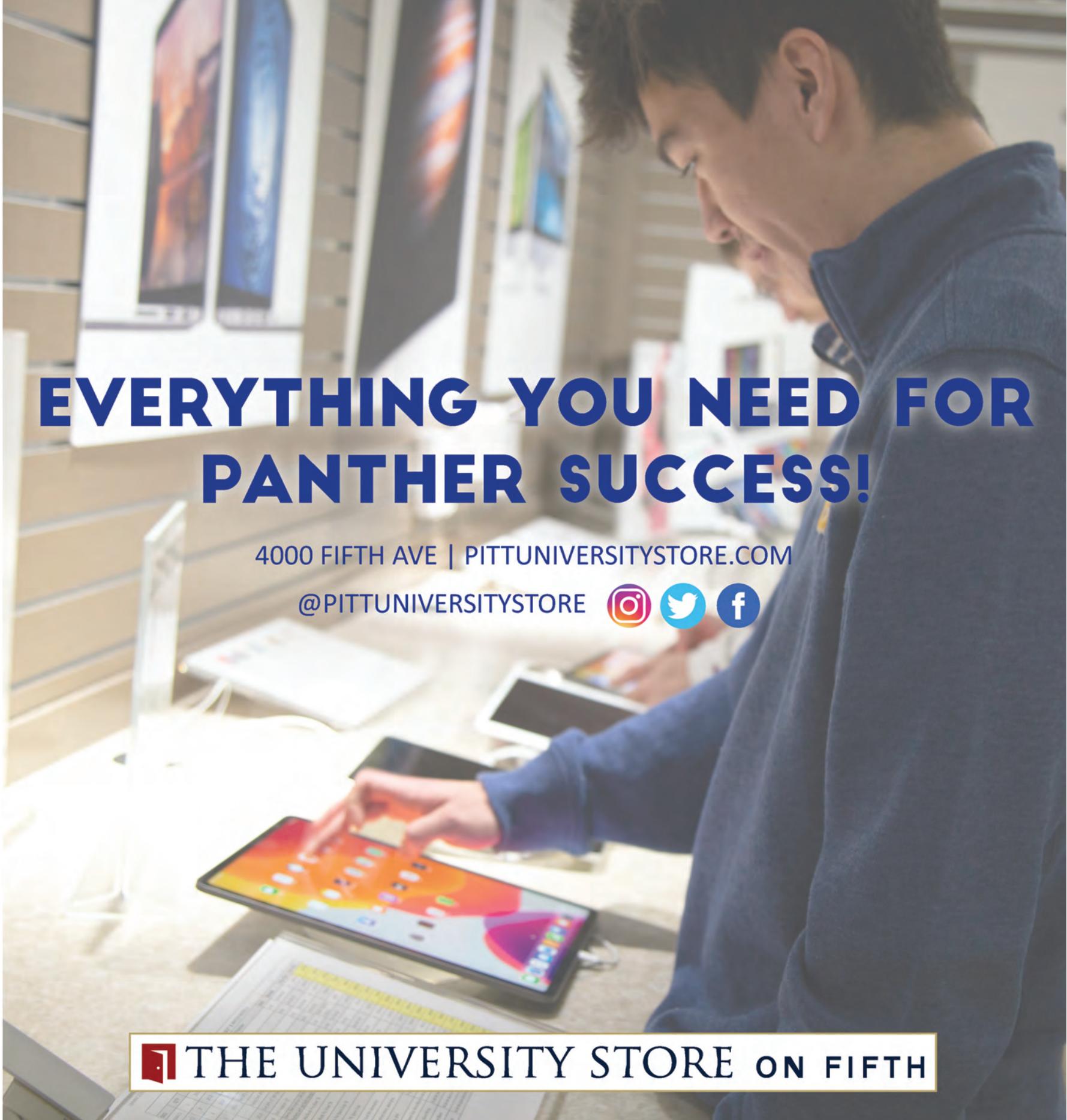




# THE PITT NEWS NEW STUDENT GUIDE 2020

A photograph of a young man with dark hair and glasses, wearing a blue hoodie, looking down at a tablet device he is holding. He is standing in what appears to be a technology or university store, with several smartphones displayed on stands in the background.

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cover by Kaycee Orwig | Visual Editor



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# 'A PIVOTAL YEAR': PREP UNDERWAY FOR THE YEAR OF ENGAGEMENT

**Benjamin Nigrosh**

News Editor

Whether Pitt students choose to learn from home or on campus this fall, Kathy Humphrey said everyone can help the University "engage" with the broader Pittsburgh community.

"The physical barrier is no longer a barrier," Humphrey, the senior vice chancellor for engagement, said. "We should be able to connect in a far more focused way, and our reach should be much further because of what we're able to do virtually."

Humphrey leads the steering committee for the Year of Engagement, the latest edition of the "Year of" series for the 2020-21 academic year. The 27-member committee is made up of Pitt faculty, students, alumni and a representative from Mayor Bill Peduto's office, Pitt officials said.

Last year's Year of Creativity focused on supporting dynamic art projects from students and staff, from a flash mob at the Cathedral of Learning to an art installation that tracked the University's energy use in real time.

More than anything, Humphrey said she wants this year's programming to have a lasting impact on the Pitt community. To begin the Year of Engagement, the Office of Diversity and Inclusion is hosting the virtual "Advancing Social Justice: a Call to Action" forum. The event will take place on July 27 and 28 and will feature keynote speaker Ibram Kendi, author of "How to be an Antiracist."

Humphrey said she's excited to start the year off with the forum because she believes these kinds of conversations create a lasting impact on the community.

"It is great to have a 'Year,' but if there is no legacy for the Year of Engagement, then we won't have done the work that should have been done," Humphrey said. "It's not just connecting and engaging for the heck of it. It's connecting and engaging for a purpose."

Longevity will require effort from pittnews.com



Provost Ann Cudd announced on April 14 that the "Year of" theme for the 2020-21 academic year would be the "Year of Engagement." **TPN File Photo**

the entire University, Humphrey said. One of her major goals as the Year's chair is making sure all students, faculty and staff are connected under the umbrella of engaging the community.

"The Year of Engagement comes up out of the entire University. We really make it a University year," Humphrey said. "Because, if not, we really weren't successful."

In fact, Humphrey said, if it weren't for students and faculty coming together, the Year of Engagement would not exist. Students were the "catalyst" for this "Year of," Humphrey said, with a group of students involved in the Student Government Board submitting the initial proposal for this year's theme.

Cedric Humphrey, the executive vice president of SGB and a rising senior economics major, was one member of that student group. With important civic landmarks this year, from the national census to the presidential election to the ongoing protests demanding an end to police brutality, Cedric Humphrey, who is not related to Kathy Humphrey, said it is important for Pitt students to take advantage of their potential living in a major city and cultural hub.

"One thing we tend to do here when

we're at Pitt is fall into our little bubble," Cedric Humphrey said. "But we have to understand that we, as the University, are part of Oakland, a part of Pittsburgh and the greater community. We have to make sure that we're acknowledging that there is a much broader community out there that we can engage with."

If students or faculty members have their own ideas for how they want to engage with the community, the Year of Engagement steering committee will begin accepting applications for project grants in July.

Volunteering to register voters or picking up trash in the park are effective forms of community engagement, but Cedric Humphrey said those are far from the only options. Especially in a time when physical distancing promotes safety within the community, education is one of the most effective tools students have to encourage engagement.

"In order to be engaging with the community, we need to be engaging with ourselves, having conversations, turning our eyes toward a broader lens," Cedric Humphrey said. "Use your knowledge, your skill set, to engage others. Open their eyes to things they can be doing. Civic learning is a really

key aspect."

For students hoping to feature engagement in their academic life, Joe McCarthy, the vice provost for undergraduate studies, said the University plans to develop updated course attributes to highlight classes focused on civic engagement. According to McCarthy, the updated course attributes will arrive in time for the spring enrollment period.

McCarthy also said a new Civic Life Distinction, an interdisciplinary transcript distinction similar to the Global and Honors distinctions, is also currently in development, with completion slated for "sometime" during the Year of Engagement.

"They represent a credential that is unique to Pitt that embodies a combination of curricular and cocurricular activities that help students learn to translate their academic knowledge into practice," McCarthy said.

The options for students to make themselves part of the Year of Engagement are unlimited, something Kathryn Fleisher, a Year of Engagement steering committee member and 2020-21 SGB board member, called the "beauty" of this year. She recognizes that concepts like engagement may sound "high-minded," but said any ideas students have for this year are as tangible as they make them.

"It is as interesting and focused as we make it," Fleisher, a senior politics and philosophy major, said. "This work has to come from all of us."

No matter how Pitt students choose to spend their Year of Engagement, Kathy Humphrey said, it is important to understand that the first step to engaging with any community is listening to and caring for its members.

"We do all of this work not just for ourselves. We become educated to be stronger citizens. I hope our students are getting a college degree not to just be successful, but to play a significant role in their communities," Kathy Humphrey said. ■

# LETTER FROM THE EDITOR

Welcome to Pitt! Well, sort of.

If you'd told me that I would start college and move to a town where I knew nobody while a pandemic was going on and there were massive protests against racial injustice, I would have said, as we say in New York, Fuhgeddaboudit.

But this is where we are right now, for better or for worse. And if I was in your place, I would certainly be nervous about starting college right now. How would I be able to make all the lifelong friends in college that everybody always talks about? How would I be able to explore my new home, Pittsburgh? How would I be able to attend classes and learn all sorts of cool stuff?

If I can offer you one piece of advice during this tumultuous time, it would be to, as Dory put it best, just keep swimming. This fall will be a challenging time for all students, not just those starting out in college. I highly recommend you take advantage of any opportunities to get involved on campus that you can — and this is coming from a high-key introvert. Say hi to people on your floor. Years after moving out of Sutherland Hall, some of my closest friends are from my first-year floor. Or if you don't meet your people in your dorm, try to say hi to people in your classes. Sign up for different clubs and go to general body meetings.

Your people are out there, somewhere, at Pitt, and you just have to find them. This is not to say this is easy — it's not. The people who I was put with through random room assignments my first year weren't quite my cup of tea. It turned out that the people I really enjoyed being with were the ones on the other side of the floor. This is a good example of where if something isn't working, just keep swimming and head to the other side of that floor. If you put your best foot forward and try to reach out and connect with people, I promise things will work out in your favor.

To help introduce you to life at Pitt and get you started on your college journey, we at The Pitt News have compiled this New Student Guide. Our amazing news writers have compiled a "COVID-19 Central" section on page 16, to walk you through all the semester's key dates and summarize what a Pitt education will look like this fall. Our wonderful columnists have written numerous advice columns, of-

fering their hard-won wisdom about different ways to approach your time here at Pitt and resources you may find useful. The culture desk has some suggestions on local restaurants they enjoy and some plant tips. And our sports writers have all the information you need on Pitt Athletics so you'll be fully stocked on your Panther trivia.

Beyond this 52-page special edition, we hope you will stay tuned to TPN through the summer and this tumultuous time for the latest news about Pitt and the Oakland community. We have teams of student journalists focused on covering nearly every aspect of campus and how it is changing during the pandemic and this time of social upheaval. The best way to keep in touch is to subscribe to our email newsletter at [pittnews.com/newsletter](http://pittnews.com/newsletter) — you'll know about the news as soon as we do, which is even sometimes how administrators hear of it. You can also follow us on Twitter or Instagram at @ThePittNews and like us on Facebook.

As readers and new members of the Pitt community, we want to hear from you, too. Feel free to reach out with story ideas, things you think we should be covering, responses to articles or any questions about our 110-year-old newspaper. Nothing is too big or too small.

If you are interested in helping to tell the story of the Pitt community, we would be honored to have you join our staff. We are always looking for our next team of editors, reporters, photographers, videographers and copy editors to work at our award-winning newspaper. No prior experience is necessary to join — I joined my first year barely knowing how to format a quote properly, and now the chancellor knows me by name. If I can do it, so can you — if you're interested in joining our team, you can apply at [pittnews.com/application](http://pittnews.com/application).

I hope you are able to enjoy the rest of your summer as best you can, and we'll catch you around Oakland sometime soon. Remember to keep in touch with us for updates as August gets closer.

All my best,  
Jon Moss  
Editor-in-Chief

[editor@pittnews.com](mailto:editor@pittnews.com)  
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# ACROSS THE BOARD: MEET THE 2020-21 STUDENT GOVERNMENT BOARD

**Ashton Crawley**  
Senior Staff Writer

For incoming first-year students, the first few weeks or months on campus can be a bit overwhelming — especially with the amount of student organizations there are. But one student group, Student Government Board, is here to help students in any way possible.

SGB — which consists of nine elected board members, as well as many appointed committee members — is the governing body of the roughly 18,000 undergraduate students at Pitt. But SGB President Eric Macadangdang said, in reality, SGB is much more than that.

"Our entire work is centered around the interests, issues, ideas and overall welfare of the student population. We act as a bridge between students and administration," Macadangdang, a rising senior, said. "It's a community that tries to help build more community. It's made up of everyday students who want to make a difference."

Macadangdang started on SGB as a member of the First Year Council, where first-year students have the opportunity to learn leadership skills, how the University operates and serve as mentees to committee chairs.

"It really opened my eyes to how leadership works for students at the University," Macadangdang said.

As chair of the wellness committee his sophomore year, Macadangdang oversaw programs such as Mental Health Awareness Month, Sexual Assault Awareness Month and more. Macadangdang then became a board member and, now, the president. His platform included many initiatives, such as mental health awareness and accessibility.

"It's been quite a busy term so far. I was officially inaugurated in April, but since then it's been an honor to have this term be so active and to help students in whatever way we can," Macadangdang said.

With this academic year looking much different than others, some SGB members have changed their goals. Macadangdang said his goals have changed due to the ongoing COVID-19 pandemic and fight against racial injustice on campus. One of his focuses for this year will be to ensure that the admin-



**Eric Macadangdang** is the president of the Student Government Board for the 2020-21 academic year. **Hannah Heisler SENIOR STAFF PHOTOGRAPHER**

istration has a strong student perspective in mind when making decisions.

"How can we respond as the representing body of thousands of students here at Pitt? How can we respond proactively to these moments of crises so that we can help students?" Macadangdang said. "Something that's imperative is creating stronger alliances and communication between students and administration."

Macadangdang said SGB is working on a number of initiatives for the upcoming year, such as improving the dining experience and continuing to focus on fossil fuel divestment.

Cedric Humphrey, the executive vice president of SGB, said some of his goals, like getting students payment for internships, have remained relatively consistent. Humphrey also said social justice is a big part of his platform — one of his main goals is making sure that Black students feel safe on campus and that the University is hearing their needs.

"If you have any issues, problems or concerns, SGB is gonna listen to you and hear you and do their best to make sure that change happens," Humphrey, a rising senior, said. "It's very difficult for just one student to go to an administrator and make a change happen, but if you work with our student government and other student organizations on campus, it's a lot easier to make some of

those changes happen collaboratively."

