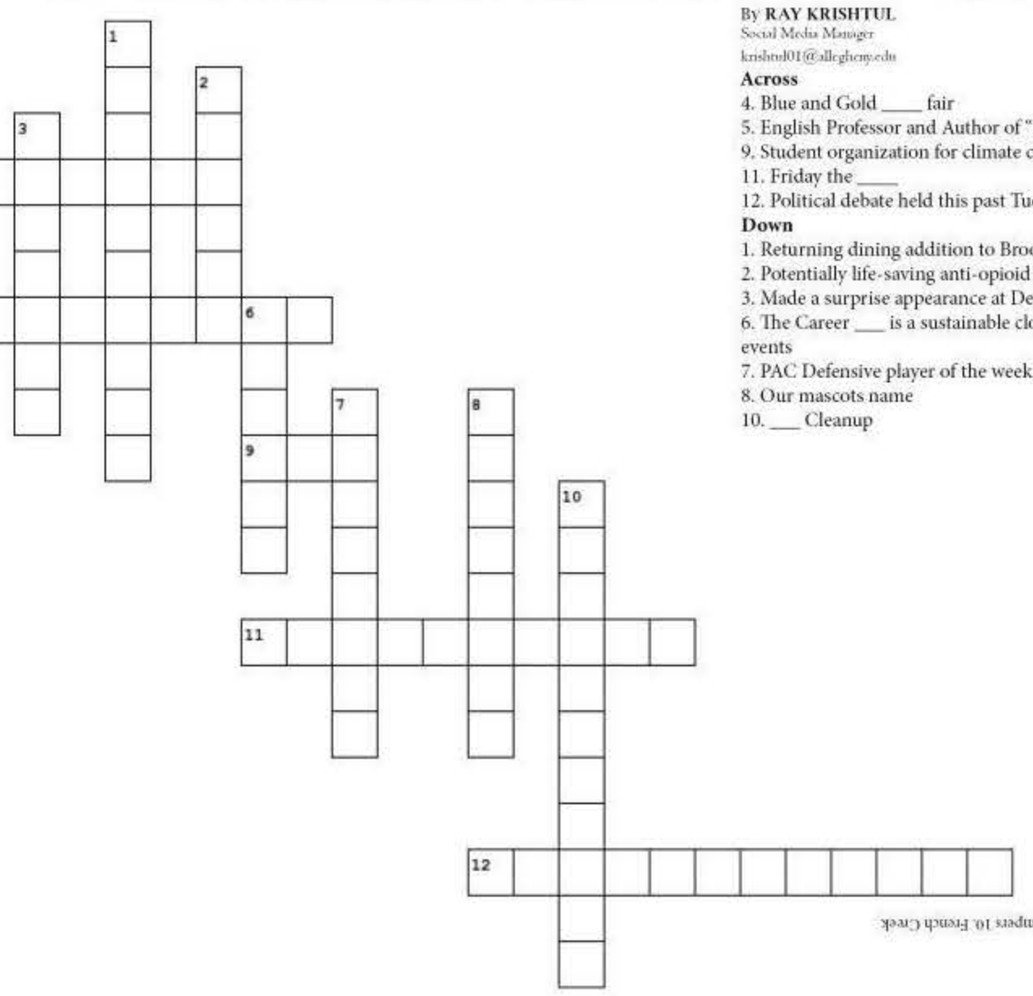
Las Vegas Metro Police arrested an evangelical pastor for allegedly having guns and drugs in his Strat Hotel room, according to KLAS-TV on Sept 7.

The incident has made it out of Las Vegas and into the national news.

"Give me a break," the pastor said. "Did we just all forget that 'what happens in Vegas, stays in Vegas' or what?"

Disclaimer: All quotes are fictitious unless otherwise noted. Any lack of joy as a result of this article is unintentional and we claim no responsibility.

A CHOMPERS-APPROVED CROSSWORD



By **RAY KRISHTUL**
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Across
4. Blue and Gold ____ fair
5. English Professor and Author of "I Hate It Here, Please Vote For Me"
9. Student organization for climate change advocacy
11. Friday the ____
12. Political debate held this past Tuesday

Down
1. Returning dining addition to Brooks Hall
2. Potentially life-saving anti-opioid drug (brand name)
3. Made a surprise appearance at Denison
6. The Career ___ is a sustainable clothing resource with business attire for professional events
7. PAC Defensive player of the week
8. Our mascots name
10. ___ Cleanup

Answer Key

Across
4. Career 5. Ferrence 9. SEA 11. Thirteenth 12. Presidential

Down
1. Pine Market 2. Narcan 3. Jay Leno 6. Closet 7. Jacy Diaz 8. Chompers 10. French Creek

Jacy Diaz named PAC Defensive Player of the Week

By JAY SHANK
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Jacy Diaz, '26, was recently awarded Presidents' Athletic Conference (PAC) Defensive Player of the Week for the fourth time since she started playing for the women's volleyball team. She received the honor after the Gators' recent four-win sweep at the Great Lakes Crossover on Aug. 31.

