

‘Campus-Care’ for all

By **ELANOR BONTA**
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Dean for Student Life Trae Yeckley and the Student Life team introduced CampusCare — a new mental and physical health resource for the student body — on Wednesday, Feb. 1.

“I’m really excited about CampusCare so students have the option to utilize this service anytime, day or night, from the comfort of their room or somewhere else,” Yeckley said.

CampusCare is a 24/7 telehealth company used by colleges across the U.S. The service is free to students, with each student having 36 available sessions annually.

“The thing that we’re most excited about is the fact that it is 24/7 access to virtual mental health and medical care,” said Yeckley. “So students are able to text into the app saying, ‘Hey, I’m feeling a little depressed,’ and they automatically get connected with a physician who’ll check them out and then have a follow-up virtual therapy appointment and go from there. There’s even the opportunity of some medication management through that as well because you’re working with a physician and a mental health provider.”

In this regard, CampusCare serves as an extension of the Counseling and Personal Development Center as well as one to Winslow Health Center, according to Yeckley. Students can text symptoms pertaining to their physical illness and then connect with a physician who can offer a diagnosis and prescribe antibiotics, for example, to be picked up immediately from a local pharmacy.

A large reason that telehealth is a “necessity” on campus is the country-wide shift of mental health professionals leaving in-person offices for the online therapy format, according to Yeckley.

“Prior to COVID, you had to have special certification in order to provide virtual therapy and not a lot of insurance covered that,” Yeckley said. “But since COVID hit, everything went virtual. A lot of mental health practitioners have moved from in-person counseling to virtual counseling because it’s more cost-effective for the clinician. If they can work from home without having the costs of having to rent the office space and hiring people to manage phones while also working in the comfort of their own homes, it inclines clinicians to move their work.”

This shift has been taking effect on the student body, according to Ethan Borsh, ’25.

“The school is in a tricky position,” Borsh said. “It’s a series of unfortunate events with COVID and then counselors leaving and going to different places.

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Alumni donations fund renovation

Baseball field to be rededicated to Robert Garbark, ’32



Photo contributed by **BRANDON CRUM**

The baseball field at the Robertson Athletic Complex mid-renovation on Friday, Jan. 13. The project began in November 2022, and the finished field will be turf — a welcome change for the team.

By **KYLE CHANDLER**
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Throughout the 119 years of baseball history at Allegheny College, players have dug their cleats into sand, silt and clay. Now, the team will get to experience what it is like to consistently compete on a turf field in 43 days when they play their home-opener against Houghton on Saturday, March 18. The community is buzzing with elation.

“I think there is a snowball starting

to form,” said Head Baseball Coach Brandon Crum. “It is starting to roll downhill with excitement because it is starting to get real.”

This design has been in the making for years. It is not a walk in the park to find the funds, develop designs and take care of all other logistical measures to bring a project as major as this to fruition, according to Director of Athletics and Recreation Bill Ross.

Despite the longevity of the proposal, the renovation has swiftly gone from a pipe dream to reality.

When Ross was in charge of the facilities at the college, he saw all the problems of playing baseball and preparing for a home contest in the northeast. The college knew change was needed — and soon.

“I have tons and tons of pictures showing (players) wading in over ankle-deep water, trying to get water off the field,” Ross said. “They were out there shoveling the snow off the tarp, dumping it and making a huge mess all around the perimeter of the field.”

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ISLAMIC AWARENESS WEEK



ANNA WESTBROOK/THE CAMPUS

Islamic Cultural Association Event Coordinator Shafia Bhatti, ’25, laughs at Freya Lindqvist’s, ’25, expression after she sees herself in a headscarf for the first time on World Hijab Day on Wednesday, Feb. 1. This was the third event of Islamic Awareness Week hosted by the ICA.

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ASG outlines future plans

By **ROMAN HLADIO**
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Though the weather may be getting colder, the semester is only heating up.

Twenty-six Allegheny Student Government cabinet members and senators trekked to the Henderson Campus Center for general assembly on Tuesday, Jan. 31. Though the meeting was short — clocking in at 19 minutes — the cabinet and class presidents burned through a wide array of topics, including Board of Trustees’ meetings, the return of “Late Night Kinz” and the first rumblings of a senior week schedule.

ASG President Veronica Green, ’23, continued a conversation from last week, announcing that she had presented her research on the cost of meal plans at Allegheny and similar local institutions to the Board of Trustees.

“I told them about the comparable options that we have to other institutions. I said that four out of the six that I presented have all-access food plans, and a big question that the Board of Trustees had was, ‘Why wasn’t this a part of negotiations with Aramark to begin with?’” Green said during the meeting.

Green said she hopes any further discussions regarding changes to meal plans occur before May.

“I do think that meal plans have to be put into a contract, and the contract is up for renewal in May.”

Green further explained that she also pitched a “swipe-dependent” meal plan while talking to the trustees, under which Munch Money would be used only in markets and Bento Sushi — which is a licensed contractor and not a traditional, Aramark-owned station. Green implied that the trustees liked the idea, but there was no firm decision made.

Quigley Auditorium has been reserved for the ASG presidential debate on March 14, according to Parliamentary Ankitha Pamula, ’24. Pamula and Attorney General Abigail Estrada-Hernandez, ’25, both announced that they will continue tabling in the campus center lobby on Monday, Feb. 6, Wednesday, Feb. 8, and Friday, Feb. 10, to publicize the upcoming elections.

Director of the Treasury Adrianna Solis, ’23, announced that the check form has been redesigned at the behest of many club leaders.

“It’ll make things on the financial services side a lot easier, which means processing will be faster, and it will also keep clubs from complaining,” Solis said.

The assembly approved \$2,125.19 from the general fund for use by Bike Share, Bird Club and ASG; \$54.46 from the surplus fund for outstanding Outing Club expenses; and \$1,156.30 for use by Black Girl Magic and the Association for Asian and Asian American Awareness, totalling \$3,336.05 for the week.

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ELIMINATE STUDENT HUNGER

Many Allegheny students are suffering from a lack of food security on campus, argues William Lowthert, ’24. Still, he believes a solution is within reach.

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THE ODDFELLOWS DILEMMA

The home of the English and Philosophy and Religious Life departments is not long for this campus, according to Allegheny’s 2019 master plan. What does its demolition mean for the chimney swifts that call its reaching chimneys home?

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LICHINA APPOINTED SOCCER HEAD COACH

Since graduating from Allegheny College in 2014, John Lichina has had a number of coaching positions, including several at Allegheny. Now, he is the soccer team’s head coach.

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FRIDAY



H: 13° L: 6°

Snow: 37%

Sunrise: 7:30 a.m.

Sunset: 5:38 p.m.

SATURDAY



H: 28° L: 25°

Snow: 3%

Sunrise: 7:29 a.m.

Sunset: 5:39 p.m.

SUNDAY



H: 42° L: 28°

Snow: 39%

Sunrise: 7:28 a.m.

Sunset: 5:41 p.m.

ISLAM

from page 1

By ANNA WESTBROOK
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The Islamic Cultural Association hosted five events to showcase the varying characteristics of Islam during its annual Islamic Awareness Week from Jan. 30 to Feb. 3.

“Having Islamic Awareness Week is important because it gives Muslims, especially on campus, (space) to showcase what the religion is and to educate people about our religion,” said ICA President Hanan Hamed, ’25. “Not a lot of people or even in the world know what the religion is. I hope out of this whole week, at least a few people can learn something new about the religion — something positive.”

The first event of the week was the Dua Roses event, where members of ICA handed out duas attached to roses to students in the Henderson Campus Center. Dua is the Arabic word for “prayer,” which can be invoked during any and all occasions. The ones being handed out to students were meant to be saved for when students needed

help studying or gaining knowledge. Hamed hoped that the event would educate students about what a dua is and its significance in Islam.

The next day, The Watan Band performed on a stage set up in the lobby of the Henderson Campus Center as students wandered in and out during the evening. The band specializes in traditional Syrian music for the oud — an instrument in the lute family — and percussion. The group is composed of three Syrian immigrants who now live in Erie.

“We had that idea of inviting them over because we wanted to show the campus more traditional Arabic music, since it’s not something that you hear a lot,” said ICA Vice President Charisma Tesch, ’23. “We wanted to have some people who grew up with the music sharing their culture with us, and we want to share that with the campus.”