Tyler Viljaste, an SGB vice president and the chief of cabinet, said on-campus dining is something he's working closely on. The University recently switched to Compass Group, a new dining contractor, and Viljaste said he's working to help the company settle in.

"We're looking at ways students might help alleviate some stress coming in and not having access to dining rooms, and making sure that Compass is taking students into mind," Viljaste, a rising junior, said.

He will also focus on bettering Greek life's reputation across campus and empowering them to do more philanthropy.

Viljaste is not a newcomer to SGB — like Macadangdang, he was once a member of the First Year Council, and served last year as the chair of the community and government relations committee.

"I've always been really passionate about civic engagement and encouraging students to be more active citizens and giving them the resources on how to do that," Viljaste said.

Ben King, an SGB vice president and the chief of finance, is coming up on his fourth year with SGB. He previously served as a liaison for the allocations committee and as the committee's chair last year.

"I realized that what really inspired me was all of the student organizations on cam-

pus that truly make a difference for their members and the community, and that the best way for me to have an impact was to make sure that these organizations have as much support as possible," King, a rising senior, said.

King said his original plans for his last year on SGB have been changed by COVID-19. Some of his priorities include looking into representation in board of trustees deliberations and improvements to the Student Organization Resource Center, a key resource for clubs on campus.

"Our main goal, as always, is to ensure that students and our needs are heard and respected at the highest levels of this University," King said.

Victoria Chuah, a rising junior, is another SGB member. When she campaigned back in the spring, her main goal was to help dance teams and clubs find better practice spaces, after the University banned dance teams from practicing in Posvar Hall.

"The dance groups bring a lot to Pitt and are a big part of the community, so they deserve to have more spaces available to them," Chuah said.

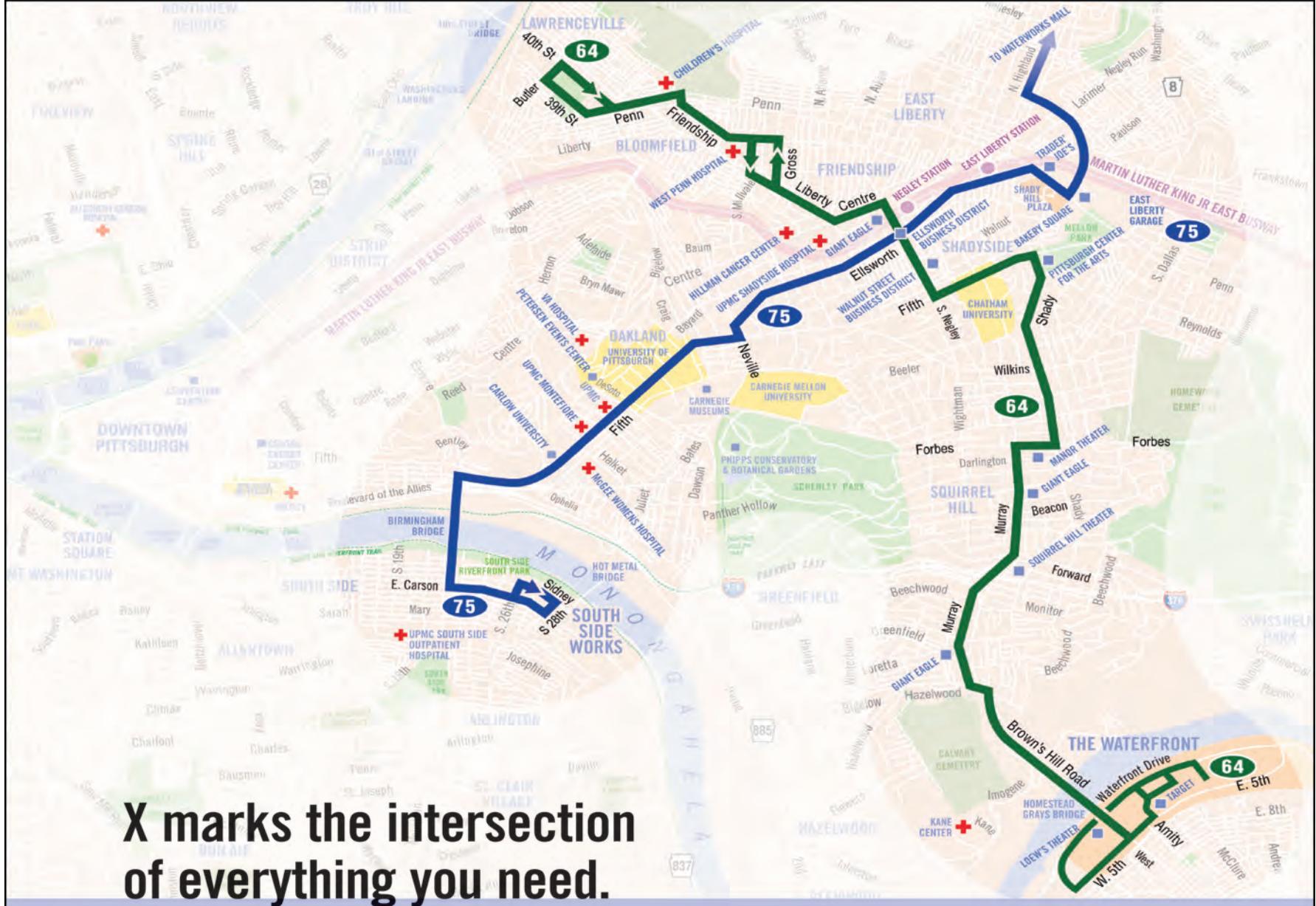
This incident encouraged Chuah to join SGB so she could interact with the administration. But with the major events that have happened over the past months, she said her platform has changed.

"I don't know how much I can push for that right now when I don't even know if the dance clubs will be meeting," Chuah said. "So my main goal is to be involved with the community and let students know we're there for them."

Like Chuah, this is Victor So's first year on SGB. A rising senior, one of his main goals is working to improve communication between students living in the residence halls and the administration.

Supporting students, especially student leaders, is something Kathryn Fleisher, a rising senior, said she is focusing on. She is working on expanding a student leader database to be able to communicate with student leaders from diverse backgrounds.

This is Fleisher's first year serving as a See **SGB** on page 43



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# NEW DINING CONTRACTOR TO 'RE-ENVISION' DINING AT PITTSBURGH

**Rebecca Johnson**  
Senior Staff Writer

Pitt's dining options are going to look decidedly different come fall amid the COVID-19 pandemic as well as the takeover by incoming dining contractor Compass Group. University spokesperson Pat McMahon said Pitt has worked during the summer to modify dining.

"We are working with Compass Group to re-envision dining at Pitt," McMahon said. "This includes the launch of new dining formats and choices, additional remote ordering solutions and expanded to-go meal options for greater ease and convenience."

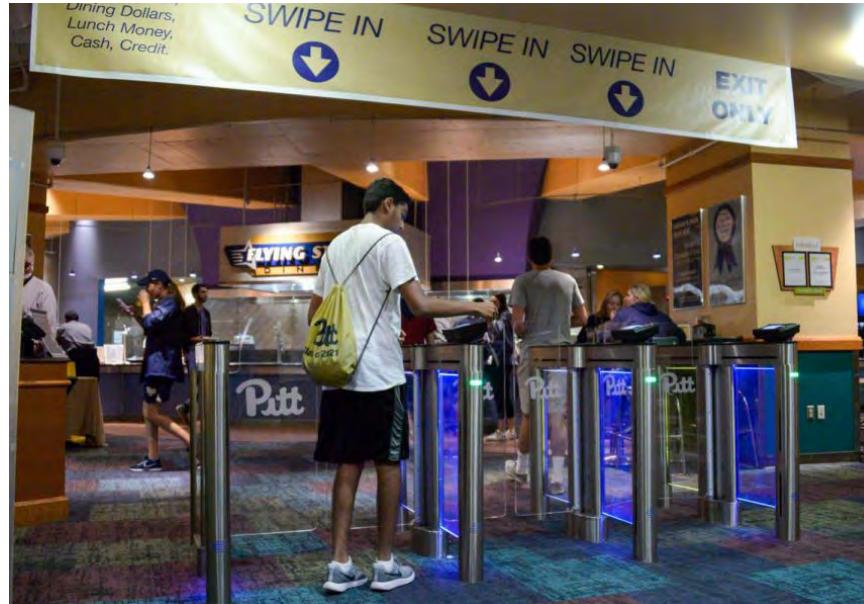
Pitt selected Compass Group, a British multinational food service company, in March as its new single-source dining contractor beginning July 1. The University previously worked with Sodexo for 29 years as its contractor, with its most recent 10-year contract ending this year. This follows a string of high-risk health violations at Market Central, Pitt's largest dining location.

Pitt's contract, which ensures that several thousand students and employees are fed daily, consistently ranks as the largest single payment made by the University each fiscal year — it approached nearly \$34 million between July 1, 2018, and June 30, 2019.

To modify dining options, McMahon said Compass Group is opening a number of new locations across campus, including two additions to the Cathedral Cafe — The Roost and Pom & Honey. The Roost is a chicken-based eatery, and Pom & Honey will offer customizable salads, grain bowls and wraps.

Schenley Cafe, located on the bottom floor of the William Pitt Union, will see a new restaurant, as well. True Burger will provide burgers, fries and milkshakes. McMahon said the Taco Bell and Pizza Hut locations will remain open in Schenley Cafe.

Pitt's largest buffet-style dining locations — The Perch in Sutherland Hall and Market Central in Litchfield Towers — will also see some changes. Pitt announced in an early July email that it has renamed Market Central to The Eatery at Market Central and has added multiple food stations within the dining hall, such as Butcher and Baker, Rooted and Kale to Pitt. Butcher and Baker will offer made-to-



Pitt selected Compass Group, a British multinational food service company, in March as its new single-source dining contractor beginning July 1.

TPN File Photo

order sandwiches and soups. Rooted and Kale to Pitt include vegetarian and vegan options.

McMahon said Compass Group will not remove food options that incorporate dietary restrictions or religious observances, including halal and kosher foods. An halal food station, manned by popular local halal restaurant Salem's Market and Grill, was permanently placed in Market To Go last year. There is also a kosher food station in Market To Go.

"The overall diversification of our dining program has been a focus of our team," McMahon said. "We continue to look for ways to not only meet the needs of our students, but also introduce foods from all areas and cultures to serve the Pitt community."

Modification will also be made to the dining halls to help students follow social distancing guidelines. Steve Anderson, an associate dean of students and director of the Office of Residence Life, said in a town hall in early June that these two locations will look very different to returning students.

"What our returning students have known as Market and The Perch will be different as far as being able to sit down and dine," Anderson said.

McMahon said while the University is still reviewing safety guidelines for dining halls with Pitt's Healthcare Advisory Group,

Pitt has made some final decisions. This includes emphasizing to-go options by expanding the two Quick Zone markets and putting up signage in dining areas to reinforce social distancing.

"The safety of our employees and guests is our top priority," McMahon said. "We will remain agile, adaptable and innovative in supporting all safety standards and guidelines through new and enhanced operational methods."

Anderson said at the town hall meeting that there will be a different layout for food and utensils in dining locations to mitigate heavy traffic. He added that more information would be released in mid-July when housing assignments for first-year students are given out.

In a further divergence from Sodexo, Pitt announced several updates to meal plan designs and prices under Compass Group. Meal plans for the fall come in three categories — unlimited, lifestyle and off-campus. First-year students are required to choose an unlimited plan which ranges from \$2,050 to \$2,650. The five variants of this plan differ in the number of dining dollars and the frequency — five days or seven days — students have unlimited access to Market Central or the Perch. The unlimited plans also include "meal ex-

changes" or a swap between a meal at Market Central or the Perch and another campus location.

All three plans include a 10% discount when dining dollars are used at on-campus non-national brand locations, and 25% of the plan's dining dollars are reserved for use at predetermined local, off-campus merchants in the Oakland community. These locations have not been announced yet.

Under Sodexo, there were five tiers of meal plans for resident students. The top tier included unlimited passes to eat at Market Central or the Perch and cost \$2,650. The bottom tier cost \$1,550.

Chancellor Patrick Gallagher said in June that he expects tuition, as well as room and board fees, to remain flat for the 2020-21 academic year. He is now working to finalize the budget before several committees of the board of trustees review and vote in mid-July.

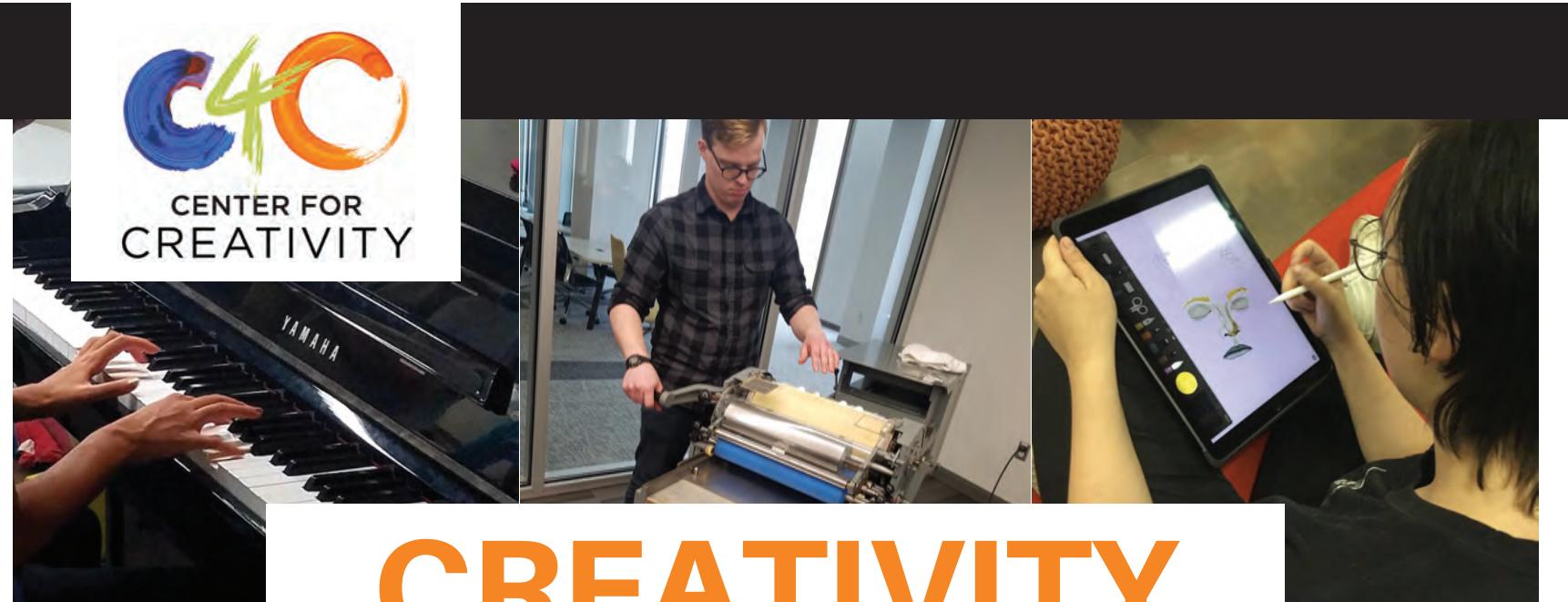
McMahon said students, faculty and staff can submit feedback and ideas on dining services through an input form on the University's fall planning website.