Diaz has been playing volleyball for 13 years and has been with the Gators since her freshman year. She has received a number of honors for her performance, the most memorable for her being the Academic All-American honors. She was the first volleyball player to receive the honor at Allegheny in over two decades. Just last year, she was named PAC's Defensive Player of the Year, and she was the first Gator in 23 years to do so.

"All the work I'm putting in, it's worth it," Diaz said. "I open my Instagram and I'm like, 'Oh my gosh, that's me!'"

She said her family is her biggest motivation; when she wants to stop, she remembers how much her family pushed her to get here. She loves her parents, and besides her dreams of being a pharmacist, her hope for the future is that they are proud of her. She wants the work her family put in to be paid off, and her success is proof of that to her.

Although she's a recognized volleyball player, she puts an emphasis on her schoolwork.

"One thing I'll say is going to office hours and doing my homework early is really helpful," Diaz said. "When school starts, I can't think about volleyball."

Separation is really important; to Diaz, her title is not student-athlete, but rather student and then athlete. She has been just as recognized for her academics as she has for volleyball. She was included on the PAC 2022 Academic High Honor Roll, and she was a Distinguished Alden Scholar in 2023.

Diaz is currently captain of her team, a role she has held since last season. Since her freshman year, she really believes she has grown as a person and as a player. She cherishes being a leader on her team and said that being in that role has really changed how she reacts to situations. She says a lot of her confidence comes from that.

"I'm not just a good player," Diaz said. "I'm a good person."

While thinking about her success as a player, she said that she did not think she would make it this far. She is afraid of seeming self-centered when, in reality, she said she does not set high expectations for herself in the first place. She loves volleyball, and she knows she's good at it, but she plays it to have fun.

"I'm proud of myself," Diaz said. "But I didn't know where I was going to end up. I just wanted to do good. I don't set high expectations, and I think that's one thing I'm good at. I don't want to be sad, I'd rather be surprised."

Before her volleyball career, Diaz played softball. When she went to middle school, she decided volleyball was more fun, and she is really shocked at how far she has gotten with it.

If she could explain her sport to someone who's never even heard of it before, she thinks it compares a lot to the feeling of dopamine. She describes it as a really happy feeling, like when she would get a "kill," but then immediately she needs to be focused on the next play. She relates it to real life; people can have emotions, but it is important to focus on what comes next.

In a lighter and funnier description, she thinks it is a lot like the game "hot potato."

"Just don't let the ball hit the floor!" Diaz laughed. "I just came up with that."

As a captain, she has a lot of advice for incoming and new students.

"Just be a better human," Diaz said.

She relays her strategy of not setting super high expectations because every moment is a learning experience. She wants new students to know that they are still discovering themselves and that that is exactly what they are here to do.

Diaz intends to go to medical school after graduation next year. Her dream is to become a pharmacist, but she doesn't want to stop playing volleyball. If she could be doing both, she thinks she would be living her dream. "Volleyball is my passion," Diaz said. "I don't want this to be an end. I want to reach my goal of playing professionally. When it comes to the 'future future' I want to be adventurous."



Courtesy of Ed Mailliard
Jacy Diaz, '26, was recently awarded the Presidents' Athletic Conference Defensive Player of the week.

FRENCH *from page 1*

Waidelich was shocked at the level of student involvement at this year's cleanup.

"I was a little worried about the weather, I knew it was going to be chilly and a little rainy," Waidelich said. "It's a Saturday morning too, and that tends to deter people. Overall we had a good turnout. Sometimes we operate within the college and it would be nice (for) us (to be) more active in the community, though."

Elizabeth Dyer, '25, was eager to sign up when SEA opened up the Google form.

"I have some really great memories for much of the years that I've done the cleanup," Dyer said. "I think it's a really great way to have hands-on experience especially as an ESS (Environmental Science and Sustainability) major."

In the future, the French Creek Conservancy plans to host more stewardship events along with the trash cleanup. According to Walker, there's not much trash left along the watershed. In a few more years, if engagement stays the same — or even increases — the trash is expected to be almost completely cleaned up.

"The amount of trash is decreasing each year," Walker said. "We want to try to include more tree planting and activities associated to involve as many volunteers as we can."

Weyel is excited to plant more trees on his estate. He has over 2,000 trees planted now, and he said he would love to keep up with it. He also plans to add trails along the property, and eventually open it to the public.

Weyel hopes for students to keep making a difference.

"Don't let yourself be talked out of your beliefs," Weyel said. "Holding on to your beliefs becomes more difficult but hold on to them. Know in your heart it's true and don't be dissuaded."



BEN STAVNEZER/THE CAMPUS
At the Weyer Estate, students unearthed trash ranging from car batteries to metal plates.



BEN STAVNEZER/THE CAMPUS
While some students worked in the dump on Weyel Estate, others worked along the bank of French Creek, gathering garbage into trash bags.



JAY SHANK/THE CAMPUS
Students gather large pieces of debris in a red pickup truck trailer, which will properly dispose of the trash after the event. Some of the trash was so large it required two students to move it.



BEN STAVNEZER/THE CAMPUS
Two students work to pry a leg off of a table that was collected during the French Creek Cleanup.