In celebration of World Hijab Day on Wednesday, Feb. 1, ICA partnered with the IDEAS Center and International Club to host an event about the hijab.

“We’re just going to try to educate people on, first-off, what is

the hijab and how different regions where the hijab and really what the hijab means,” Hamed said. “There’s a misconception that when we say the word ‘hijab’ we usually think of it as a headscarf. But hijab just means ‘to conceal,’ I believe, or ‘to veil.’ And so hijab can also be applied to how men in Islam wear things.”

Attendees wandered between informational boards explaining key components of hijab, a table bearing Islamic snacks and volunteers offering headscarves to any who wanted to try one on. Members of ICA fielded a variety of questions from students, after ICA leaders opened the event with an invitation to do so.

“It’s important to remember that hijabi women can’t be expected to be the perfect example of Islam,” said ICA Events Coordinator Shafia Bhatti, ’25. “We’re not always wanting to answer your questions. That’s why this is specific space to learn about this part of Islam and ask us questions.”

On Thursday, Feb. 2, ICA held a ‘Date-Night’ that focused on the importance of dates and other fruits in Islam.

The last event of the week on Friday, Feb. 3, will add onto the discussion ICA started during World Hijab Day by exploring how modesty is an important standard for both sexes in Islam, not just women.

Islamic Awareness Week is ICA’s main event they organize

for students during the year.

“I think it’s important because even people being accepting and whatnot, there is just not a lot of knowledge that’s taught to, I feel like, most of America — at least not to me where I grew up,” Tesch said. “It’s important to expose people to the religion

so that they’re not going their whole life only hearing what they (hear) in the media or what they hear by word without ever meeting someone who is Muslim or being exposed to the importance in it. They get to learn a little bit about what’s important in the religion.”



ANNA WESTBROOK/THE CAMPUS
Bhatti reads a dua in Arabic out loud to ICA Vice President Charisma Tesch, ’23, during the Dua Roses event in the lobby of the Henderson Campus Center on Monday, Jan. 30.



ANNA WESTBROOK/THE CAMPUS
The Watan Band performs traditional Arabic music in the campus center on Tuesday, Jan. 31, the second day of Islamic Awareness Week. The band members grew up in Syria but immigrated to the U.S. when the Syrian Civil War broke out.



ANNA WESTBROOK/THE CAMPUS
ICA President Hanan Hamed, ’25, puts a headscarf on International Club President Lucia Juegen, ’24, during ICA’s event on World Hijab Day on Wednesday, Feb. 1. Attendees were given the option to try on a headscarf and learn about the significance of hijab in Islam.



ANNA WESTBROOK/THE CAMPUS
Syd Hammerman, ’25, (left) and Lauren Nevill, ’24, (right) admire their headscarves in celebration of World Hijab Day.



ANNA WESTBROOK/THE CAMPUS
Arabic Language Teaching Assistant Ghofrane Essaied serves traditional Middle Eastern food to Nic Ingerson, ’25, during The Watan Band performance. Attendees were given rice, falafel, beef kebab, hummus and pita bread.

CARE

from page 1

However, I think we desperately need in-person counselors, too. I’ve had several friends who need in-person help and can’t get it.”

CampusCare is not the only resource being planned — the college is making an effort to create contracts with local therapists and companies as off-campus possibilities for students to combat “limitations with the CPDC due to the way the mental health profession is moving to online,” according to Yeckley. Combining free, in-the-area therapy and the Gator Shuttle, in-person therapy is likely to be more available than last semester.

“I’m glad that the choice of telehealth therapy exists for those who prefer it, and I can see the appeal of wanting to

stay in your own room during a session,” said Corey Kay, ’25. “I know that for myself and many others, in-person counseling and therapy helps a lot more because we can establish direct communication with someone who can see us. It brings that human element of counseling that can be lost when you speak

through a screen, which is why I’m hopeful for more in-person counselors for students.”

Both CampusCare and the contracts with local mental health care providers are just the beginning of a new Student Wellness Action Plan that is in the works. Having more student resources are “building blocks to

what students are asking for,” according to Yeckley.

“So we talk about wellness on campus, and a lot of it has to do with mental and physical health,” Yeckley said. “We’re really excited to expand that to include things like spiritual wellness. We’ve had students ask about having some seminars on technology wellness and setting boundaries with technology. We’re at the beginning phase of actually putting it together with our Associate Dean of Wellness stretching her back. She’s been talking with different student groups and RAs as to what wants to be seen. We’re really excited about the Student Wellness Action Plan and all of the resources we’re focusing on giving students.”

ASG

from page 1

Class of 2024 President Juliana James announced that Jahyra Williams, ’24, collected signatures to petition for the return of Late Night Kinz. This weekend tradition persisted through Parkhurst’s time at Allegheny, and brought specialty finger food to McKinley’s Food Court between about 10 p.m. and 2 a.m. over the weekend.

“She’s really trying to bring this back because it would just increase student engagement and give us something to look forward to on the weekend,” James said.

Director of Sustainability & Environmental Affairs Haley Hersh, ’23, said that she and other ASG volunteers will be tabling and handing out free reusable bags in the campus center from Wednesday, Feb. 15, to Friday, Feb. 17, from 11 a.m. to 1 p.m.

Also, Chief of Staff Ray Colabawalla, ’25, announced that GatorCon would be pushed back one week — from Sunday, April 2 to April 9. Colabawalla explained in an email that there was already a play scheduled to be held in the Vukovich Center for Communication Arts’ Gladys Mullenix Black Theatre on April 2.

Class of 2023 Vice President Jasmin Meyer Jaafari announced that the class of 2023 is in need of volunteers to help plan senior week.

“It’s going to be a lot of work and the administration is not helping us, so if anyone would love to donate some time and help me plan some things, that would be so amazing,” Jaafari said.

The meeting concluded at 7:49 p.m.



The thing that we’re most excited about is the fact that it is 24/7 access to virtual mental health and medical care.”

—TRAE YECKLEY
Dean for Student Life,
Allegheny College

Middle States to visit soon, final result expected in June

By **HASSAN JAVED**
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Allegheny College’s one and a half year reaccreditation process is nearing completion with the Middle States Commission on Higher Education’s final report expected before the next academic year.

The college’s bid for reaccreditation started in June 2021, before fall 2021. The process will officially conclude around June 2023, with the release of the Middle States report. Past reporting on the reaccreditation process is available on the campus’ website.

On Thursday, Feb. 2, the steering committee — the group of administrators, faculty members, staff members and students leading the process — released the final self-study report to the campus community via email. The final report has come after a working draft of the self-study report was released last semester. Feedback from the college community was welcomed via an online survey.

The working draft and feedback form were made available

through an email sent by the steering committee on Oct. 5, 2022.

Community feedback was considered and incorporated into the self-study draft before the first external committee visit by Middle States’ representatives in November 2022, according to Co-Chair of the Steering Committee Associate Provost Jennifer Dearden.

“Unfortunately, there wasn’t much engagement with the survey form,” Dearden said. “However, many people wanted to hear more about the people that make Allegheny what it is in the report. Other feedback was mostly about formatting, structure and fact-checking the information we had included in the report.”

President of St. Elizabeth University Gary B. Crosby is the chair of Allegheny’s reaccreditation external committee and conducted his initial visit to the college in early November 2022.

Crosby’s impression of the campus was positive, according to Co-Chair of the Steering Committee and Professor of History and Global Health Studies Kenneth Pinnow.

“The external committee will be here for up to two and a half days at the end of March. We haven’t worked out the visit’s itinerary quite yet, but I presume the visit is to take place between March 25 and 27.”

—JENNIFER DEARDEN
Associate Provost,
Allegheny College

working groups that worked on individual chapters within the self-study report.

According to the Allegheny College Middle States website, four groups, which included overseeing faculty and administration members along with students, were implemented to focus on four of the five chapters in the self-study report.

The report itself contains an introductory chapter written by Dearden and Pinnow, along with the four aforementioned chapters that are predominantly written by the working groups, but include an executive summary by Dearden and Pinnow.

“Originally, we wanted to complete the report (earlier) and then host an open community session by the end of the week,”

“(Crosby) visited for a day and a half and got to speak with a number of students and other community members,” Pinnow said. “He seemed very pleased with the way things were going.”