Danielle Obisie-Orlu — the president of the Resident Student Association, which represents students living in residence halls — said her organization will continue to advocate for students and welcome student feedback on dining in the fall. RSA was part of the review committee that ultimately selected Compass Group.

"RSA has a long-standing commitment to incorporating and acting upon student feedback in the form of our advocacy framework, and that has no intention of changing," Obisie-Orlu, a rising sophomore political science and international and area studies double major, said.

Obisie-Orlu said her predecessors helped choose Compass Group because of the company's willingness to listen to student feedback, and she is excited to see the changes they make.

"I think the members of the committee worked hard when it came to selecting a contractor that best reflected and incorporated student feedback," Obisie-Orlu said. "I look forward to seeing the new ideas that the Compass Group will put forth and the creative directives that they will take." ■



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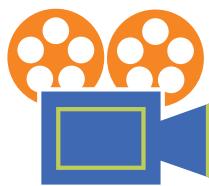
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# WELCOME TO PITT SPORTS FANDOM

**Kyle Saxon**  
Staff Writer

New students, welcome to the Panther family. As students of an Atlantic Coast Conference school and residents of the city of Pittsburgh, you will quickly find that sports are an integral part of life on Pitt's campus. While a simple Google search will turn up much about Pitt's rich athletic history, this is a guide for what every new student needs to know before setting foot on campus.

Pitt boasts 19 Division I programs, across which they have won five ACC championships since joining the conference in 2013. Men's wrestling and women's gymnastics are among the Panther programs to have taken home conference titles since conference realignment, but the most successful program for Pitt right now is the women's volleyball team.

Pitt volleyball has won three straight conference championships from 2017-19, and continues to improve by the season. While the football and basketball games draw greater attendance, the volleyball team boasts an astonishing record of 86-11 since 2017. They rarely disappoint, and their games are always electric to watch in person. The team's schedule is always posted outside the Fitzgerald Field House, their home court.

The Fitzgerald Field House, or "The Fitz," is the longest-standing athletic facility on campus. In addition to volleyball, the 69-year-old facility is currently home to Pitt's indoor track and field, wrestling and gymnastics teams. The Field House was also the former home court of Pitt men's basketball for 50 seasons, and the site of perhaps the most iconic moment in Pitt sports history, when Jerome Lane shattered the backboard on an emphatic alley-oop slam.

If you have not seen the play, watch it. You will hear "Send it in, Jerome!" quite a bit over the next four years.

Men's basketball is one of the school's two most recognizable programs, along with football. On the court, Pitt has struggled to find their footing after moving to the ACC. But do not let their



The Oakland Zoo celebrates the first basket of the Pitt men's basketball game versus West Virginia in November with the traditional tossing of newspaper shreds. **Kaycee Orwig** VISUAL EDITOR

recent struggles overshadow decades of success.

From 1982-2013, Pitt played in the Big East, arguably the best basketball conference over that time span. The Panthers were at the top of college basketball in the 1980s and 2000s, but never broke through and won a national championship. As head coach Jeff Capel builds the program back up, they should be held to a standard of success by their new fans.

In fact, student fans are essential to the team's success. Pitt's basketball student section — The Oakland Zoo — is one reason why the Panthers have been able to post a dominant 251-59 record all-time at the Petersen Events Center, making "The Pete" a tough venue for an opposing team to win a game.

No team in the nation looked forward to playing in front of the passionate Pitt student fanbase. While the Panthers have not yet experienced the same success they did in the Big East, this past season's win over eventual ACC champion Florida State showcased that "The Pete" remains one of the most electric environments in the country.

The Zoo practices traditions such as throwing newspaper confetti in the air after Pitt's first field goal, standing and

jumping for the entire game and most importantly, being completely crazy. In the Zoo, you'll see wacky costumes, signs and chants. While this may throw you off at first, it throws off the opposing team as well, and you'll soon find that the most important part of being a Pitt fan is to play into the craziness. The Panthers truly thrive on the invigorated, passionate student fanbase.

Just a short walk beyond the Petersen Events Center is the Petersen Sports Complex, the home of several programs, including Pitt men's soccer. While the Panthers certainly struggled to find their footing in the ACC, they flipped the script in 2019, placing second behind eventual national champion Virginia in the coastal division. Pitt was able to make their first NCAA soccer tournament, as well as host and win their first NCAA tournament game in 54 years. Led by one of the best goal scorers in the nation, Edward Kizza, the Panthers could be a force to be reckoned with for years to come.

Finally, there is so much a new student must know about Pitt's most storied program, its football team. The Panthers have been on the rise as of late, winning the ACC Coastal Division title in 2018,

and their outlook for 2020 is as bright as it has been in decades. But Pitt boasts a legacy and collection of alumni to which few other schools can compare.

Mike Ditka, Dan Marino, Larry Fitzgerald, Tony Dorsett, LeSean McCoy, Aaron Donald -- the list of current and future NFL hall of famers goes on and on. In fact, Pitt has the third-most NFL hall of famers of any college program. The marquee moment in Pitt football history is their iconic national championship victory in 1976, led by Heisman-winning running back Tony Dorsett. While the football program has remained a priority, much has changed since that title.

The football team plays their games at Heinz Field, also home of the Pittsburgh Steelers. They began playing on the North Shore when Pitt Stadium, the former home of the Panthers located where The Pete is today, was torn down in 1999. You will certainly hear clamor for an on-campus stadium during your time at Pitt, and nostalgia for its rugged, domineering position on top of Cardiac Hill.

On game days, Pitt runs shuttles to transport students to and from Heinz Field. Students find their place behind the home endzone in the Panther Pitt. After big wins, such as this past year's upset win over No. 15 UCF, players often dive into the stands to celebrate with their fellow classmates. At the end of the third quarter, Pitt students have a sometimes controversial tradition of singing the song "Sweet Caroline." Although the stadium is about a 10 minute drive from campus, football games are an essential part of the Pitt experience. Regardless of the result, Heinz Field provides memories to last a lifetime.

By choosing to attend Pitt, you chose to attend a school with an enormous amount of school spirit and pride. Pitt's athletic events truly bring students together and drive the heartbeat of the University. Not only are you a student at Pitt, you are a Panther, and will soon discover and experience the tradition behind that title. ■



## BIG IDEA CENTER

Part of the Pitt Innovation Institute

### What's the Big Idea Center?

The Big Idea Center is Pitt's hub for student innovation and entrepreneurship. Established in 2018 as part of the Innovation Institute, the Big Idea Center catalyzes innovation and provides experiential opportunities for students to develop the skills necessary for bringing new ideas to life.

### Why Should You Care?

Critical thinking and problem solving are at the heart of innovation, and the Big Idea Center's programming sharpens those essential life skills. Big Idea Center programs augment students' personal and professional development regardless of whether they ultimately decide to focus on startups, Fortune 500 companies, social enterprises or academia.

### What Can You Expect?

As a Pitt student, you will join a diverse, cross-disciplinary innovation and entrepreneurship community. You will be challenged to push yourself beyond your perceived limits and achieve more than you think is possible. The Big Idea Center has dedicated entrepreneurs in residence to provide you with individual coaching and mentoring. Through competitions and numerous networking, accelerator, and incubation programs, you will be introduced to industry professionals and investors in the Pittsburgh innovation ecosystem.



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### Who Can Get Involved with the Big Idea Center?

- Undergraduate and graduate students, including PhD candidates, post-docs, from all disciplines.
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# 'CROSSING BOUNDARIES': AUDREY MURRELL'S FIRST YEAR AS HONORS COLLEGE DEAN

**Martha Layne**  
Senior Staff Writer

When Audrey Murrell took on the position of acting dean of the University Honors College, she was full of ideas and initiatives, but was anticipating challenges along the way. Murrell insisted that she wouldn't have been able to adjust without the support of her staff and colleagues.

"The Pitt Honors staff answered daily questions from me as I quickly got up to speed, tolerated my crazy late-night emails and gave me oatmeal raisin cookies — my favorite — when I had a bad day," Murrell said. "My first year would not have been successful or fun without them."

The end of the spring semester marked the end of Murrell's first year and the beginning of her final year as the UHC's acting dean. She made history last year as the first African American and first woman to hold this position, transferring from her office at Sennott Square as associate dean

at Pitt's College of Business Administration to the home of UHC on the 36th floor of the Cathedral of Learning.

Murrell said that the major — and her favorite — difference between her roles in the CBA and UHC is the scope of students she works with. In her previous position, she worked almost exclusively with undergraduate business students. But in this new role, she interacts with students from all majors, disciplines and areas across the Pitt community.

Although the type of student differs, she said, the relationship she has with them is the same.

"In many ways the roles are similar — looking at how to support students both inside and outside of the classroom, building partnerships between students, faculty, alumni and having fun creating the next big thing," Murrell said.

Whether or not she liked it, she said, the "next big thing" in academia came

to her — a global pandemic. Suddenly, in-person conversations, meetings and special events were missed and had to be worked around. Murrell joked about taking for granted mundane daily routines.

"I must admit to even missing those long elevator rides up to the 36th floor of the Cathedral of Learning — but only a little bit," Murrell said.

Despite the unexpected challenges, Murrell said there is no shortage of rewards to the job. One of the most meaningful aspects of the role is the regular interactions with UHC alumni. She meets with alumni locally and around the country who, according to Murrell, continue to inspire her and remind her of why she goes to work each day.

As an example of why she appreciates collaborating with students and staff members, Murrell gave the example of "crossing boundaries," a practice created by a UHC staffer. Murrell said this in-



**Audrey Murrell** made history one year ago as the first person of color and woman to hold the position of dean of the University Honors College.

Image via University of Pittsburgh

cludes moving "beyond the things that limit our thinking, restrict our experiences and block our ability to understand

See **Honors** on page 44

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# PARENTS AND FAMILIES

## Welcome to the Pitt Family!

The Office of Parent and Family Resources is available to all family members of current undergraduate students who attend the Oakland campus. We provide direction for those who have questions about the University of Pittsburgh as well as opportunities to experience Pitt through events such as Family Weekend. As a Pitt Parent you will receive monthly e-newsletters that address events, deadlines and news that all parents and family members can use. We look forward to hearing from you, and Hail To Pitt!

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### What resources are available to parents?

- ▶ Website: [parents.pitt.edu](http://parents.pitt.edu)
- ▶ Monthly e-newsletters and other emails of parent interest (sign up on Parent website)
- ▶ Parent Calendar: Online calendar of 2020-2021 events and deadlines. Add it to your own calendar!
- ▶ First Year Parent Success Series: Monthly book club to help parents understand their role in student development
- ▶ Family Events Throughout the Year!
- ▶ Family-oriented events, such as Family Weekend.

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# FALL 2020 TIMELINE

August

- 13-16: Residence halls move-in
- 16-18: Welcome Week
- 19: First day of remote classes
- 24: First day of in-person classes

September

- 4: Fall add/drop ends, no extended drop this semester
- 7: Labor Day, classes in session
- 25: Family Weekend

October

- 14: Student Self-Care Day, no classes
- 20: Monitored withdrawal deadline
- 23-24: Homecoming activities begin

November

- 20: Last day of in-person classes
- 23-24: In-person finals
- 25-29: Thanksgiving break
- 30- Dec. 5: Remote finals

December

- 6: Winter break, residence halls close

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# PITT'S COVID-19 RESPONSE, EXPLAINED

Jon Moss

*Editor-in-Chief*

Pitt is in the process of releasing its plan for the fall semester, in the midst of the ongoing COVID-19 pandemic. Consult this explainer for the latest information about what the plans are and how they will affect you.

## Academic calendar

Pitt announced on June 8 that the fall semester will begin early on Aug. 19 with three days of remote classes. Classes will then move in-person on Aug. 24. There will be no day off for Labor Day on Sept. 7.

In-person classes will end on Nov. 20 for Thanksgiving break. Students will not return to campus after Thanksgiving, instead finishing classes remotely through the end of the fall semester on Dec. 5.

The University will introduce a new teaching model called Flex@Pitt, which will allow students to attend class “in person, remotely, synchronously or asynchronously.” This will work by installing new technology, such as cameras and microphones, in classrooms across campus. Since students will be able to access classes remotely, officials said on June 19 that students will not be required to return to campus if they do not feel safe doing so.

Faculty are also not required to be physically present in the classroom, officials said on June 26, but faculty members are required to maintain a “classroom experience” for students. In the event that faculty members cannot come to campus, graduate or undergraduate teaching assistants, faculty colleagues or staff members may be utilized in their stead to facilitate classroom interaction.

Pitt has also said some classes may be moved to new classrooms and meet in smaller sections during the week to promote social distancing.

Pitt officials said an extra five minutes will be added between classes to allow for disinfection of classroom spaces.

## Reopening postures

Chancellor Patrick Gallagher announced on June 30 that Pitt established three reopening postures to guide the University through the pandemic. The three postures, which closely

mirror Pennsylvania’s red-yellow-green re-opening phases, provide common operating standards to plan for safe operations during the pandemic.

Pitt’s Emergency Operations Center, in collaboration with the chancellor’s Healthcare Advisory Group, will monitor different criteria and recommend whether the University should switch between postures.

## Medical

There is no final word on how many masks Pitt will provide to students and employees. Officials said in mid-May they were considering two masks for students and one for employees. A senior official said on June 15 that “many thousands” of masks are on order for students, but the number to be distributed to each student has not been determined yet.

Kenyon Bonner, the vice provost and dean of students, said on June 18 that he has been working with students on a contract for community members to sign, indicating they will hold to the restrictions. He added that the University’s approach focuses on social norms and creating an environment where students encourage each other to comply.

## Housing

Pitt will lease about \$22 million in rooms across multiple hotels to house a “significant portion” of first-year students, officials announced on June 25. Pitt said the hotel housing will operate in the same way as on-campus housing, with 24-hour security, as well as resident assistant and resident director staff to provide supervision and support. University shuttle routes will also be updated to provide service to these locations.

Steve Anderson, the associate dean of students and director of the Office of Residence Life, said on June 18 that the University will accommodate all students who are guaranteed housing and will send out housing assignments during the second week of July.

In the event that students become sick in the fall, Anderson said the University has developed quarantine locations to ensure that students have access to all the resources they need, while also protecting healthy students from the virus. ■

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# OAKLAND NEWS ROUNDUP

Priya Ray  
Staff Writer

From a spring semester moved online abruptly to a reckoning over racial injustice on campus, news continues to break every day. With many uncertainties still looming about the upcoming fall semester, here is a guide to some of the biggest stories at Pitt.