Crosby identified that the senior comprehensive project was distinctive to the college and that the students he spoke to seemed very passionate and proud of their work, according to Pinnow.

“In our final report, after taking the feedback from community members and Dr. Crosby, we have tried to highlight the comp,” Pinnow said. “We want to make the report as comprehensible as possible.”

Crosby was also impressed by the diversity of perspectives represented in the self-study report. Pinnow associates this with the

oral report. “It is true that we won’t have a lot of time to consider a response to the oral report,” Dearden said. “However, if we choose to write one, it will be included in all of our files that will be presented to Middle States.”

Dearden and Pinnow said that the steering committee will inform the campus community of the external committee’s visit in March so that everyone can expect visitors.

“Although we aren’t looking for anyone to act differently when the external committee visits, we just think it’s important for people to know that we will be having visitors so that any confusion can be avoided,” Pinnow said.

Allegheny obtained its previous reaccreditation in 2013. In the past, reaccreditation has been required every 10 years, though this has recently changed.

“Middle States now requires the reaccreditation process every eight years (as) opposed to 10,” Dearden said.

Pinnow said that since the next reaccreditation date will be 2031, the process is likely to begin again in the summer of 2029.

FIELD *from page 1*

Many challenges of field maintenance, especially those caused by inclement weather, will be resolved with the new field.

Adding to how rough playing conditions can be in Meadville, last year the team was voted to be in the top 25 for Division III baseball more times than they had practices outside.

The field will be named after former Head Coach Robert Garbark, ’32, who was inducted into the Allegheny Hall of Fame in 1980. A few of his many accolades include being the first All-American at the college, earning the All-Tri-State Award in basketball and football, and ranking third for 45 years among Allegheny’s all time scoring list as a fullback.

Garbark also played in the Major Leagues for seven seasons. He spent time in Cleveland, Boston and Philadelphia. During the prime of his career, he was also a member of the Chicago Cubs championship team in 1938. He totaled a career .248 batting average across 145 total games, according to baseball-almanac.com.

When his playing days were over, Garbark returned to his alma mater, again embedding his legacy within the Gators’ culture by serving as the head baseball coach from 1947-78. He led his team numerous times to the top of the Presidents’ Athletic Conference. Under his reign, the Gators seized 14 of 20 PAC titles between its inception in 1955 and Garbark’s retirement, including a run of five straight championships from 1960 to 1964.

Athletes cherished playing for him, and the field renovation

project was started to honor the footprints he left behind, forever remembered by generations of the Allegheny family as an icon.

“(He was) a coach that really is legendary in the sense of the love that everyone who played for him had,” Ross said. “Once you start uncovering all that and looking into it, it is like, ‘Yes, this is a person that deserves to be honored on our campus.’”

It was by chance that Ross was with an alumnus one afternoon and happened to mention Garbark’s name. Ross explained that someday the school would like to do something for Garbark by upgrading the field. The alumnus jumped on it right away, saying he would donate funds to the cause if this idea came to life.

From there, things took off. Many other alumni, former players of Garbark and more recent graduates were willing to step in and make sizable contributions to the baseball program. They provided the main source of capital for this field to be installed.

Crum has been working behind the scenes to involve alumni and was regarded by Ross as an exceptional coach who was eager to lend his hand in the fundraising efforts. He has recruited 12 alumni who represent each five-year period of the program’s history dating from 1970 to 2020. Together, they have worked strategically to connect with even more former teammates to get as many people on board as possible.

“I recognize that they would not be willing to advocate for this kind of commitment if they did not believe in me and the vision I have for the program,” Crum said. “I cannot express

to you how much their support motivates me to see this project through. We are building a beautiful baseball park. I know they will be proud of the enhancements.”

Renovations started in November 2022, with Playing Surface Solutions beginning their work heading into winter. They have worked through tough weather conditions to ensure the field will be ready to go in March, and soon the first strips of turf will be laid down.

In addition to the work being done on the infield, the dugouts will also be pushed back into the surrounding hill that engulfs half of the ballpark. Furthermore, the backstop will no longer be supported by a damaged chain-linked fence, but will instead encompass a more professional look similar to a Major League field.

“That is one of the most picturesque settings for a baseball field that I have seen,” Ross said. “It is going to be a great spectator-friendly facility, and very nice to look at.”

Despite the forthcoming changes to the baseball field, the renovations have stirred up nostalgia among team members, who will never forget their own experiences maneuvering through their swamp.

During tarp duties last season, there were not enough players due to class commitments to pull the cover across the infield. Crum had to get involved. While everyone worked to make sure the infield would be protected from an ensuing storm, a gust of wind picked up and lifted Crum off his feet.

“I just remember holding the tarp and looking over and see-

ing Coach Crum in the air,” said starting pitcher Conor Deasy, ’23. “He did not have the most graceful fall down.”

For Crum, dragging the dirt after games and practice allowed him to collect his thoughts before addressing the team. It was a time for him to reflect, but he also took pride in manicuring a natural field, despite the Meadville climate calling for other agendas.

During one of the last games of the regular season a year ago — which ended up being one of the last games the Gators would ever play on the dirt field — a photographer took a picture of Crum with his son and daughter all dragging the field together. After years of doing it by himself because the kids were too young, it provided him with a scene he will never forget.

With the team returning to the PAC for the first time in almost 40 years in addition to their new home field, hopes are high for the team to perform well. They are considered by many among the league as conference favorites; however, they will have to back up their high reputation with good play on the field.

“I think this shows signs of strength, and where we are going,” Crum said. “This field and this enhancement is going to prove to be one of the better investments we have made here at this institution on the athletics side. It gives the whole Robertson complex a fresh look. When you pull around the bend you are going to see this brand new baseball field and it is going to give people excitement for what is to come on the diamond this spring.”

THE CAMPUS

Since 1876

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Campus hunger can be eradicated today with Cole's support

By **WILLIAM LOWTHERT**
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Colleges and universities are facing a hunger epidemic. Over the last decade, numerous reports have shown that 20% to 45% of college students are food insecure.

Allegheny College itself is not immune to this crisis. A study published in 2020 found that 29% of Allegheny student-athletes reported being food insecure. Since 2020, a lot has changed at our college, but the issue of hunger has not gone away. Through the use of student enrollment numbers, demographic data and national studies on student food insecurity, it can be roughly calculated that Allegheny has a potential student food insecurity rate as high as 38% — almost four times higher than the national average of 10.2%.

Campus hunger is an alarming issue. Studies have shown that food-insecure college students are more likely to be depressed, have anxiety, be sleep-deprived, binge drink and have poorer health. They also frequently lack the energy to focus on their exams, classes or assignments, leading to them having lower GPAs and higher dropout rates than their food-secure peers. The difficulties that food-insecure students face add to the challenges that nontraditional, minority, LGBTQ+, low-income and first-generation students already face when obtaining a degree, as they are disproportionately more likely to face hunger in college.

Until this academic year, discussion around hunger at Allegheny has been largely limited, which is not surprising,

as the issue is mainly invisible and extremely difficult to discuss. Research has shown that food-insecure students are ashamed to ask for help from their peers, family, faculty or staff. Furthermore, food-secure students are afraid to embarrass their food-insecure friends by offering help. Unfortunately, the current culture across different campuses — including Allegheny's — has normalized the starving college student lifestyle, which has left hungry students to suffer in silence.

Student action at Allegheny is growing to meet the magnitude of the hunger situation, as the issue has become a prominent point of discussion in Allegheny Student Government, but President Ron Cole, '87, and his administration have been slow to react to the problem. They have made some strides, such as working with Aramark to begin accepting meal swipes at McKinley's Food Court but could be doing much more to address this campus hunger crisis.

To begin with, the meal plan structure on campus needs to change. With ever-increasing prices at McKinley's, the meal plans no longer provide their intended number of weekly meals. For example, I am on Meal Plan B, which allots me seven meal swipes and \$90 of Munch Money a week. This plan is supposed to get me 15 meals per week but usually gets me around 13 instead.

Using a similar calculation, Plan A offers only 17 meals a week instead of 20, and Plan C provides only around nine weekly meals instead of 12. These calculations also assume that a student is not purchasing any snacks or drinks from AC Express or Pine Market,

“

It can be roughly calculated that Allegheny has a potential student food insecurity rate as high as 38% — almost four times higher than the national average of 10.2%.”

—WILLIAM LOWTHERT
Class of 2024

meaning that the number of meals each plan offers is likely even lower.

In short, while the prices of the meal plans have stayed the same, the number of meals they offer has decreased. Consequently, more students have to supplement their weekly meals by cooking or eating out. Many students, especially those from low-income backgrounds, do not have the excess money to afford groceries or takeout, especially after paying for a meal plan. Furthermore, with our campus being a 15-minute walk to the nearest grocery store and having less-than-ideal transportation to downtown Meadville or Walmart, it seems unrealistic to expect that students can easily access off-campus food sources. There is also the issue that most residential spaces on campus do not have the kitchen capacity or quality to accommodate the number of students who are expected to cook in them.

To reduce food insecurity on campus, administrators need to ensure that, at minimum, the smallest plan offered allows a student to consistently access at least 14 meals a week, two meals a day. With this reform, Allegheny must also ensure that the prices of the meal plans do not increase, and if they do, the college must begin subsidizing their costs

for low-income and Pell-eligible students. Furthermore, the food served on campus must be nutritious, healthy and palatable while also meeting students' cultural, religious and dietary needs — a standard it currently fails to reach.

The administration also needs to implement more support mechanisms for food-insecure students. Our campus lacks a center that supports students' socioeconomic needs, like hunger. No one on campus is dedicated to helping students fill out applications for the Supplemental Nutrition Assistance Program or helping them connect to a local food bank. When students raise concerns about being hungry, they are told to fill out a Gator Success Grant, but this grant is a Band-Aid rather than a sustainable solution to on-campus hunger.

Allegheny should establish a new center run by Student Life that acts as a resource hub administering information, services and assistance to hungry students. After the center begins offering these services, an effort must be made to advertise them to the Allegheny community, ensuring that students, faculty and staff know where students can obtain help if they are hungry.

This center should also adopt ASG's food pantry. While doing a lot of good,

ASG's pantry is not sustainable in the long run and would have a much better home in Student Life as more resources, time, funding and energy could be given to it. For example, an empty office space could be converted into a pantry room, allowing the placement of a fridge and the distribution of fresh produce, which is currently lacking in ASG's pantry. The center could also easily partner with local or regional food banks, helping ensure the pantry is consistently stocked instead of the current system of relying on limited ASG funding and infrequent community donations to fill its shelves.

By implementing some of the recommendations above, Allegheny will take meaningful steps toward being classified as a Hunger-Free Campus by the Pennsylvania Department of Education and will join the ranks of other institutions like Westminster College, Bucknell University and Muhlenberg College. In addition, by obtaining this designation, Allegheny will have access to state-provided grants that would allow the administration to continually fund anti-hunger initiatives on campus.

Cole and his cabinet alone cannot solve the national issue of college hunger — only a combination of state, federal and on-campus policies could do that — but it is within their power to address current campus policies and procedures that perpetuate the problem at Allegheny. As long as hunger remains a prominent issue at our college, the administration has a duty to us to explore ways to adequately address it. I am hopeful that Cole hears, understands and respects our concerns and will begin working to eradicate hunger at Allegheny.

'Paying' attention

In the modern focus crisis, we are all complicit

By **SYDNEY EMERSON**
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In 2020, a lot of us were surprised to learn that the old adage “avoiding such-and-such like the plague” held no water. People do not, it turns out, avoid the plague. In fact, they willingly put themselves in its way. They refuse personal protective equipment like masks and avoid vaccinations like ... well, something other than the plague. The reasonably anxious and safe among us were aghast. “How could others be so careless?” we asked. “Do they not see the danger ahead? The barrel of a gun we’re staring down?”

We asked all of this from our high horses, unaware that the vast majority of us have been ignoring a plague for decades now. I’m talking about another global pandemic — the commodification, division and exponential shortening of the human attention span in the twenty-first century — an airborne virus in the face of which we all rip off our masks and inhale deeply.

Almost everybody today laments the loss of their ability to focus deeply. It’s not a hollow complaint — writer Johann Hari claims that, statistically, modern teens focus on a single task for an average of 65 seconds before switching, while office workers are able to maintain an average of three minutes of sustained focus. In the face of these metrics, we should all be worried. Human attention is the most valuable natural resource on the planet right now. It’s what every industry is clamoring for, in one way or another.

Take, for example, a typical day for a typical American right now. From the moment Typical American wakes up,

TikTok keeps them scrolling with its personalized algorithm. Typical American listens to a podcast at the gym and scrolls Twitter or Instagram between sets, then starts another podcast while in the shower. Typical American goes to the office — metaphorical or literal — and dives headfirst into a disorienting eight-hour-long roller coaster ride of emergent tasks: an email every ten minutes, Zoom meetings on the hour, five projects on the go at once, urgent texts from the kids, phone calls to field and Facebook posts to like during lunch. Typical American goes home, exhausted. The kids watch YouTube on their iPads while they eat, and Typical American watches cable news or maybe a few episodes of something on Netflix. They think about how their bookshelf needs to be dusted. Then they watch a few more TikToks and take a scroll through Reddit. Before going to bed, they lament how tired their mind feels, how fast and distracting the day seems. They desperately wish for their focus back. Then they fall asleep with their phone in hand and the TV on.

Class, what did we notice from this little fable? What information did we glean from the text? What did we learn about this character? From this character? You likely skimmed it. Don’t worry; Typical American would skim it, too. Go back and read it again, slower, and then report back here. I’ll be waiting for you.

First things first: Typical American seems to lead a monotonous, demoralizing life. They long for a return to the “good old days” of reading for pleasure and unbothered, unstructured work time. Yet, while they are participating in this yearning, they are also participating in the distractions. Why? Then,

there are the distractions themselves. Some of them are unavoidable; they are other people intruding into our days, requesting help, requesting conversation, requesting work. Try as we might, we can’t control others. But there are other distractions that are wholly in our own courts: the social media apps, the YouTube videos and ceaseless notifications. There’s a sort of addiction going on here, or possibly some sort of Stockholm syndrome. We hate distractions and we can’t stop allowing ourselves to be distracted. The cycle continues until the end of time: we’re distracted because we’re distracted because we’re distracted because we’re distracted.

An important part of our cognition — especially important to mine, being a writer — is allowing our minds to wander. Mind-wandering is the reason why we always have our best thoughts in the shower, on a walk or when we’re trying to sleep. Crucially, mind-wandering is a different process from distraction, though we often think of them as one and the same. It is that unstructured free time where we unburden our minds from distracting, emergent tasks like phone notifications and work projects to instead hop from thought to thought. It is the time when we really chew on the issues nagging at our subconscious minds. It is a vital process for any sort of creative, professional or hobbyist, and more often than not, it is the first thing to go in our world where the work-life balance has turned into the work distraction-voluntary distraction tightrope act.

Mind-wandering was the first thing to go during my own attention crisis, and eventually, the idea of regaining it was the thing that convinced me to once more take control of my focus. Unfortunately, those who feel responsible for their inattention still seem to be in the minority.

Tristan Harris, a technology ethicist, testified before Congress in early 2020 that “we are the free ‘gig workers’ of the attention economy.” Sometimes, I think



SYDNEY EMERSON/THE CAMPUS

we neglect to acknowledge that we signed up to be these “gig workers” and have the power to quit this metaphorical job, at least in some respects.

Part of the problem, for sure, is purely neurological. As Harris highlighted in his testimony, “What we call addiction is when technology manipulates and deceives our dopamine reward systems ... our physiological workings of habit formation ... our reliance on stopping cues ... and manipulation of vanity and desire for attention from others.” We cannot help it to a point, the same way that a smoker cannot help but crave nicotine and Scooby-Doo begs for Scooby Snacks. But, to me, that’s not good enough — smokers quit every day and Scooby-Doo wouldn’t have such a problem if the other members of Mystery Incorporated didn’t enable him so much.

There are steps we can and should be taking every day if we’re truly that worried about our shortening attention spans. That means turning off notifications, deleting social media accounts

and taking out the headphones, for starters. I get it — it’s hard. I’ve decoupled myself from these attention-sucking habits and I still have switched tabs and wandered away from this article about 30 times. It’s hard to break conditioning. It’s even harder when everyone else around you denies that these habits are part of the problem, when they claim that their daily scrolling is the only thing keeping them sane in such a busy, noisy world. We need to get over our fear of this incredibly hard work and roll up our sleeves, though, if the crisis is even half as severe as we make it out to be.