## Racial injustice on campus

In response to George Floyd's killing, Chancellor Patrick Gallagher announced in a June email that the University would halt its release of Plan for Pitt 2025, after an initial six-month hold announced last month due to the COVID-19 pandemic, to include strategies to strengthen racial justice on campus.

But students are also taking matters into their own hands. The Black Action Society and 17 other Black student organizations sent a list of more than 20 wide-ranging demands to the administration in late June. The coalition called for increased enrollment and hiring of Black students and staff, the creation of more than 50 scholarships in the names of victims of police brutality and reforms to the Pitt police, among



In response to George Floyd's killing, **Chancellor Patrick Gallagher** announced in June that the University would halt its release of Plan for Pitt 2025 to include strategies to strengthen racial justice on campus.

**Sarah Cutshall**  
**SENIOR STAFF PHOTOGRAPHER**

other items.

Pitt's School of Medicine agreed in June to address numerous demands made by Black student leaders, including additional scholarships for Black students, an overhaul of the School's Honor Council and an investigation into the selection process of the medicine honor society Alpha Omega Alpha.

A committee is also being formed to consider the renaming of Scaife Hall, the home to the

School of Medicine. The building is named after Alan Magee Scaife, the father to Richard Mellon Scaife and Cordelia Scaife May, heirs to the Mellon fortune. May gave more than \$180 million to anti-immigration causes through the family's Colcom Foundation.

## Fossil Free Pitt Coalition's sit-in at the Cathedral of Learning

The Fossil Free Pitt Coalition occupied the Cathedral of Learning for a week in February, in an effort to demand that the board of trustees vote to divest the University's \$4.3-billion endowment from the fossil fuel industry.

The group also wants trustees with direct ties to the fossil fuel industry to abstain from voting, the inclusion of a public comment period at board meetings and for students to "have a seat at the table" regarding any ensuing reinvestment decisions.

Students interrupted the Feb. 28 board meeting with calls for divestment, at which the board approved measures to create a formal socially responsible investing process for the endowment. The board announced at its June meeting that it will form an ad-hoc committee to study whether the University should divest from fossil fuels.

## Graduate student unionization

Pitt's Graduate Student Organizing Committee kicked off its unionization effort in 2016, seeking to join the Academic Workers Association of the United Steelworkers. Its reasons for wanting a union include higher wages, increased benefits, greater transparency and increased protections against discrimination and harassment.

The Pennsylvania Labor Relations Board issued a proposed ruling last September that Pitt committed three unfair labor practices that potentially influenced the results of an April 2019 graduate student union election. The outcome of the election was 675 for and 712 against unionization. The University later filed a formal exception in October 2019, pushing the matter to the full three-person board.

A second election could take place this year, depending on the timing of a final PLRB ruling. Pitt has paid "union avoidance" law firm Ballard Spahr more than \$1 million in legal fees between July 1, 2018, and June 30, 2019, to provide legal support during the separate graduate student and faculty campaigns for unionization. ■

**Pitt | EATS**



**KRISTIN GROVER**  
MS, RD, LDN

**MICHAEL DIBIASI**  
MS, RD, LDN, CSSD, CSCS, ACSM-EPC, ISAK-1

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# Smart Shopping for E-Learning

Four simple strategies to reduce the cost of supplies for online classes.

Online programs can sometimes be a less expensive option when earning a college degree, but e-learning can also come with its own unexpected costs. Whether some or all of your courses are online, making sure you have the right technology and equipment is essential to successful e-learning. From computers, printers, and internet service to course materials and software, purchasing what you need for e-learning can add up.

You can cut costs, though, by doing a little leg work and making cost-effective purchases.

**The following tips may help you save money when buying what you need for e-learning.**

## Shop for Refurbished Equipment

When shopping for equipment like computers, printers, headphones, and more, it can be tempting to go straight for brand-new, high-end products, but that can lead to some pretty steep prices. Instead, consider looking for used or refurbished equipment. Certified refurbished equipment performs like new. When purchasing refurbished equipment, ask about available warranties in case you need something repaired. Using your own equipment might mean more wear and tear than if you were using campus resources as well.

## Look for Student Discounts on Tech

Attending classes online instead of in person doesn't mean you don't get the same student discounts. Many stores and tech companies offer student pricing sales, back-to-school discount periods, and general year-round student discounts on things like laptops, PCs, software, and more. Whether you're purchasing equipment yourself or someone else is doing the shopping, be sure to ask about student pricing and discounts. You could be taking advantage of your student status instead of potentially paying more for the things you need for online courses. You may even be able to get equipment and software free or at discounted prices through your college or university. Give them a call and inquire.

## Adjust Your Internet Plan

One of the biggest necessities when taking classes online is having reliable internet service. If you already have an internet provider, ask if they offer student discounts or student monthly plans. Some internet providers offer lower pricing just for students. If your current internet provider doesn't offer discounts for students, consider shopping around a bit. It can make a big difference in your monthly payments. Also, consider switching to a lower internet speed, if possible. Choosing the minimum internet speed needed to accommodate your course activities could reduce your monthly internet bill.

## Save on Course Materials

Course materials can often be a big part of college class expenses, and online courses are no different. Even online, tuition and materials can really add up. Contact your school or professors to find out which course materials are necessary and which, if any, are optional. That way, you're only purchasing or renting what you need to succeed. And whenever possible, try to purchase or rent e-texts and digital copies of required course materials, which are often much cheaper. Depending on which online courses you're taking, you might even be able to rent the materials or texts you need from your local library for free and save even more money.

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# PITT STAGES TO PRODUCE LIVE THEATER THIS FALL

**Charlie Taylor**  
Culture Editor

Shakespeare said all the world's a stage, which is good news for Pitt's theater program, since the department's actual stages may remain closed during fall semester.

Pitt Stages offers public plays put on by students and theater arts faculty. Faculty members and grad students direct Mainstage productions, while undergrads have the opportunity to write and direct Student Labs. According to Annmarie Duggan, the department chair for theater arts, the department has yet to decide whether the shows scheduled for the upcoming academic year will take place in person or be moved to a virtual platform due to the ongoing COVID-19 pandemic.

Duggan said a number of options are possible for the fall — including limiting the audience size to ensure social distancing, livestreaming shows from the physical stage or

doing the entire production over Zoom. She said the department is waiting until closer to the start of the fall semester to decide which option will be safest.

"Of course [an in-person show] is our first choice," Duggan said. "We have not made that decision yet because we just don't feel like there's enough data to make it, but number one is the safety of our students."

Duggan also said no matter how the fall semester pans out, students will still have the opportunity to perform, direct and do behind-the-scenes tech and design work as part of their theater education. For students interested in the technical side of theater, Duggan said their contributions to a Zoom show might involve making sure the audio and visual elements go smoothly.

"The opportunities will still be there," Duggan said. "Students will still be able to audition, be cast [and] work with faculty directors,

and student directors will be able to work."

One student director working on a show for this fall is Jenna Teplitzky, a rising senior theater arts and history double major. As part of Pitt Stages' Student Labs, which offer students the opportunity to write and/or direct their own plays, her production of professional playwright Melanie Marnich's "These Shining Lives" is currently scheduled for mid-November.

The show follows the true story of the "radium girls," a group of women working in the Radium Dial factory who sue their employer in the late 1930s after becoming ill from their working conditions.

Teplitzky said when she applied to direct a Student Lab, she was able to choose the play she wanted to direct. She said she selected "These Shining Lives" because the show contained mostly women's roles and centered on women's issues, something she thought was



The theater arts department has yet to decide whether this year's Pitt Stages shows will take place in person or be moved to a virtual platform due to the ongoing COVID-19 pandemic. **TPN File Photo**

lacking in past Pitt Stages productions.

"I was auditioning at the theater department and it would be two roles for women in a show, 60 women audition, three roles for men in a show, 10 men audition," she said. "[These Shining Lives] is written by a woman, written about women [and] has four roles for women

See **Stages** on page 45

**Mass Times**

Day	Time
Saturday	8:15 am 12:05 pm 6:00 pm (Vigil)
Sunday	6:30 am 10:00 am 12:00 pm 6:00 pm
Mon-Fri	8:15 am 12:05 pm

**Confession**

Day	Time
Friday	12:45 pm
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# HOW TO NOT KILL YOUR DORM PLANTS

Charlie Taylor

Culture Editor

Plants were meant to be in the great outdoors, not some stuffy dorm room — but if you're looking for a companion, a new hobby or even just a little greenery for your room, a low-maintenance house plant can be a great option.

Drew Clouse has worked at City Grows — an organic garden shop in Pittsburgh's Lawrenceville neighborhood that caters to people living in small spaces — for five years and is currently the shop's social media manager. A 2013 Pitt grad, they know first-year dorms like Litchfield Towers don't always provide ideal living conditions for house plants. Still, they said the right plant with the right care can not only thrive in a dorm room, but help its owner thrive

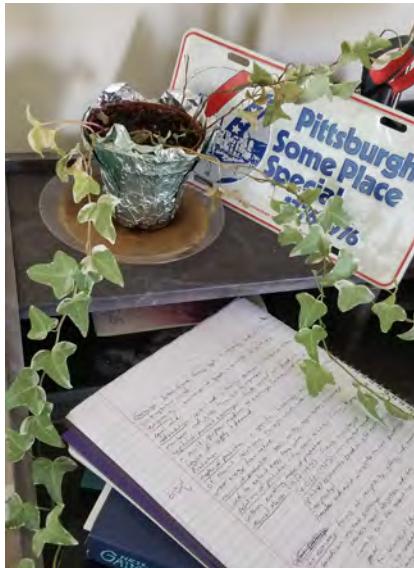
as well.

"You can have something to take care of and something outside of schoolwork that you can be like, 'Here's this thing I need to make sure I'm on top of,'" Clouse said.

## Choose the right plant

Not every plant is well-suited for college life. Clouse recommends snake plants, ZZ plants and pothos because they require minimal sunlight and watering. They said owners should only water them every week and a half to every few weeks, which means these plants will last long enough without water for you to go home on breaks and not worry about them.

"If you water them right before [winter] break and then get them when you come back, they should be pretty okay,"



A house plant sits on a college student's desk.

Charlie Taylor **CONTRIBUTING EDITOR**

Clouse said. "Pothos need a little more water, but they can definitely bounce back."

If you have some experience and are open to more of a commitment, Clouse suggests ferns, air plants and calatheas, but cautioned that those plants sometimes pose a challenge for beginners.

"They need a bit more upkeep, so depending on the person, I don't know if I'd immediately recommend them," Clouse said.

## No sun? No problem

According to Clouse, each of the plants they recommended can thrive in indirect sunlight, which is essential for plants kept in a room with one small window. Since they don't need sunny conditions, they can easily stay on a shelf or nightstand — as long as they

See **Plants** on page 45

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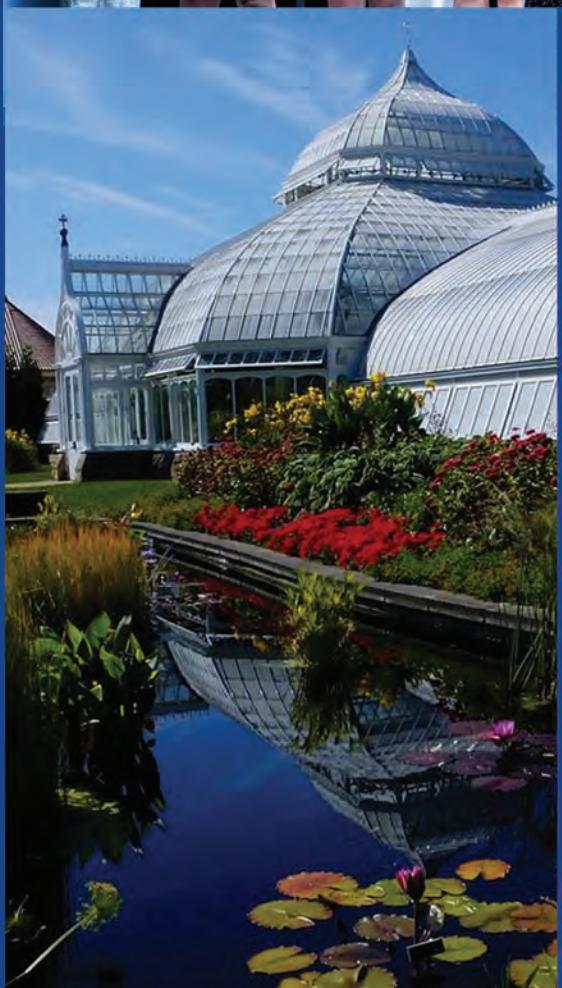


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# FALL PROGRAMMING UNCLEAR FOR CENTER FOR CREATIVITY

Ananya Pathapadu

Staff Writer

Whether you want to learn 3D printing, painting or poetry, Pitt's Center for Creativity is usually the place to look, but it is currently unclear how Pitt's primary creative space will look this fall.

The Center typically operates two physical spaces — the Workshop and "Text & conText," a collaboration with Hillman Library. Both of these spaces closed March 16 due to the COVID-19 pandemic, and programming moved online.

Pitt announced in early June that the fall semester will take place on campus, starting early with three days of remote-only classes. Erik Schuckers, the Center's manager of communications and programming, said the C4C is currently working to determine if and how their spaces will operate in the fall.

"We're thinking hard — and creatively



Pitt's Center for Creativity is currently working to determine if and how its spaces will operate in the fall. **Caela Go SENIOR STAFF PHOTOGRAPHER**

— about what different scenarios for the fall will mean for our physical spaces," Schuckers said, "and working with our partners in those

spaces to determine how we can provide the safest possible creative environment."

The Center's Workshop is located on the

lower level of the University Store on Fifth. Under normal circumstances, it provides students a space to explore various creative processes through writing, painting, musical instruments, clay and more. The C4C's other space, "Text & conText" in Hillman Library, is a partnership with the University Library System. "Text & conText" connects students to textual arts like wood/linoleum block printing, bookmaking, calligraphy and paper marbling.

The Center also provides resources so students can freely pursue new interests. Aside from creative materials such as wood and tile pieces, paint, paper, yarn and fabric, students also have free access to equipment such as pianos, electric guitars, 3D printers, GoPros, sewing machines and many others.

"The C4C offers Pitt students, faculty and staff the resources to explore their own creativity, to connect and collaborate with each

See **C4C** on page 25

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other across traditional boundaries of discipline and University role and to make new things — from music to apps, from analog to digital — without the fear of failing,” Schuckers said.

The Center also usually hosts in-person, collaborative creative events. This includes open mic nights, creative workshops and an annual event dedicated to decorating parking spaces.

“The C4C hosts regular workshops on all kinds of making — programs this past year have included visual art, beatboxing, book and zine making and 3D print design — as well as campus-wide open mic nights and an annual ‘PARK(ing) Day’ event,” Schuckers said.