What does regaining our focus mean? It means admitting when we’re addicted and enabled. It means making our smartphones dumber and turning off the email notifications. It means removing ourselves from the incessant hustle that urges our society forward and walking our own slower, gentler path. It means setting boundaries and worrying less about what other people think of the way we live.

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Unitarian Universalists score solar panels with grant

By **ANNA WESTBROOK**
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The Unitarian Universalist Church in Meadville will now get most of its electricity from energy generated by the solar panels on its roof, thanks to the efforts of a small group of Allegheny students and faculty. Sustainability is a central theme of the Unitarian Universalists’ religious tradition, according to current board member of the church and Professor Emeritus of Psychology Joshua Searle-White.

“We’re very concerned with the state of the world and the state of society and the state of relations between each other,” Searle-White said. “It seems like solar panels is an obvious way we can do something that both would be helpful for us as a church and also be a statement to the community that says, ‘Look, we think sustainability is really important.’”

“

“What I hope is that this project provides an example of how a community can receive a service and students can receive an educational opportunity in a way that benefits both.”

—IAN CARBONE
Associate Professor of Environmental Science and Sustainability,
Allegheny College

Renewable energy is currently the cheapest form of power, according to the International Renewable Energy Agency. However, upfront installation costs can make it challenging for individuals and organizations to afford mak-

ing the transition from fossil fuels to renewable energy; this was the limiting factor for the church. The idea to install solar panels had been debated by the church’s boardmembers for a while, but was sidelined mainly due to its expense. When presented with the option to collaborate with Allegheny College to acquire the funds for the solar panels and install them, the church jumped at the opportunity. Associate Professor of Environmental Science and Sustainability Ian Carbone spearheaded the entire project. Carbone said that the solar panels he and his class installed will cover approximately 80% of the church’s anticipated annual energy use and save the church money in the long run. Carbone knew for years that he wanted to do solar panel installations with students and underwent several training sessions to get the necessary professional certi-

fications for solar design and installation. He also collaborated with community stakeholders during previous academic courses he taught in order to begin laying the groundwork for future projects. In the fall of 2021, Carbone

was awarded a small grant to teach ENERG 485: Applied Energy Analysis, a course focused on solar design. The class conducted an energy audit of the church and reached the unsurprising result that the church was not very energy-efficient due to its age. During the course, Carbone connected one of his students Joseph Pastorius, ’22, with the church’s board members. Pastorius then went on to design a solar plan for the building, which became the basis for the recent installation. With Pastorius’s design, Carbone, Searle-White, the Allegheny grant office and Church President and Allegheny College Vice President for Information Services and Assessment Rick Holmgren applied for outside funding to install solar panels on the roof of the church and were awarded \$44,750 from the Penelec Sustainable Energy Fund of the Community Foundation for the Alleghenies. Carbone registered the solar panel installation project as an ENVSC 590 independent study and sent out an email to students in the Environmental Science and Sustainability department advertising the experience. Ariana Clark, ’23, saw the email and thought it sounded like an interesting opportunity. “I always was intrigued by solar panels,” Clark said. “So I was like, ‘I want to do that. (I) don’t want to sit in a classroom. (It) sounds like a great cause.’ So I was like, ‘Why not?’” Olivia Ave, ’24, chose to participate in the project because she felt it would be beneficial for the Meadville community. “In a small community like

Meadville, they don’t have a lot of opportunities for sustainable development just because economically it’s not the greatest at times,” Ave said. “When they’re given programs like this, they actually have the opportunity to look into more sustainable options and actually be able to learn more about climate change and how they can make a difference. I think it’s very important that we provide opportunities like this for small towns.” When the fall 2022 semester rolled around, these students spent their Friday afternoons climbing up and down flights of stairs and in and out of windows to transport solar panels to the roof and install them. The installation team worked through multiple issues, like occupation of the church and unexpected panel layout misfits. “I’ve helped on solar installations, but this was my first time leading a solar installation,” Carbone said. “It was also my first time doing solar installation work with students, so the fact that it was new to so many involved meant there was problem-solving involved. What was really great about this bunch of students was they were engaged and smart and really willing to problem-solve and fix mistakes and figure out the best process as sort of a collaborative group.” Clark described herself and her fellow students as Carbone’s “busy-bees,” saying that they would follow his direction while completing the tasks at their own pace. Clark appreciated the space the project provided for her to learn technical knowledge in a unique way.

“If you asked me what the process is, I could not tell you,” Clark said. “But if you gave me some materials of what we were doing, I could be like, ‘Oh, this connects here and this connects here, which sends electricity here.” The electricity meter on the church is a net meter, meaning that it tracks how much energy the church consumes, as well as how much energy the church generates and sends back into the electrical grid. Over the summer months, the church will likely generate more energy than it consumes, according to Carbone. The excess energy will be sent into the electrical grid to be consumed by the church’s next door neighbors. The electrical company will take note of the excess energy the church sends into the grid and will give the church a proportionate discount on its winter energy bill, when the clouds and snow mean the solar panels will not produce as much energy. “One of the big things about solar power is I never thought it was doable in Meadville, and it turns out it is,” Searle-White said. “It’s perfectly doable.” After participating in the installation, Ave realized that she did not want to pursue a career in the physical installation of solar panels. However, the project affirmed her interest in sustainable development and her potential interest in helping to coordinate the logistics of similar projects. Searle-White said projects like these are invaluable for undergraduate students because there is no substitute for going out into the world, seeing how things work and applying

knowledge learned in the classroom with people in complex settings. “My big revelation was when I watched (the students) talking about what it did,” Searle-White said. “I had tears in my eyes because it was like, ‘Wow, these people are really getting a vivid education here.’ It’s a memory they’ll carry with them, but also practical skills and also an appreciation of how you have to kind of — you’ve got your ideas and then you have to go and you have to kind of flex them with the realities.” Carbone expressed similar sentiments to Searle-White and said that an additional important part of these types of projects is continuing to develop the relationship between the college and Meadville. “What I hope is that this project provides an example of how a community can receive a service and students can receive an educational opportunity in a way that benefits both,” Carbone said. In the future, Carbone plans to install another student-designed solar array for a local housing nonprofit called Common Roots on one of their low income rental properties. Searle-White gave special thanks to Carbone for leading the charge on solar installation in Meadville. “So much of this has to do with Ian’s willingness to think outside the box and willingness to kind of go the extra mile for students and for us too,” Searle-White said. “I think it shows what Allegheny students are capable of and it shows what Allegheny faculty are capable of. I think it’s great.” they descend into the structure. “The hope is that the swifts are going to be using (the Oddfellows) chimney, but if there’s a roost nearby, maybe they’ll be able to see the alternative chimney faster,” Heiser said. Both Miller and Heiser believe that the chimney tower could be an accessible place for students to study the bird population, either through lookouts or via cameras. “I think it would provide potential study opportunities for students in biology and environmental science,” Miller said. “It would be an interesting opportunity for students and for the campus to get to know the local bird population better.”

● ● ● The Oddfellows chimney swift dilemma ● ● ●

By **SAM HEILMANN**
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If you pass by Oddfellows Hall on a summer day, you are likely to hear a distinct chatter from above. Look up, and you may catch a glimpse of a small, gray figure swooping through the sky. Those sights and sounds come from chimney swifts, birds that — fitting to their name — reside primarily in chimneys. But you may not hear that distinct chatter coming from Oddfellows for long. According to the Allegheny Master Plan published in May 2019, Oddfellows will not be sticking around forever. The removal of Oddfellows, and therefore its chimney, would mean the displacement of the chimney swift population on Allegheny’s campus. The Master Plan was developed to “chart a course for Allegheny College’s physical development and commitment to sustainability over the next two decades,” according to its summary. The summary lists the removal of Oddfellows as a “Phase 2” project, designed to take place five to seven years after the implementation of the plan. It also cites the goal of the

project as one that will reduce square footage, thus reducing the college’s annual cost of ownership. Whether or not the building will be leveled in the next several years is open-ended, given the disruption caused by the COVID-19 pandemic. But the removal of the chimney does not have to mean the removal of chimney swifts from campus; there are solutions. Associate Professor of English John MacNeill Miller, who works in Oddfellows and is a Pennsylvania Master Naturalist, said that chimney swifts have already been declining in population in the past several decades. “In the last 50 to 80 years, changes in chimney architecture and changes in the use of industrial chemicals for pesticides and insecticides — combined with climate change — have all been affecting their populations negatively,” Miller said. Though the species is not classified as endangered, its decline in population is still something to look out for, and something that is strictly protected under U.S. law. “Back in the early 20th century, the Migratory Bird Trea-

ty Act of 1918 was passed to protect basically all migratory birds in Canada, the U.S. and Central America,” Miller said, “That treaty made it illegal to knowingly kill or disturb the nest of any native migratory bird, and that includes swifts.” So not only would the removal of the chimney be disruptive to the birds, but it would also have serious consequences for Allegheny. “If swifts are present and nesting or roosting in the chimney of Oddfellows during the time of demolition, that’s technically illegal,” Miller said. The solution, should the demolition move forward, would be to give the chimney swifts a new home, in the form of a makeshift chimney. This potential relocation is something that Bird Club’s president Joshua Heiser, ’23, is prepared to make happen sooner rather than later. “Losing the roost is something of conservation concern,” Heiser said, “so we as bird club are working to install a chimney swift tower.” As a Pennsylvania Audubon on Campus Chapter, Bird Club has made it their mission to create a new habitat for the birds, as well as raise awareness

about the birds and collect data throughout the relocation process. Each Audubon Chapter serves as “a student-run club working towards the Audubon Mission of protecting birds and the places they need,” according to the Audubon website. In this circumstance, the organization has provided guidance to Allegheny’s Bird Club in terms of where to best place the new habitat. “The main requirement for that site is that it has to be the tallest structure within a 25-foot radius,” Heiser said. The structure has to be tall enough so that the chimney swifts can circle down into the structure without obstruction from nearby trees or build-

ings. In terms of implementing the chimney tower, Heiser explained that there are just a few more steps until a new home for the birds is on campus. “We’ve already talked with (Director of Sustainability Kelly Boulton, ’02) and Physical Plant, and they’re both on board with the idea, so we’ll hopefully have that installed potentially this semester,” Heiser said. There are options when it comes to where the chimney tower would be placed. Some potential locations include the Oddfellows parking lot, as the birds would be familiar with the location. Another option is to place the chimney tower on top of a building, to further ensure the safety of the birds as

they descend into the structure. “The hope is that the swifts are going to be using (the Oddfellows) chimney, but if there’s a roost nearby, maybe they’ll be able to see the alternative chimney faster,” Heiser said. Both Miller and Heiser believe that the chimney tower could be an accessible place for students to study the bird population, either through lookouts or via cameras. “I think it would provide potential study opportunities for students in biology and environmental science,” Miller said. “It would be an interesting opportunity for students and for the campus to get to know the local bird population better.”



SYDNEY EMERSON/THE CAMPUS

Oddfellows Hall: the home of English, religious studies, philosophy and chimney swifts.

Community Partner Fair connects Allegheny College Students to Meadville community

By **ELANOR BONTA**
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Coordinators held a Community Partner Fair last Thursday in the Campus Center in order to spread awareness about the many volunteer, work-study and internship opportunities available to Allegheny students.

The intention for the fair was to inform students, not only those in the Service Leadership Program, about community programs they can become involved in.

“This fair is to expose Allegheny students to all the community partners that we have,” said Program Coordinator Sarah Young. “We have off-campus sites like (Fairview/Fairmont Apartments), (Family & Community Christian Association), Special Olympics, the MLK Program, and then we have on-campus sites like Food Recovery and Black Diamond.”

At the fair, several local community organizations had representatives with a wide array of information pamphlets, merchandise and displays of what their program do in the community.

“Whether it’s student employment, student internships, student volunteering — students can do service within leadership programs like and spend time at a site that interests them,” Colin Hurley, associate dean and director of community engagement, said. “It meets both the students’

and organizations’ needs.” Present organizations had booths that represented causes from wildlife preservation to Special Olympics to social justice causes. Arc of Crawford County and Tamarack were two of the many booths that gained a lot of attention from prospective student volunteers.

“We work with people with developmental and intellectual disabilities,” said ARC representative Aniya Harper, ’26. “So as a volunteer, the student will be facilitating arts and crafts or different things that get these people to interact with the community around them or (make) them comfortable. And sometimes the student will be responsible for teaching certain things such as basic financial skills and things of that nature.”

Tamarack is an organization that nurses and helps wounded animals such as birds, small mammals, reptiles and amphibians. According to Jess Schonbert, ’16, representative for Tamarack and one of the “bird doctors,” their focus is raptors.

“Our Allegheny students and any of our on-site volunteers typically are coming out to do daily animal care support,” Schonbert said. “Part of that is prepping diets and cleaning, which is something we always need. We train them on different animal handling skills, so things like actually picking up raptors and learning medical techniques and building animal care

skills. It depends on the student and their comfort level.”

Some Meadville programs at the fair were not only in search of volunteers, but also wanted to build their relationship with Allegheny College and make students aware of the fun activities available. For instance, the Meadville Public Library offered not only work opportunities, but library membership cards, among other merchandise.

“With the Meadville Public Library, we are aiming to be more engaged with the community,” said Head Librarian Gabby Miller. “I’m intentionally connecting with different parts. We’re trying to bring a potential book club to the college, which is so fun, and we’re bringing different volunteers in to do activities. We have so many things and we just want people to be really excited about the library.”

Community fairs have occurred in the past, although COVID-19 put the tradition on hold until now. Sometimes, these programs and activities have led to a lifelong career and passion. Schonbert, for example, became acquainted with Tamarack through Allegheny College.

“I actually was an Allegheny student from 2012 to 2016, and that’s where I initially got to know Tamarack,” Schonbert said. “I was a work-study student, but I worked alongside a lot of s, too, and was there the entire time I was a student here. I really discovered my love of wildlife.”

The programs available are tailored to the student body’s eclectic interests, but the benefits of these programs extend farther than just Allegheny students.

“I think this is kind of like a trifecta,” Hurley said. “There’re multiple needs being met. One is community building. We’re getting a chance for our community partners, many of whom work with us through (the) Service Leader Program and others, to become more well-known to Allegheny students. We’re getting a chance to have face time with students and staff.”

Even for the programs that require clearances or reimbursements, the office of student engagement and financial aid helps students, according to Hurley. With students who want to work with youth long-term, for instance, there are clearance requirements that need to be met in order to work with some organizations such as Family and Community Christian Association, but the school “builds a path,” for them to reach those requirements, according to Hurley.

“We have partners here recruiting for different things,” Hurley said. “We’re building that relationship within the community, something that is sometimes hard to do over email and phone. Community is a big part of a person’s identity, which is why this community fair is important.”



ELANOR BONTA/THE CAMPUS

Volunteers at the Family and Community Christian Association’s booth speak to students about working with young children.



ELANOR BONTA/THE CAMPUS

Sarah Young, Bonner program coordinator, catches up with Bonner students.



ELANOR BONTA/THE CAMPUS

Tamarack catches the attention of visitors with their American Kestrel, the smallest species of falcon.



ELANOR BONTA/THE CAMPUS

Allegheny students show interest in the Food Recovery Network, one of the many programs offered.

Preparing Gators for internships and beyond

By **MARIIA HLYTEN**
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The Career Education department is hosting “Adulting 102,” a second part of the “Adulting” seminar series. More than 90 students attended the first session in the Quigley Auditorium on Thursday, Feb. 26, to improve their Curriculum Vitae and have a free lunch.

Fostering analytical communication in applying for the internship or job is one of the reasons why career education created gatherings for Gators to come together and share their thoughts with experts.

Autumn Parker, ’16, associate director of alumni and employer engagement, said that career education should

coexist with the studying process. The Adulting 102 seminars are a part of the undergraduate living and learning environment.

“I think this is a great stepping-stone, building-block opportunity to make career education a campus-wide priority, and helping students to realize we’re not this scary entity, or they have to come and know everything,” Parker said. “We think we are partners. We genuinely care about just seeing you thrive as people, the professional component of your life.”

Gators expressed high interest in the career-readiness seminar. Preliminarily, 45 students registered for the event.