But the Center’s mission to connect and provide opportunities for creators is not limited to its physical locations. Although it has not yet been decided how the fall will look for its physical locations, the Center has still been able to provide resources during the pandemic through The Pittsburgh Lens and The Screen Share.

The Pittsburgh Lens helps students, faculty and staff create media projects to showcase the Pitt and the greater Pittsburgh region. Carl Kurlander, a senior lecturer in film and media studies, founded the project.

This project also offers student internships during the school year and panels where Pitt students and community members can learn about the business side of media. Schuckers said the professional development aspects of The Pittsburgh Lens have been the most impactful, and won the initiative a grant from the Richard King Mellon Foundation.

The Screen Share is a new online initiative by the Center for Creativity in response to COVID-19. According to Schuckers, this online project includes open mics, podcasts, zines and more. One recurring program that is a part of The Screen Share is the Creative Cafe where creators can Zoom every weekday with other makers and discuss their projects.

Schuckers said he’s seen more students using The Screen Share throughout the course of the summer. He also said C4C has new online materials aimed at first-year students, and will expand the program as the new academic year approaches.

“Recognizing the special challenges presented to incoming first-years, we’ve made particular effort to involve them,” Shuckers

said. “We’ve seen regular engagement with this online project grow steadily, and plan to continue expanding its reach throughout the summer and into the fall.”

Schuckers added that the Center for Creativity is dedicated first and foremost to fostering the creative process, and will keep doing so even if it means operating entirely online.

“We’ve been able to take some of our most popular programs — like workshops and open mic nights — online via Zoom, so we’re considering every option to continue to engage and celebrate creativity,” Schuckers said. ■

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 University of  
Pittsburgh  
Dietrich School of Arts and Sciences

column

# COLLEGE STUDENTS, YOUR MENTAL HEALTH WILL NOT IMPROVE ON ITS OWN

**Leah Mensch**  
Opinions Editor

One in five college students reported suicidal thoughts in a 2018 survey.

Had someone told me this when I was preparing to start my first year at Pitt, I would have been baffled. But as I prepare for the start of my senior year, I can say without a doubt that, if anything, the number of students considering suicide is probably underreported. And, really, suicide is just the tip of the iceberg.

Colleges are facing a mental health crisis. This is to say — if you've never experienced mental health issues, you probably will in college. If you're already experiencing mental health issues, moving to campus will not fix them, and moving to campus will not make them better — no matter how ideal the independent, adult life in college seems. You cannot enter a major life transition period and expect



Dalia Maeroff STAFF ILLUSTRATOR

that to cure constant stress and dysfunction of brain chemistry. If you don't actively treat your mental health issues, they will not get better on their own. Suicide is the second leading cause of death among college students. I am not saying this to scare you, but I am saying this because you need to be prepared for the challenges you're going to face during your time at Pitt. You need to equip yourself with the best resources possible to succeed.

Universities are petri dishes for mental illness. And it's not just depression rates that are astronomically high. Eating disorders run rampant, and on top of pressure to look a certain way, studies show that people between the ages of 18 and 21 are most susceptible to developing an eating-related mental illness. Recent studies suggest that as many as 20% of college-aged students who identify as women could have an eating disorder. More than a fourth of students

See Mensch on page 46

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column

# YOU DON'T HAVE TO DO EVERYTHING ALL AT ONCE

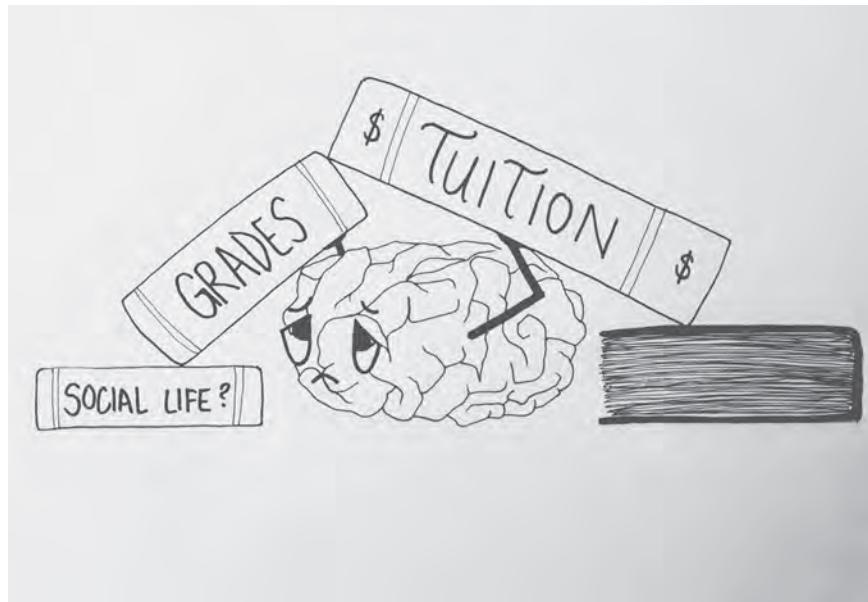
**Paige Lawler**

Senior Staff Columnist

Despite what you might have heard, you don't need to be everything or do everything all at once.

There's a lot of pressure in high school — and more broadly, I guess, in life — to be involved in as many activities and organizations as humanly possible. That pressure doesn't go away in college — honestly, if you have hopes of attending medical school, law school or any other form of graduate school, that pressure will probably intensify.

But this doesn't mean that you have to overwhelm yourself with extracurricular activities during your first year, much less your first semester, at Pitt. In fact, I encourage you to actively go



Dalia Maeroff STAFF ILLUSTRATOR

against this pressure. Trying to participate in too many extracurricular activities all at once while learning the ins and outs of college will almost certainly result in exhaustion and burnout.

Maybe you were super involved in high school — played sports, belonged to honor societies or participated in other activities — and think you can keep that up in college. While it certainly is possible to stay heavily involved in college, and, for the most part, it is a good thing to be active and involved, college can be significantly more tiring than high school.

I'm willing to bet you've seen memes about how exhausting college can be. The ones I'm thinking of usually center on how in high school, kids used to wake

See Lawler on page 47

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column

# DON'T WISH AWAY GENERAL EDUCATION REQUIREMENTS

**Julia Kreutzer**

Senior Staff Columnist

I was once a first-year student with a lot of chutzpah — the kind that was fervent in their belief that they knew exactly what they wanted to do, and more importantly, knew what majors and minors would get them there. Clearly, this was not the case.

While I initially groaned at the idea of having to take up to 13 courses in a variety of topics outside of my intended major, the reality is that general education requirements were not only helpful in pointing me toward my current fields of study, but made the task of exploring other areas feasible and constructive.

If used properly, general education requirements can be exciting, enrich-

ing opportunities to narrow down your interests, eliminate extraneous costs, customize your education and market yourself to future employers.

The Dietrich School of Arts and Sciences notes that these courses are essential elements of its curriculum.

"General education requirements are a buffet for your brain — more than just requirements, they are your opportunity to discover interests you never knew you had, all while earning credits toward graduation," the school's website said. "GERs prepare you by emphasizing skills employers want (like critical thinking, problem solving, written and oral communication) and giving you the opportunity to become more aware of our increasingly diverse and intercon-

nected world."

In practice, this is more than a marketing strategy. The Dietrich school has a series of general education requirements that can be satisfied with literally hundreds of courses — writing, algebra, quantitative and formal reasoning, language, diversity, humanities and the arts, global awareness and cultural understanding, social sciences and natural sciences.

There's no doubt that this list is overwhelming, to say the least. But when considering that these courses can also be satisfied by in-major courses, these requirements make it easy — and even effective — to pursue multiple areas of study.

As an English writing and politi-

cal science double major and a theater arts minor, my schedule is pretty jam-packed. But because these areas of study all fulfill different requirements, I'm able to complete my degrees and GERs simultaneously without needing to pack my course load with an excess of irrelevant courses.

In fact, when I switched my major from international and area studies to political science, I found that rather than wasting time on global studies courses that didn't count toward my new major, I had knocked out two of my general education requirements.

Considering as many as 50% to 75% of all undergrads change their major at least once before graduating, I'm clearly not alone in choosing to take a different

See Kreutzer on page 29

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## Kreutzer, pg. 28

path. As Jon Marcus, higher-education editor for the Hechinger Report, noted, while changing majors is often an essential step in a student's ability to find fulfilling job placement, it comes at a price.

"Switching majors is adding time and tuition to the already high cost of college," Marcus said. "The sobering reality is that some commit to the massive investment in a higher education without actually knowing what they want to learn."

One essential step in combating the obstacles associated with a change in plans are general education requirements. These courses not only expose students to what may become their field of study, but make use of credits that may not apply toward a new major.

A survey from the Association of American Colleges and Universities found that employers highly valued categories such as knowledge of human cultures and the physical and natural world, intellectual and practical skills,

personal and social responsibility and integrative and applied learning. Anthony Siciliano, the executive director of education at Southern New Hampshire University, said GERs foster these qualities and make students more hireable applicants.

"For students to be adequately prepared to do well in their chosen career, they need to have not only the rigor of an academic education but also an applied, relevant and practical curriculum that focuses on the development of these core skills," Siciliano said.

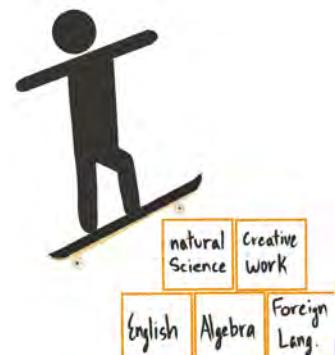
In essence, employers want engineers who can understand the area in which they work, health care workers who can also effectively communicate with patients, sales representatives who calculate and process statistics and, in general, employees who are multifaceted and well-rounded.

This goes beyond marketability. A petition calling for all undergraduates to be required to take a Black studies course as an additional GER has nearly 7,000 signatures. Sydney Massenberg, a 2020 Pitt graduate due to begin studying

at New York University School of Law in the fall, started the petition and said it could be instrumental in educating students on anti-racism in America.

"During my time as a Pitt student, I've always felt as though all my non-Black classmates would benefit from learning more about what it means to be Black in America, but I knew that many of them would be able to graduate without taking such a class," Massenberg said. "This lack of knowledge has negative consequences in university communities across the country, and I want Pitt to lead the way in making a real change."

Yes, I may have schlepped my way through algebra and psychology, but I have been able to cater the vast majority of my GERs toward my specific interests and needs — both academically and personally. Global History of Terrorism proved exceptionally applicable to my foreign policy courses. Introduction to Microeconomics helped me understand where my money comes from and how to invest and save effectively. Introduction to Performance introduced me to the department in which I would



Promiti Debi SENIOR STAFF ILLUSTRATOR

soon declare a minor. The History of Developing Countries exposed me to the harsh realities of our world and the steps needed to engage in productive activism.

General education requirements can — and should — be viewed as a way to enrich your learning, both as a future employee or employer and, more importantly, a human being. ■

*Julia is a rising junior studying English writing, political science and theater arts. Write to Julia at [JKR142@pitt.edu](mailto:JKR142@pitt.edu).*

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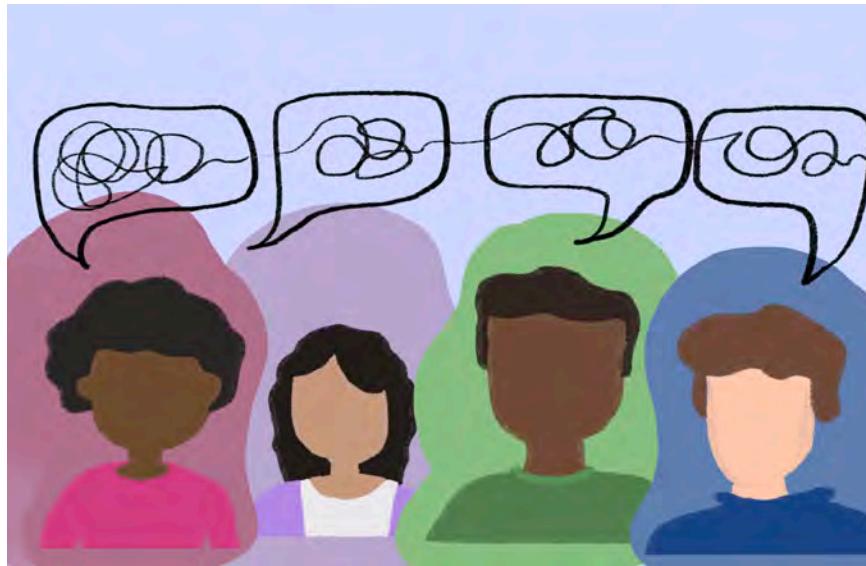
column

# CONSIDER JOINING A COUNSELING CENTER THERAPY GROUP

**Loretta Donoghue**  
Senior Staff Columnist

For the past several months, the COVID-19 pandemic has altered students' routines across the world. There have been social, economic and humanitarian impacts, and now, as universities announce reopening plans for the fall semester, college students are once again feeling the pandemic's effects.

Pitt joined this growing list of schools in June with an altered academic calendar for the fall term. In an email sent to incoming first-year students, with a later explanation to returning students and staff, the University said the fall semester will start earlier, utilize a combination of in-person and online learning and include measures to ensure social distancing. Pitt students can take a sigh of relief now that we have a general plan for the semester, but even with further



Shruti Talekar SENIOR STAFF ILLUSTRATOR

clarifying announcements, the return to campus this fall will be far from stress-free.

The transition to college is already overwhelming, and the added stress of a pandemic will only make it harder. Even without a pandemic, the newfound freedom of college comes with worries about finances, grades, social life and independence. According to a 2018 report by the American College Health Association, more than 60% of college students said they had felt "overwhelming anxiety" in the past year, with more than 40% feeling so depressed they had difficulty functioning. With COVID-19, these numbers have only worsened — 91% of college students in an Active Minds survey indicated that the virus has caused them extra stress or anxiety. College in the time of coronavirus is bound to be mentally draining for thousands of students. Thankfully, Pitt's Counseling Center can help — incoming first-year students who

See **Donoghue** on page 31

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## Donoghue, pg. 30

find themselves struggling should consider joining a group counseling session.

The Counseling Center, part of the Student Health Service, offers several different therapy groups each semester. The groups are designed to work with six to 10 students, with two Counseling Center clinicians facilitating discussions. Groups meet once a week, with each session lasting approximately an hour and a half. Any student enrolled at the University who has also registered for classes and paid the Wellness Fee can enroll in a group for free.

For many students, therapy seems intimidating and overwhelming. The idea of talking at every therapy session can be exhausting, especially for individuals with depression or anxiety. The benefit of a group therapy session is that students are not required to share at every session — members are able to simply listen if they are ever uncomfortable talking. Students must complete a one-on-one screening appointment with a group facilitator before attending the group, but after that, the only requirement is to attend the group. In fact, in order to attend certain group sessions at the Counseling Center, such as "Understanding Self and Others," participants cannot simultaneously see an individual therapist at the Center. For students who are anxious about

one-on-one therapy or are new to therapy services, group therapy can serve as an introduction to therapy while still providing useful and vital help.