“We said if half of them show up, that’s a win,” Jim Fitch, associate director of career exploration, said at the

seminar. “There are 89 students there.”

To make the information clear, Career Education speakers started engaging the audience with questions to show the topic’s relation to real life. This time, they added a new feature to the program — small skits — which portrayed real behavior of students when applying for a job.

Fitch and Parker played roles of a student and a potential employer. While creating a scenario, they thought about interactions that students have both on campus and at job fairs with resumes and cover letters.

“We wanted to humanize this process,” Parker said.

They modeled the typical student’s behavior while applying and then contrasted that with something that

would be better.

“There are many job fairs that each of us have been to where we’ve watched the students do what I did with Autumn — they just stretched out their resumes,” Fitch said after their performance.

Attending Adulting 102 this semester could potentially bring \$1,000 to a student.

“For all of the students who attend four sessions, their names will be put into a drawing (for \$1,000),” Fitch said.

Parker explained why so much effort was dedicated to the creation of the skits and the seminar.

“We often so talk about career development and career readiness like it’s a separate experience from the undergraduate living and learning environment,” Parker said.

“Nearly 90 Gators showed up. That was a testament saying that they want to be involved in this process.”

Fitch mentioned that for the next sessions, they will try to recruit students to be in the skits. Parker is also convinced that a display by peers will be more relatable and accessible for gators.

“We would love to have students act in the skits rather than us,” Fitch said.

Despite having work experience previously, Tergel Buyanbat, ’24, decided to come to Adulting 102 and did not regret it. She called the skit “funny and attention-grabbing,” as well as informative.

However, both Parker and Fitch agreed that going to the rest of the workshops is not enough even though students find them useful.

“I think that the workshops themselves are like teasers,” Fitch said. “So the workshop today, hopefully, gave students enough information to get started with a resume and cover letter. It’s not exhaustive, but at least gives them something to think about.”

As an initiator of Adulting 102, Third- and Fourth-Year Class Dean Jonathon May advised continuing to attend the rest of the series since “it’s just the tip of the iceberg.”

The next three sessions will be dedicated to job interviewing techniques, the salaries and adjustment to a career post graduation — all these things are going to be critical to everyone’s success.

“The question is how the students will make a transition of gained information to a workplace,” Fitch said.

INVENTED ARCHIVES

By ROMAN HLADIO
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Community members mill throughout the Allegheny Art Gallery’s most recent showing, “Invented Archives,” on Tuesday, Jan. 24.



A Diana Sofia Lozano piece, titled “Defensive Masquerade,” hung suspended in the middle of the room.



Sam Ault, ’26, and First-Year Class Dean Niki Fjeldal read the description of Mitsuko Brooks’ mailed-to-self art works.



ANNA WESTBROOK/THE CAMPUS

Visiting Assistant Professor of Art Angie Jennings talks to Erik Anthony Berdis in front of one of Lozano’s pieces, titled “Epiphytic Pairing.” Berdis also had work on display in the gallery.

[FEATURES]

WARC gathers current and former DJs for 60th anniversary celebration

By EVELYN ZAVALA
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Allegheny College’s student-run radio station, WARC 90.3 FM, will be celebrating its 60th anniversary on Saturday, Feb. 4, in the Henderson Campus Center lobby from 1 to 5 p.m.

WARC General Manager Meredith Kyser, ’24, described the plan for the day and how they will involve alumni in the event.

“We are going to do interviews over the radio with them about old DJs that used to DJ for the radio station,” Kyser said. “Like some people graduated in the 70s and they want to be interviewed for it, which I think is really cool that they still remember what their DJ experience was.”

According to Kyser, the event will also have games, a table for people to sign up for shows, stickers, CDs and a wall where people can take a song that sounds interesting to them and then write down their new favorite song to put up on the board. Kyser said that WARC has been planning this event since before winter break.

WARC Music Director Olivia Monroe, ’25, outlined the importance of having a radio station at the college.

“I don’t want to call it a dying form of media but it is definitely falling out of fashion with younger generations,” Monroe said. “I think that having WARC at Allegheny and having a campus radio station is a really great form of self-expression that kind of exposes people to some-

thing they might not have otherwise been interested in.”
Bill Franko, ’76, hosted a radio show throughout all four of his years at Allegheny College and said how the experience changed his view on possible career paths for him.

“My work with WARC and at the play shop showed me that there are other types of work and other types of careers besides law school, med school and business school,” Franko said. “Then I got into being a film worker and made a career out of working theater, film and television that I never would have imagined as a freshman. WARC was one of the first steps towards finding a unique path.”

Franko expressed his excitement about attending the anniversary based on previous experiences with them.

“It will be a chance to catch up with some of the people from my era at WARC,” Franko said. “I love going back to Allegheny and I look forward to it every year. I want to mention that when I was a freshman we got T-shirts that said ‘WARC: 10 years in the making,’ and I wish I could wear it, but of course I wore it until it fell apart.”

Autumn Vogel, ’15, expressed that WARC has been a way for her to stay connected with the community as a Meadville resident.

“WARC benefited me as a student because it gave me two hours where I could do something that is fun and creative that isn’t in pursuit of a grade or degree,” Vogel said. “Now that I am out of school but live in the area, I listen to WARC so I know that

there is a connection to the Allegheny community.”

According to Vogel, WARC’s student-run nature has allowed for a lot of creativity and autonomy.

“I am thankful that it is still around, but I am not surprised,” Vogel said. “I think that it is valuable and an asset for students, it’s an outlet for students. As someone who is not a part of Allegheny anymore, it is also an asset to the community. I know people who have no affiliation with Allegheny who listen to WARC.”

Bob Smith, ’82, was the chief engineer for WARC and had a radio show. As part of the more technical aspect for WARC he was able to indulge in his interest with electronics.

“It was definitely the most valuable experience I ever had that basically affected my whole life,” Smith said. “When I arrived as a freshman I didn’t know anything about alternative radio and it was really eye-opening for me. It changed my musical world to this day and when I look back at my years at Allegheny, the best times that I had there were at the radio station.”

According to Smith, being part of the technical side of WARC as well as hosting shows made an impact in his life.

“The basics in audio and electronics carried with me throughout my life, and the musical aspect changed my whole perspective on music,” Smith said. “I made a lot of friends there who were very energetic and talented and I would love to see them again.”

..... Take a crossword break!

By SAMI MIRZA
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- Across**

7. Document laying out a timeline for removing Oddfellows Hall (Two words)

10. Short name for Allegheny’s accreditation agency (Two words)

11. ___ tower, possible new home for the Oddfellows swift population.
13. Building that will house the ASG Presidential Debate

14. Robert ____, whose name will adorn the renovated baseball field

15. New telehealth program being offered beginning Feb. 1.

17. President of Unitarian Universalist Church/Allegheny VP for Information Services and Assessment
4. Associate Director of Career Exploration

5. The reason for the baseball field’s renovation

6. The league that Allegheny’s Ice Hockey Club plays at.

8. Number of years Allegheny’s radio station has been on-air, spelled out
9. Allegheny’s radio station

12. Acronym for the home site for Allegheny’s Ice Hockey Club.

15. Dr. Gary B. ____, chair of Allegheny’s accreditation committee

16. Type of power now installed at the Unitarian Universalist Church

Ice hockey skates past opponents with playoffs near

By KYLE CHANDLER
Sports Editor
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The Meadville Area Recreation Complex is home to many teams across the high school and collegiate level, including the Allegheny Ice Hockey Club. This past year, the team has recorded an 8-3 record and is on the verge of making the Upstate New York Club Hockey League playoffs.

The Ice Hockey team draws an impressive crowd to their games. The MARC is only five minutes away from campus, and the arena is packed like a can of sardines during showtime. The energy is electric, and the crowd is thunderous.

Many of the players representing the team are two-sport athletes or a part of a fraternity. They get support from their friends on a regular basis and show out on the ice, giving them something to cheer about.

“We gather friends from clubs and groups,” said team member Christopher Andolina, ’24. “It means a lot. We are not a NCAA sport, but I feel like we get (the same number), if not more (fans) than other sports on campus. It is really fun.”

Aside from the MARC, the Gators also travel to their opponents’ rinks at Division I schools and higher. Gannon University, a regular-season foe, hosts games at Erie Insurance Arena, home of the Erie Otters — a major junior ice hockey team in the Ontario Hockey League — who have housed players including Travis Dermott of the Toronto Maple Leafs and Tim Connolly of the New York Islanders.

Connor McDavid also was a member of the Otters during their 2014 and 2015 playoff runs. During the ’15 postseason, McDavid scored 21 goals in 20 games, offering only 28

attempts toward the net. Gator Matt Good, ’23, was able to witness his stardom with Erie, as he has now transitioned into a phenom with the Edmonton Oilers.

“I got to see him when he played there,” Good said. “It is kind of cool to be on the ice where he was.”

One of the team’s most riveting experiences, according to the Allegheny players, was their business trip up to Robert Morris University, where they played St. Vincent in a regular-season match last year. The college gave both teams an unforgettable memory.

The lights reflected bright off the ice, and as players came out of the tunnel the PA announcer came across the speakers introducing each roster. RMU also filmed the game so Allegheny and St. Vincent could play back a fond remembrance down the line.

“They made it feel like we were on a D1 team,” said Andolina. “It was really awesome.”

This is the first year the Gators are playing in the UN-YCHL. Previously, they were members of the College Hockey East League, and would require travel out towards Cleveland via a team bus, which could take upwards of three-and-a-half hours.

Now, carpooling is the new memo as players get to the rink using personal vehicles. This allows for more budget space through Allegheny Student Government, Good explained. The Gators were also provided with two sets of jerseys, one pair of pants and two pairs of long socks. However, the rest of their equipment — like sticks, skates, head gear, extra padding and more — has to come at personal expense.

Much of the team, including Andolina and Tyler Miller, ’24, grew up playing the game, which has allowed for Allegh-

eny to consistently put quality rosters together. Starting at a young age, both men played throughout high school and were formidable players on the ice. Other members, including Good, grew up watching the game.

Good would regularly attend his friends’ games at Fox Chapel Area High School, where he would get time on the rink to shoot around with the team. When he arrived at Allegheny, he became more than just a “shootaround for fun” type of guy. He joined the Gators roster his first year, and has been a reliable asset to the club throughout his tenure.

In some years there has been trouble finding enough players to fill the lineup, given that it is a club sport and there is no official recruiting. However, that did not stop Allegheny from making the playoff semi-finals last year, with another chance to repeat an impressive season coming at the end of February.

“We’re in a good spot,” Andolina said. “It is coming down to seeding. We will see where we are at and see who we will be playing in the first round of playoffs.”

Allegheny’s most recent victory came against Gannon on Saturday, Jan. 28, in a 6-5 tight-knit, physical battle — a fight broke out early in the game. On the ice, Logan Koontz, ’23, led the entourage with a game-high four goals, tying his single-game scoring record in which he hit twice earlier this season. Gannon is a likely an early-playoff opponent for the Gators.

The Gators will be back in the MARC on Saturday, Feb. 11, to face off against Medaille University. With only a couple of games to go before playoffs ensue, Allegheny is hoping to close out the season strong and bid for a top spot in the seeding process.



Photo contributed by KARL FUCHS

Chris Andolina, ’24, skates away with the puck and looks to attack against Penn State Behrend.



Photo contributed by KARL FUCHS

Left to right: Logan Koontz, ’23, Ritchy Froehlich, ’23, and Tyler Miller, ’24, rally together against Gannon in the Meadville Area Recreation Complex.



Photo contributed by KARL FUCHS

Matt Good, ’23, readies for action as he watches the play develop and waits for his chance to strike.

LICHINA APPOINTED HEAD COACH

By DAWIT KAHESAY
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Allegheny College Men’s Soccer has a new head coach. John Lichina, ’14, was officially promoted to head coach in January 2023.

Former Head Coach Angelo Panzetta was promoted to Director of Athletic Equipment and Facilities in the summer of 2022, leaving a vacancy that needed to be filled, as the coming fall marked Allegheny’s return to the Presidents’ Athletic Conference.

“There were many variables at play that we needed to experience before making a decision regarding the next head coach,” Bill Ross, director of athletics and recreation, said. “Our administration team used this time period to evaluate all aspects of the men’s soccer program before determining the best course

of action moving forward.”

an assistant coach. “The title is assigned to someone at the beginning of the competitive season, essentially allowing that person the opportunity to run the program as they see fit with the possibility of being hired permanently in that role,” Ross said.

It is standard protocol for an internal hire to go through an interim period. Having successfully passed his trial period, Lichina was ready to take on the role full time.

“I had to prove that I could do the job up to standards of the athletic department and that has been my focus since last summer,” Lichina said.

Lichina was a four-time All-North Coast Athletic Conference goalkeeper during his career at Allegheny. Serving as an assistant coach from 2019-21, Lichina has an integral connection to Allegheny Athletics.

the duties of a head coach. Obviously Allegheny is a very familiar place at this point for me which has helped for a smoother transition to head coach.”

Players saw the fall season in a different light, as Forward Winger Cliff Weaver, ’25, said he even forgot Lichina had not fully been offered the position.

“At first we thought it was going to be a trial period for the head coach job, but somewhere in the season, we pretty much forgot he was in the interim phase,” Weaver said. “He has always just been a coach.”

During the interim period, the men’s soccer program had one of its better seasons, having a record of 5-8-4 and placing fourth in the conference before playoffs. Multiple players have remarked that Lichina had a direct and confident approach to coaching.

“Coach Lichina isn’t afraid to take risks, encouraging us to play as one would in the Europa Cup or the Premier League, never afraid to switch key players out when needed,” Weaver said. “Overall, I’ll say he is very knowledgeable about soccer and knows how to talk to players in a way that we understand his coaching and the reasons behind it. Allegheny men’s soccer is looking like we’re going to have a good season ahead.”

Following the return of Allegheny to the Presidents’ Athletic Conference, the soccer program hosted its playoff game at the Robertson Ath-

letic Complex. Having an attendance of over 400 people, Robertson Athletic complex was in full use.

“Making playoffs, hosting the playoff games, it was a big deal for the team,” Weaver said. “The support that we received from our community was welcome and I predict that we will make the playoffs again for the next season, our goal of course being champions. Returning to the League for the first time in 38 years, making the playoffs was a good start, but only the beginning.”

Allegheny College has not been a host for the playoffs since 2004, and has not had a postseason game since 2011, marking a break in the trend with a new coach.

“We want to make hosting playoff games a staple in our fall seasons going forward,” Lichina said. “To have that experience back at Allegheny soccer was thrilling and well-supported.”

During the fall season, Lichina showed good results, comparing the teams performance to that of past years.

“Coach Lichina is a proud alumnus of Allegheny that had a very successful playing career for us as a goalkeeper in the North Coast Athletic Conference,” Ross said. “No one wants to see Allegheny men’s soccer ascend to the top of the league standings more than he does. He has proven himself in the areas that we look for in a head coach and is more than deserving of this opportunity.”

GATOR CHECK-IN

Final Scores

Women’s Basketball Wednesday, Feb. 1 against Washington & Jefferson Final score: 43 - 66	Men’s Basketball Wednesday, Feb. 1 at Washington & Jefferson Final score: 63-65
Women’s Basketball Saturday, Jan. 28 at Thiel Final score: 72 - 44	Men’s Basketball Saturday, Jan. 28 at Thiel Final score: 79 - 67
Women’s Swimming & Diving Friday, Jan. 27 at Mount Union Final score: 52 - 165	Men’s Swimming & Diving Friday, Jan. 27 at Mount Union Final score: 37 - 163

Upcoming Events

Men’s and Women’s Track & Field
Saturday, Feb. 4
Jim Wuske Invitational

Women’s Basketball Saturday, Feb. 4 2 p.m. tip-off against St. Vincent	Men’s Basketball Saturday, Feb. 4 4 p.m. tip-off against St. Vincent
Women’s Basketball Wednesday, Feb. 8 7 p.m. tip-off at Chatham	Men’s Basketball Wednesday, Feb. 8 7 p.m. tip-off against Chatham

“

Allegheny men’s soccer is looking like we’re going to have a good season ahead.”

—CLIFF WEAVER
Class of 2025

of action moving forward.”

The position did not remain vacant for long as Lichina was given the interim head coach title in the summer of 2022. Prior, he had served as

“My college coaching experience in total has been at institutions similar to Allegheny,” Lichina said. “The experiences I’ve gained in my past positions really helped me fill