In order to best serve the needs of students, the Counseling Center offers three different group types — skills, support and process.

Skills-based groups are designed to help students learn specific coping skills for a variety of challenges, according to the Center. They provide a space for students to open up about personal experiences to which other group members can closely relate. There are also support groups, which are designed to help students who are going through similar experiences deal with some of the challenges that may arise. The third type of group, a process group, focuses on fostering an environment where students can openly communicate. All three types of groups are offered each semester, with each type centering on the main goals of receiving support, learning new skills and exploring personal interactions — all of which take place with the support and guidance of Counseling Center clinicians.

One of the biggest advantages of group therapy, as opposed to individual therapy or trying to work through problems without help, is that students in group therapy are reassured that they are not alone. A lot of the aforementioned mental struggles college students experience — especially first-year students — start with feelings of isolation. In a 2017 American College and

Health Association survey, more than 60% of college students reported feeling "very lonely" in the past year. Group therapy can help with loneliness by allowing students to interact with peers who experience similar emotions — it reminds participants that other people experience difficult times, too. As put by the Counseling Center, group therapy "helps individuals see they are not alone in their concerns."

Going beyond showing participants they are not alone, the Counseling Center has created group sessions for students with a sense of shared purpose. This summer, for example, the Center is holding the "Racial Stress and Trauma" group, specifically for Black students. The group focuses on hardships Black students face, while providing a space for Black students "to understand and process their experiences of racism as a trauma, identify how it impacts them, find ways of strengthening their resilience and regain a sense of agency." There are groups that focus on certain shared struggles, such as the transition to college and substance abuse, and there are groups for specific segments of the student population, like LGBTQ+ students and graduate students.

Group therapy with peers who have shared experiences goes beyond showing participants they are not alone — it also provides students with new ways to handle stressful situations. Even though groups are centered on a shared identity, each participant will have a different personality,

unique background and individual solutions to situations. In individual therapy, a therapist will, of course, give proposed solutions to a student's problems, but in a group atmosphere, the student is able to receive the therapist's input in addition to seeing how their peers, who actually possess the shared identity, handle their emotions.

On this issue of shared identity, the Counseling Center states, "Group clinicians create a safe interpersonal environment that allows group members to offer support, provide alternative coping strategies and develop accountability in working toward goals."

With the group facilitators leading discussions, students can open up about a shared struggle and see how the other students deal with the issue. They can pick up new strategies for their problems, as well as encourage each other to work through their own obstacles.

College is full of new independence and exciting memories, but it also comes with a lot of responsibility and stress. Especially during a global pandemic, many incoming first-year students may become overwhelmed with the college atmosphere. The Counseling Center is a resource available to all students in need of help, and any first-year student who finds themselves struggling should consider joining a therapy group. ■

Loretta primarily writes about politics. Write to her at [LMD120@pitt.edu](mailto:LMD120@pitt.edu).



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**column  
IN DEFENSE  
OF CHANGING  
YOUR MAJOR**

**Alex Dolinger**

*Staff Columnist*

The first year — sometimes, the first month — of college can be full of an overwhelming amount of self-discovery. A lot of people come to college with a set plan, but sometimes that plan changes. That's OK.

When I came to Pitt, I wanted to get a degree in political science and communication because I watched a lot of "The West Wing" and fancied myself as an up-and-coming C.J. Cregg. I was all set in an academic community and was certain I was on the right path. Then, a week passed, and I wasn't so sure.

Turns out, basing your foreseeable future on an Aaron Sorkin script doesn't yield promising results. I would sweat nervously through all 50 minutes of my political sociology class, and then I would go cry in a Posvar Hall bathroom — an excellent bathroom to cry in, but that's another article. I felt like I was in over my head while everyone around me had everything figured out. I went from being one of the smartest kids in my high school to not understanding a word that my professor said. So, I wiped my tears, got an Einstein's bagel and decided I needed a change.

The magical and terrifying thing about college is that you have more choice than you've ever had before, and your choices will end up holding a lot of weight. That's not to say that making the wrong choice will ruin your life, but quite the opposite. Everyone I know in school has made the wrong choice at some point. Some of them have done it twice. In regards to my major, I made the wrong choice on four separate occasions. But eventually I made the right one, and so will you.

I decided to try my hand at psychology, partly because it was a subject I excelled in during high school, but mostly because it was what my girlfriend was doing at the time. Like I said, we all make wrong choices. It was really interesting, I felt like I was good at it and I wasn't crying in bathrooms after every class. I was taking a movement class through the theater arts department that helped me find my zen, and it seemed like everything was working out for me. Then, my girlfriend and I broke up, and I decided I wanted

to be a lawyer.

While it is a bit embarrassing to publish the tales of my first-year frivolity — making choices based on TV shows and what other people were doing — it all has a point. And the point is that when you're in college for the first time and you have all this choice, you might make stupid choices. It's OK to make stupid choices, because stupid choices are one of the greatest learning tools we have.

College teaches you so much more than what you learn in a classroom. One of the things it taught me was that deciding the path that will determine the rest of my adult life is going to take time. It took a lot of time, two years exactly. Since I played my cards right and took a lot of gen-eds, this didn't set me back. Plus, taking a lot of gen-eds helped me explore numerous career fields until I found the right fit.

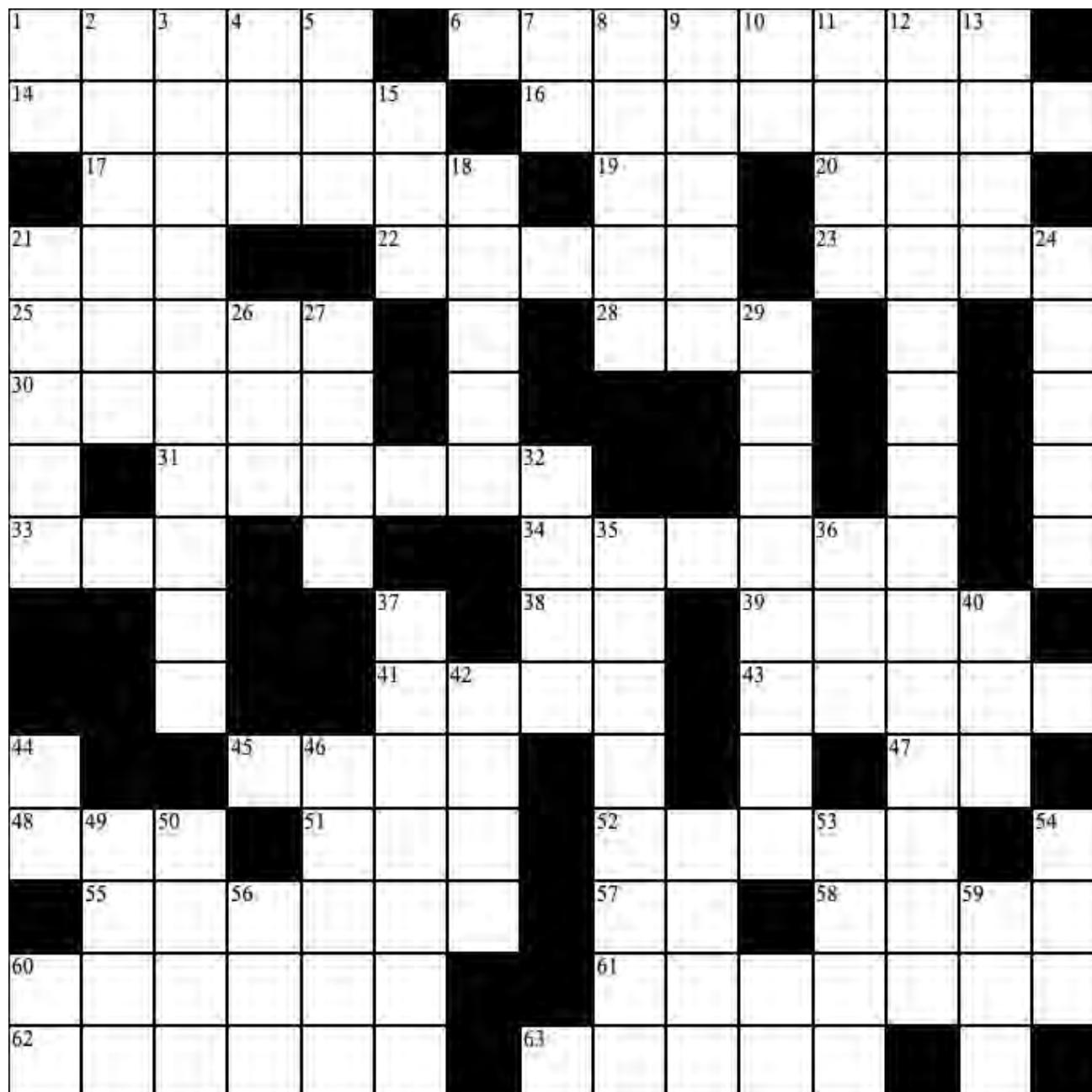
I took all kinds of classes during those two years. At one point, I wanted to be a journalist. At another, an FBI agent. But in all these dramatically different semesters, one thing always stayed the same. I didn't notice it until my adviser — who I bothered a great deal, and you should, too — pointed it out to me, but together we realized that I had taken at least one theater class every semester since I got to Pitt.

I was incredibly intimidated by the theater arts department, but I knew I didn't want to stop taking those classes, so I decided to take even more of them. My lawyer dreams were fading into the background, and I was coming to terms with the fact that I was falling in love with a historically difficult career path.

But when it comes to difficult career paths, I don't think shying away from them is the answer. One of the other super important things I've learned in college that no professor ever told me is that the best degree for you is the one you are going to finish. I kept choosing these new paths and getting very quickly burnt out, turning to theater for comfort until I moved on to the next thing. While theater is difficult to succeed in, the hard work I do every day to get better at it doesn't feel like work. When you find something you're passionate about, something you want to do for See **Dolinger** on page 35

# CROSSWORD: PITT HISTORY & ALUMNI

Charlie Taylor  
Culture Editor



## DOWN:

1. PhD or MD prefix
2. Cure
3. Main character in "The Last Airbender"
4. Type of conifer
5. Technology, Entertainment and Design
7. Abbrv. for Pitt's competitor last defeated Sept. 2019
8. Skirts that are neither long nor short
9. Crappy car
10. Part of an email address
11. Funerary vases
12. Takes a long time to load

13. Bouncing sound
15. Pitt's old name, abbrv.
18. Camera manufacturer
21. What Bill Cullen played on TV
24. Taken to soothe the stomach
26. In chemistry, used to measure the amount of a substance
27. Noise made with fingers
29. Building signifying Pitt's humble origins
32. Swedish pop group
35. Drawing inspiration from a variety of places
36. Go all \_\_\_\_\_
37. Shortened word for images on a billboard
39. Used to propel a boat
42. Charlotte Brontë protagonist
44. Shortened way of saying Pennsylvania
46. Prize won by Wangari Maathai, Philip Hench and Paul Lauterber
49. Earring that doesn't dangle
50. Low-cal beer
53. Single bills
54. Well-known K-Pop band
56. Citation style
59. Bring legal action against
60. In English, sounds like "oy." In French, sounds like "wah."

## ACROSS:

1. First version
6. Top of one's class
14. Go over
16. Arts and Sciences namesake
17. God of Babylon
19. Message on Twitter, for example
20. Slang for no
21. Obtain
22. The vaccine for this was developed at Pitt
23. Fed to pigs
25. Oklahoma Thunder player
28. Sketch comedy show that's launched many a career
30. \_\_\_\_ Cope, Steelers sportscaster
31. "Drag Race" contestant named after a state
33. Genre of bands Operation Ivy and No Doubt
34. Eg. lighthouse
38. Today, historians tend to say BCE instead
39. Prefix meaning "self"
41. Agreement or contract
43. Low-grade version of The A-Team
45. Makes you turn green
47. Sound that rolls in Spanish
48. Language spoken primarily with the hands
51. Contraction that sound like 39 Down
52. Accepted body of work
55. Quality of music
57. Abbrv. that might appear in a calculator name
58. Home for birds
60. Place for plugs
61. Initiating action
62. Personal beliefs
63. Standardized tests for Brits

# STAFF PICKS: THE BEST BUILDINGS ON CAMPUS

The Pitt News Staff

Sure, the Cathedral of Learning is beautiful — we're not denying that. But here at The Pitt News, we know campus has so much more to offer its students than the same old boring, Gothic castles. From Brutalist beauties to floor plans that make going to class an adventure in and of itself, here are the buildings that we've missed while we've been away — and that you should probably know about before coming to Pitt.

**Posvar Hall // Charlie Taylor, Culture Editor**

It's 10:20 a.m. and you're running late. You need to track down your anthropology TA during office hours, which end in 10 minutes. You turn onto Schenley Drive, a side street just off Forbes Avenue near the Cathedral of Learning. There she is — William Wesley Posvar Hall. Or just Posvar, if you know her well.

She stands as a square concrete behemoth with rows of sad-looking, tinted windows. To enter through the main entrance, you have to pass through a covered porch supported by massive rectangular pillars of concrete, reminding you of the sheer weight of the structure, both physically and on your conscience.

Once you're inside, good luck finding your TA's office, or anything else besides Einstein's Bagels — which is, thankfully, pretty hard to miss. I have a theory that it's impossible to walk in a straight line in Posvar, which is probably why instead of finding my classes, I always end up doing laps. Some escalators can take you to some rooms, others can't and finding your class feels like being 13 and trying to find the Hot Topic at a mall in an unfamiliar town. It's certainly a feeling I haven't been able to get while at home.

**Information Sciences Building // Lucas DiBlasi, For The Pitt News**

If you want to take classes in a building that flouts the convention that buildings should look "nice" or "pleasing to the eye," the Information Sciences Building is the one for you. Standing



William Wesley Posvar Hall. Dalia Maeroff STAFF PHOTOGRAPHER

as a monument to cold, calculating efficiency, it's located at the northernmost edge of Pitt's campus. Unless you live in North Oakland, just getting to class in this building will be an odyssey. But that's just what the clean, steadfast lines of the building's exterior would expect from you — the perseverance of an ox in the body of a tired college student.

The Information Sciences Building looks like a small mix between Posvar Hall and Hillman Library, featuring plenty of bare-concrete cubes, trapezoids and other forbidding geometric figures. Built in the Brutalist style, it does not care about your preference for Gothic arches and Corinthian pilasters, but instead stands tall with its barren, concrete self-respect. It is not beautiful in the conventional way, but contains its own unique, minimalist charm all the same.

Just to behold the Information Sciences Building is an act of will, but to take classes inside shows the true strength of one's character — it's home to classrooms where the principles of computer science are taught to the next generation of illustrious coders. It is truly an honor for any Pitt student to take a class in this shining testament to humanity's unwillingness to accept defeat.

**Benedum Hall // Maggie Young, Contributing Editor**

Rumors of the better Einstein's may inspire you to make the trek up Thackeray Avenue to Benedum Hall. Let it be known that the rumors are true — the egg beaters here far supersede the ones at Posvar — but Benedum will suck the life out of you. There are no windows, leaving you without views of the outside world to get through your mythology lecture. Worse yet, the building designers thought it lovely to add lime green accent walls to complement the windowless slabs of gray, with everything cast in a brutal LED glow. It's a migraine waiting to happen.

Beyond the drab color scheme, the vibes of the building will totally bring you down. Even getting to class will mentally exhaust you, because you always feel like you need to be doing something. Checking Twitter waiting for the lecture before yours to end seems like a waste of time while the kids next to you take the integral of infinity or whatever. Whether it's the high GPA that got them into their program or the notoriously difficult classes they take, engineers still scare me. All in all, Benedum isn't an ideal place for someone in the Dietrich School of Arts and Sciences to make themselves at home.

If you are in Swanson, forget I said anything. This place is a dream.

**Benedum Hall // Diana Velasquez, STAFF PHOTOGRAPHER**

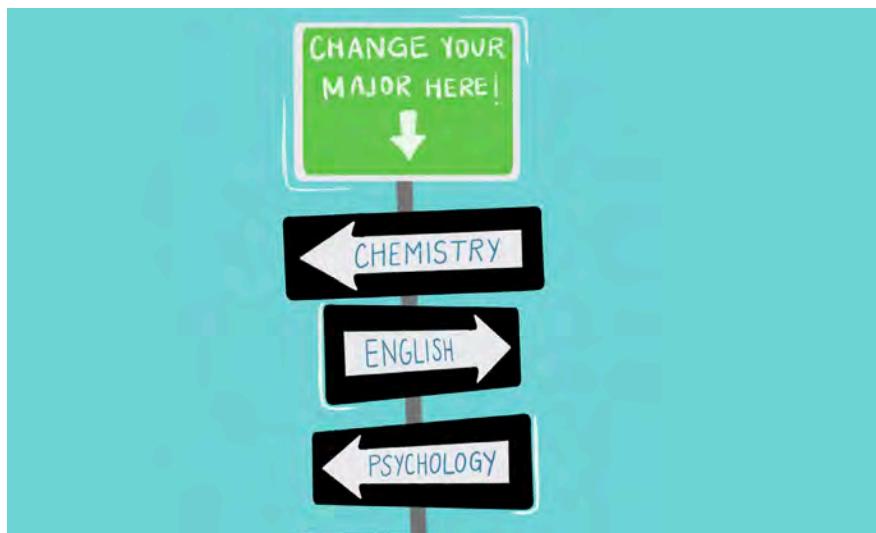
**Senior Staff Writer**

This is a Pitt building? How can this be a Pitt building? It doesn't look like one. It's past Litchfield Towers on Forbes Avenue, and the entrance is hidden away on a side street. Sennott Square isn't hiding from anything, but it sure is hard to find. The architects of this building must be laughing at the labyrinth they built inside, and the poor students who lose themselves in it.

Infamously known as the home of Pitt's psychology department and business school, Sennott is an actual maze. The elevators bring you up to the center of the floor and from there on branch out into two hallways of endless twists and turns, complete with eerily low lighting to oh-so-helpfully guide your way. The rooms are definitely not numbered in order. You're looking for room 515 for your Intro to Psychology study? Well, you just passed room 514 but next up it's room 512. So you turn around to retrace your steps but now it's room 202. You turn around again to see room 2324. It's taunting you. Does Pitt have its own personal Greek labyrinth? Well, if you can make it out of Sennott Square, I'd advise you to look out for man-eating Minotaurs. ■



Benedum Hall.  
Dalia Maeroff STAFF PHOTOGRAPHER



Shruti Talekar SENIOR STAFF ILLUSTRATOR

## Dolinger, pg. 32

the rest of your life, you'll be excited to go to class every day.

Now, I'm about to enter my final year of college, where I spend most of my day studying scenic design. I never had the opportunity to explore something like this in high school, so I take comfort in the fact that there's absolutely no way I could have started earlier. I had a lot of exploring to do before I made it here, but I think our pas-

sions find us when we're ready for them.

If you're entering your first year of college, I hope that you will be ready and excited for your plans to change. It might be hard and kind of scary, but there's so much to learn about yourself before you find what your passion is. That passion is waiting for you, so don't worry about how long it takes to find it. Change your major. Change it again. ■

*Alex Dolinger writes primarily satire. You can reach them at ard108@pitt.edu.*



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# STAFF PICKS: OUR FAVORITE LOCAL RESTAURANTS

The Pitt News Staff

Like businesses across the country, restaurants in Oakland and the surrounding neighborhoods closed in March due to the ongoing COVID-19 pandemic. Now our favorite locally owned spots are slowly reopening, and there's never been a better time to support Pittsburgh's famous food scene. To showcase local restaurants, here are the top places you'll find us eating once we're back on campus.

**Oishii Bento // Diana Velasquez, Senior Staff Writer**

To my great displeasure, I did not discover this wonderful Korean place on Oakland Avenue until the second semester of my first year. Instead, I spent my time at Sushi Fuku across the street, which is great, but can hold no candle to Oishii Bento. As far as appearances go, it's kind of a hole in the wall, but the food is warm, flavorful and perfect



Pamela's, a diner on Forbes Avenue in Oakland, is a favorite spot for Pitt students. Leela Ekambaram STAFF PHOTOGRAPHER

for one of those snowy, slushy Oakland winter days. Oishii Bento has traditional Korean staples like bulgogi and multiple dishes featuring kimchi, but what's best

about this place is that you can get a bento box right in the City's heart. And while every Pitt student has a love for more classic Pittsburgh dishes like pier-

ogis, you just want something different sometimes. At Oishii Bento, there's a wall's length of Korean dishes to choose from — a nice change of pace from the dining halls, and a step up from many of the American-centric dining options around campus.

**Fuel and Fuddle // Simon Sweeney, Staff Writer**

There is absolutely nowhere in Oakland better than Fuel and Fuddle for the balance between "open late," "cheap" and "extremely good." With a lively atmosphere and a truly legendary late-night menu -- available from 11 p.m. to 1 a.m. -- F&F will quickly become a go-to place for weekend nights when you just can't force yourself into Market Central for the 12th day in a row and want to be able to shovel food down without breaking the bank. The menu features classic comfort fare from customizable burgers to loaded sandwiches to even more loaded nachos. That the place pulls off both inexpensive and late without sacrificing quality -- the burger is legitimately my favorite in the area -- is pretty much a magic trick. No one should live on campus without having the knowledge that F&F is ready to welcome them, and now you've got it. Don't forget!

**Szechuan Express // Maggie Young, Contributing Editor**

Every main character in a coming-of-age novel has a Chinese takeout place they love. When I want to feel like the main character in my own life story,

See Food on page 48

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A photograph showing three students in a classroom setting. One student in the foreground is pointing at a large anatomical model of a human brain. Two other students are looking on, one from behind and one from the side. An open book or notebook is visible on the desk in front of them.

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# PANTHERS FALL 2020 SEASON PREVIEW

Alex Lehmbeck  
Senior Staff Writer

With six sports teams back in Oakland for voluntary offseason workouts, Pitt Athletics has begun to prepare for upcoming sports seasons with the hope that they will be played in full. With fall sports right around the corner, here's a quick guide to each squad set to compete in the near future.

## Football

2019 Record: 8-5 (4-4 ACC)

Key players lost: DB Dane Jackson (second-team All-ACC), WR Maurice Ffrench (third-team All-ACC)

Outlook: Pitt had a 2019 season with disappointing losses sprinkled into a solid year that capped off by a surprisingly thrilling Quick Lane Bowl victory. The Panthers should be aiming for better in 2020, though. The roster, filled with returning starters and some impressive offseason signees, should boast one of the best defenses in the country, and at least a capable offense.

Center Jimmy Morrissey, defensive tackle Jaylen Twyman and safety Paris Ford, Pitt's three first-team All-ACC selections in 2019, will lead the team through what appears to be a very manageable 2020 schedule ahead.

## Men's Soccer

2019 Record: 10-8-2 (4-3-1 ACC)

Key losses: M Braden Kline, D Nyk Sessock (transferred)

Outlook: After taking over a Pitt soccer team that hadn't won a conference game in its last three seasons, prestigious head coach Jay Vidovich has lived up to his reputation as one of the top coaches in collegiate soccer. In his fourth season at the helm, Vidovich officially moved past the rebuilding stage of the program, earning Pitt soccer its first NCAA tournament appearance in 54 years and first NCAA tournament victory in school history.

With nine of its 11 starters returning, including All-ACC first-teamer Edward Kizza, Pitt should aim for another chance at a postseason run.

## Women's Soccer

2019 Record: 5-10-3 (2-6-2 ACC)

Key losses: D Cheyenne Hudson



The Pitt women's volleyball team is one of Pitt's best sports teams.

Kaycee Orwig **VISUAL EDITOR**

Outlook: Like the men's program, Pitt landed a huge head coach signing a few years ago in two-time national coach of the year Randy Waldrum from Notre Dame. Two years into his tenure, Waldrum has yet to break through the rebuilding phase like Vidovich, but his young team has made immediate improvements.

Pitt's breakout star Amanda West, who led the Panthers last season in both goals and assists in just her first year, has proven to be Waldrum's most impressive get so far. The question remains — can her surrounding cast provide her with enough help to take the program to the next level in 2020?

## Volleyball

2019 Record: 30-2 (18-0 ACC)

Key losses: MB Layne Van Buskirk (first-team All-ACC), OH Stephanie Williams (second-team All-ACC), RS Nika Markovic

Outlook: As the Panthers cruised their way to a third consecutive ACC championship in 2019, head coach Dan Fisher has turned the volleyball team into undeniably Pitt's strongest athletics program. A season that saw the Panthers destroy previous school records en route to the team's highest ranking in school history ended with a heartbreaking defeat in the second round of the NCAA tournament to Cincinnati.

Although the team said goodbye to a senior class pivotal to the program's transformation, the team will have higher hopes than ever for 2020. The Panthers return several players with All-ACC honors and bring in a stacked recruiting class looking for an immediate impact. Can reigning ACC Player of the Year Kayla Lund and her squad build off of last season's momentum to finally get over the team's postseason hump?

## Cross Country

Key losses: Nick Wolk (15th at NCAA Men's Regionals), Sam Shields (55th at NCAA Women's Regionals)

Outlook: Pitt men's and women's cross country programs ushered in a new era of the program last year when they hosted their first home meet in over two decades, with both squads winning the Panthers' opening meet. The men's team's seventh-place finish at the NCAA Mid-Atlantic Regionals to end the season was its highest result since 2006.

All-region honoree Zach Lefever will look to fill the shoes of former senior captain Wolk, who emerged as the team's consistent star last year. Junior Devon Hoernlein, who finished second on the women's team at regionals, is poised to lead the women's team in 2020. ■

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# PARSING PITT'S STUDENT WORKOUT FACILITIES

Camryn Simons

Staff Writer

Heading into college, odds are that you're not a five-star athlete pursued by multiple Division I colleges.

Maybe you grew up playing soccer for an intramural league, or only ever played friendly matches of basketball with your friends at the local court. Maybe you're a student who only ever went to the gym on a semi-regular basis.

Whether you're looking for a place to play racquetball with friends, take a quick morning run or join group exercise classes, Pitt offers a wide variety of facilities for active students of all levels of commitment.

## Baierl Student Recreation Center

Located within the Petersen Events Center, the Baierl Student Recreation



Trees Hall, on Allequippa Street, contains the most diverse range of facilities for exercise and recreational activity.

Kaycee Orwig **VISUAL EDITOR**

Center holds the title of Pitt's largest, and most popular, fitness center. The expansive facility has everything a fitness fanatic could ever need — a wide variety of cardio equipment, free weights and strength machines.

Baierl contains an aerobic and dance studio, a functional fitness area, a matted area for calisthenics and stretching, a multipurpose room and courts for racquetball and squash.

If you're on lower campus, don't let the walk up Cardiac Hill — officially called DeSoto Street — discourage you from working out. Consider the uphill hike a warmup.

Be wary though — its size makes Baierl a popular spot for many students, so try to avoid busy times, such as early mornings and evenings, when lines for

See **Workout** on page 49

The advertisement features a central graphic of a cassette tape with "92.1 FM" on it, resting on a smartphone. To the left is a small screen displaying "THE EDGE HITTING EDGE" with icons for sports, news, music, and podcasts. A pair of headphones is shown with one earphone connected to the cassette. The background is a textured, light-colored surface with circular patterns. On the right, the text "WANNA JOIN?" is written in a large, stylized font, followed by "EMAIL:" and the address "stationmanager@wptsradio.org". Below this is the WPTS radio logo, which consists of three vertical bars of increasing height followed by the text "WPTS radio". At the bottom left is a small icon of a person with the text "FOLLOW US: @WPTSRADIO".

# FIRST-YEAR PANTHERS TO GET TO KNOW

**Stephen Thompson**

Sports Editor

Upon arriving at a school at which you plan to spend four years or longer, you begin to develop a special bond with the athletes who are members of your class as well. You will watch them grow, develop and eventually become faces of the teams you watch and root for.

But don't wait until you step into Heinz Field, the Pete or Fitzgerald Field House to start learning about your classmates. Get to know some of the stars of the class in 2020 before you join them in Pittsburgh.

**Tracey Hueston, Women's Basketball**

Head coach Lance White is leading a women's basketball renaissance in Oakland. The on-court results have lagged, but his recruiting is a welcome sign of optimism for a program with one NCAA Tournament appearance in the last decade.

Lance welcomes his strongest Pitt class to date, headlined by four-star forward Tracey Hueston. She is a 6-foot-2 post player from Roanoke, Virginia. Speed and athleticism make her an attractive prospect when she takes the floor, but trust in the future is what White needed the most, especially from such a talented player. Hueston said in late May that the faith White demonstrated in her was evident early on.

"From day one, I could tell that they were all about supporting me," Hueston said. "The biggest thing was feeling that I was a part of the family from the jump."

Hueston and fellow Panther signee Liatu King were invited to the McDonald's All-American game in Houston pre-pandemic. The game has since been cancelled, but the distinction as one of America's top high school basketball players still stands.

Even without the All-American honor, ESPN ranks Hueston as the No. 73 player in her class and No. 17 forward in the country. She averaged 20.4 points



Canadian striker Chantelle Parker joins the 2020 Pitt women's soccer team. **Image courtesy of Pitt Athletics**

per game in her junior year at Northside High School before missing her senior season with a knee injury.

**Chris Pouliot, Baseball**

There was a robust international contingent of Pitt athletes from last year's first-year class. From Malian men's basketball forward Abdoul Karim Coulibaly to Australian women's soccer striker Amanda West, there is representation from around the globe in Oakland. Now, add a Canadian left-hander to the mix.

First-year left-handed pitcher Chris Pouliot hails from Boischatel, Quebec, a 12-hour drive from Pittsburgh, and his new head coach, Mike Bell, comes from 15 hours in the opposite direction. He used to coach pitching at national powerhouse Florida State and is now attracting top pitching talent to his program.

International baseball scouting agency Perfect Game rates Pouliot as a nine on its scale projecting future success. A nine means that Perfect Game predicts Pouliot to be a "potential top 10 round pick and/or highest level college prospect."

Pouliot earned that grade with an ever-developing frame and fastball. Pouliot has grown two inches and added 33 pounds since his second year of high school. His physical development has contributed to a more dominant fastball as well. After sitting between 79 and 83 mph in his sophomore year, it blossomed to a top velocity of 87 in his senior year. Add in a wipeout slider and the tutelage of Bell, and Pouliot is set to be another star Panther pitcher.

**Chantelle Parker, Women's Soccer**

Pitt women's soccer and head coach Randy Waldrum already has an Icelandic pipeline that is yielding results. But in his latest recruiting class, Waldrum is expanding Pitt's reach elsewhere with the addition of Canadian striker Chantelle Parker.

Parker competed in this past February's CONCACAF U20 tournament for Jamaica. Her squad turned in a strong performance in the Dominican Republic, winning three of four matches before a quarterfinal loss to the home nation. Parker was the leading assister

on her team and tallied the third most assists in the entire tournament.

Waldrum said he already has great confidence in Parker, who has yet to play a minute in Panther blue and gold.

"On my first trip to Canada, she caught my eye and I knew we needed this player in our program," Waldrum said. "She's talented, passionate about her football and highly competitive. She'll be a great addition alongside Amanda West up front, as they both offer some different qualities that will make it difficult for defenses."

Parker joins a Panther team that has incrementally improved its win total in each of the past three seasons, and despite no college experience, Waldrum has Parker pegged as a key complement to his star forward West, who led the Panthers in both goals scored and assists.

If women's soccer at Pitt is to take the next step forward, Parker will be an essential part. ■

# CAPEL'S BEST NEWCOMERS ARE READY FOR THE SPOTLIGHT

**Sam Krimins**  
Staff Writer

The 2020 Pitt men's basketball recruiting class enters Oakland ahead of one of the most highly anticipated seasons in recent memory. From sharpshooters to high flyers, this season welcomes a plethora of must-watch talent. To put it in perspective, the Panthers jumped from 49th to 26th in 247Sports' national recruiting rankings.

These newcomers — combined with veteran talent — give the Panthers their best chances to reach the NCAA tournament since the Jamie Dixon era.

One essential newcomer — sophomore guard Ithiel Horton — is not listed among Pitt's 2020 signings, but still counts as fresh talent. Horton is not a recruit, but a highly sought-after transfer from the University of Delaware, landed during the 2019 cycle.

The 6-foot-3 200 pound combo guard averaged 13.2 points per game in one season with the Blue Hens. Horton, a product of Roselle Catholic High School in New Jersey, earned a CAA



The 2020 Pitt men's basketball recruiting class is Pitt's highest-rated recruiting class since 2012. **Kaycee Orwig** VISUAL EDITOR

All-Rookie team selection. He made 23 starts at Delaware and led the team with a 40.9% rate shooting 3-pointers.

Horton's playing style closely resembles that of his sports idols.

"LeBron James," Horton said. "Paul George as a second [favorite] because I revere him so much as a player, but LeBron was my first and he has impacts in all works of life, not just basketball."

Although Horton plays a different position from the two NBA stars, similarity between their games is apparent on tape. All three players are good shooters from every inch of the court, allowing them to use the pump fake most effectively for a drive or mid-range shot. Opposing teams know they can't let any of these three players shoot, drawing help from side defenders resulting in open shots for their teammates.

Even though he emulates the styles of professional superstars, he tries to add a personal flare to his equipment. The jersey number chosen by players is often more than just an icon to be

See Capel on page 50



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# PITT SPORTS VENUES, RANKED

**Griffin Floyd**

Staff Writer

Pitt hosts 19 varsity sports teams, with eight different home fields between them. When you're on campus for the first time, it can be overwhelming to decide where to go or what teams to see, so here are the definitive rankings for which facility to see first.

## 8. Trees Pool, Swim and Dive

Falling to last in our rankings is the dated Trees Pool, home to both the men's and women's swim and dive teams. Since it was built in 1962, even people who visited Trees in the '70s remember it being ancient. It's not easy to get to either, a long walk for anyone not living on upper campus. Considering that it doesn't house a big spectator sport, cold, wet bleachers are the only thing to look forward to at this relic.

## 7. Ambrose Urbanic Field, Soccer

Home to Pitt's soccer teams, Ambrose Urbanic Field is part of the Petersen Sports Complex, built in 2011 and one of the newest facilities on campus. It's nothing special though, packed between the baseball and softball fields — blocking out what could be a magnificent view of the Pittsburgh skyline — and located at the top of Cardiac Hill. The wind can be brutal, and with only one bleacher section, it quickly fills to standing room at big games. Cramped, chilly conditions detract from the viewing experience.

## 6. Carrie Blast Furnaces, Cross Country

The Carrie Furnaces are a relic of Pittsburgh's steel town heritage, which is why they were chosen for the cross country teams' home meets. This unique setting makes for a fascinating trip, and a great way to see some of the city's history, but the location is an issue — the furnaces are located in Rankin, several miles away from campus. Riding a 61B at rush hour, and then tracking another half mile down the gravel driveway is less than ideal, as is calling an Uber. If it wasn't for the out-of-the-way location, however, the Carrie



The Petersen Events Center, which opened in 2002 on the former site of Pitt Stadium, is home to the Pitt men's and women's basketball teams.

Kaycee Orwig **VISUAL EDITOR**

Furnaces would be a lot higher on the list.

## 5. Charles L. Cost Field, Baseball

Pitt's baseball stadium is part of the Petersen Sports Complex as well. It's an attractive, clean location, if a bit unspectacular. The Hill rises beyond center field, an interesting backdrop, but hardly breathtaking. There's nothing really good or bad about Charles L. Cost Field, landing it squarely in the middle.

## 4. Fitzgerald Field House, Volleyball and Wrestling

The Fitzgerald Field House is one of the oldest venues on campus, built in 1951. Home to the high-flying basketball team for decades, the Field House has seen a lot of Panther history, and that proud tradition continues today, as it is home to two of Pitt's highest achieving sports — volleyball and wrestling. While it doesn't have the size or glamour that

that reside there are always fun to watch, pushing it up the rankings.

## 3. Vartabedian Field, Softball

Vartabedian Field holds the best features of the soccer and baseball stadiums, outweighing the trio's disadvantages. On the west side of upper campus, the stadium provides a stunning view of the City skyline and a premium photo opportunity if you're there at sunset. While an outdoor stadium isn't ideal in the frigid early spring months, Vartabedian Field is the perfect place to soak in the last rays of summer with the fall ball slate, or enjoy the warmer weather as spring semester winds down.

## 2. Heinz Field, Football

Heinz Field, also home to the Pittsburgh Steelers, is a fantastic place to watch a football game, even if it isn't on campus. Busing to and from the game, and the occasional lack of fans, can be a pain, but nothing beats gameday. Tailgates

fill the lots hours before kick-off, and the pregame party spills into the stands as the Panthers take the field. The Panther Pitt is almost always full of enthusiastic student fans and makes Saturdays on the North Shore worth the trek from Oakland. Enjoy Pitt's iconic rendition of Sweet Caroline from your bright yellow seat as the Panthers battle marquee home opponents like Virginia Tech and Notre Dame this season.

## 1. Petersen Events Center, Basketball

Opened in 2002 on the former site of Pitt Stadium, "The Pete" is the crown jewel of Panthers sports. The Oakland Zoo student section has been praised as one of the best in the country by USA Today and Bleacher Report, among others. Both the men's and women's basketball programs have suffered recent stretches of mediocrity, but the Zoo remains faithful. All signs today point towards a revitalized Pete sooner rather than later. ■

# THE PITI NEWS

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## SGB, pg. 8

board member. She previously served as the executive vice chair of SGB's community and government relations committee, and is the founder of Not My Generation, a gun violence prevention non-profit.

"I think it's even more critical at this moment to really know what people need and to meet them where they are," Fleisher

said. "My goals haven't really changed. For a lot of us, I think the path that we thought we were going to take to accomplish our goals is much different."

Katie Richmond, a rising junior and first-year SGB member, said she is passionate about mental health resources for students.

"In the past two years, I've been observing how Pitt handles stuff and I think there's so many great things that we have but there's also a lot of room for im-

provement," Richmond said. "I really want to make accessibility more of a thing so that people can find things that they need."

Annalise Abraham, a rising junior, said she wanted to be part of SGB in order to amplify the voices of student groups and focus on sustainability.

"I'm really interested in seeing how we can make Pitt a more sustainable institution, environmentally, socially and economically," Abraham said. ■

Fleisher said SGB is a great resource for any undergraduate student, especially first-years.

"We have our own original programming, but ultimately we try to amplify the work that student leaders are doing," Fleisher said. "For our first-years just coming in and trying to get a handle on what their Pitt experience is going to look like, I would say utilize SGB." ■



Student Health Service  
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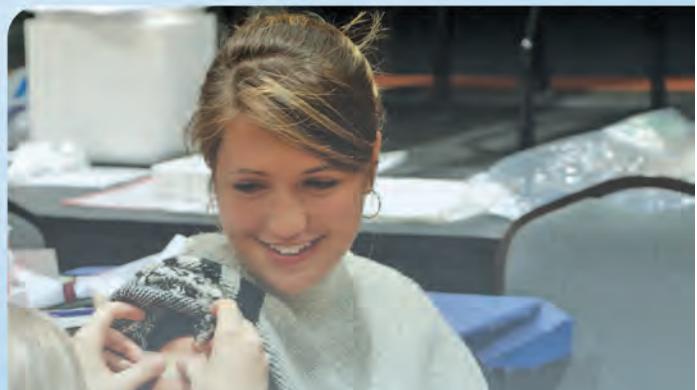
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## Honors, pg. 14

others and the world around us." It's something she said she continues to learn and relearn throughout her time at the University.

"This means that through research, academic coursework, community engagement and experiential learning, UHC students, faculty, staff, alumni and partners work together in order to gain knowledge and then put that knowledge into action for the public good," Murrell said.

Murrell's practice of crossing boundar-

ies, she said, is part of everything she does at the University. One of Murrell's major initiatives during her first year was the creation of "scholar communities." These groups of faculty and students across disciplines, majors, areas of expertise and personal interests come together and work on projects, activities, research and events centered around a common theme.

One of the first scholar communities focused on food ecosystems — "resilient" food systems with a proper balance between economic, social and environmental sustainability. Murrell said projects are being organized to partner with Food21

— an organization focused on building a resilient and sustainable food economy for the Pittsburgh region — to help areas negatively impacted by the COVID-19 crisis.

The Honors College plans to launch two additional scholar communities in the near future. One will partner with the Pittsburgh Collaboratory for Water Research, Education and Outreach and with the Water Institute of the Gulf in New Orleans, to work on solving issues of water quality, water policy and socio-economic resilience in Southwestern Pennsylvania and across the nation.

The other new community will include

Pitt's Horror Studies Working Group, the Film and Media Studies Program, Center for International Studies, University Library System, University English Department and the George A. Romero Foundation to better understand horror, educate others and promote the horror genre in all media forms, countries of origin and historical periods.

Dave Hornyak, the assistant dean of the Honors College, said Murrell has refined the mission by formalizing the requirements for the Honors College and distinction.

"She is creating an environment which encourages scholarship of impact among Pitt students," Hornyak said. "I admire her passion, energy, never-ending ideas, but most of all, I admire her commitment to the students at Pitt. She lives the values she speaks."

Murrell also implemented many significant changes to the Honors College experience for first-year students. For last academic year, she introduced a new requirement that first-year honors students live in Sutherland Hall. But this requirement has been lifted for the upcoming academic year after student backlash. Honors students now have the option to live in the honors housing units in Sutherland or Brackenridge halls, or opt out of honors housing entirely.

Another change for Murrell's first year was the addition of a new joint-degree program. This new program requires completion of the Honors Outside the Classroom Curriculum and 24 credits, while maintaining a 3.25 GPA. After completing all of the requirements, students will earn a "with honors" distinction on their diploma. Students in this program also have access to priority course registration, priority access to certain housing options and a personal mentor to help in their academic journey.

In order for students to take advantage of all upcoming projects, Murrell said, she advises incoming first-years to ask lots of questions and to keep in mind that learning takes place both inside and outside of classrooms.

"Pitt has a lot to offer our students and there is no way you can navigate this experience alone," Murrell said. "Get involved in student organizations, activities, alumni events, community service projects and other opportunities to connect with people across the campus." ■

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Student Health Service  
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## Stages, pg. 20

and two for men."

With a historical play, Teplitzky said much of the work she has to do as a director involves putting together a team of student collaborators, including actors, stage managers, lighting designers and costume designers, not only to rehearse the play, but to consider how each element fits into the historical context of the story.

"We would develop the show through weeks of rehearsal, but even before that, meetings and artistic research. This is a historical

play, so there's gonna be a lot of historical research," Teplitzky said.

Like "These Shining Lives," the upcoming Mainstage production of "Miss You Like Hell" also focuses on uplifting often-marginalized voices. It tells the story of a young woman, Olivia, who goes on a cross-country road trip her undocumented mother, Beatriz.

According to Bria Walker, the play's director and an assistant professor of theater arts, the show speaks to our current political climate while also telling a deeply human story.

"This story humanizes the immigration debate as well as some other policies within

our federal and state governments," Walker said. "You get to see these women try to navigate this complicated time in our current history."

Walker said when selecting the shows to be performed this season, the Pitt Stages selection committee paid special attention to stories with important social and political implications.

"Some things we consider when producing a season of shows are what is going on socially and politically in the world [and which] shows we feel the student body needs to have experience with," Walker said.

Walker also said whether or not her production will be in person, what really matters is that she will be able to tell a compelling story that she thinks needs to be heard.

"As artists, we have to be flexible and create with what is given to us in the moment," Walker said. "No matter what decision we come to, the story will be told and it will be beautiful."

Teplitzky also said no matter what happens with her show, she knows it's just one opportunity she'll have throughout her lifetime.

"My show is not the priority. Public health and safety is so important," Teplitzky said. "There will be other shows." ■

## Plants, pg. 22

still get some light.

"Pretty much all of them you can stick wherever in a dorm," Clouse said. "Obviously, the closer to the window in general the better, but they don't need to be directly on the windowsill."

Although succulents may look cute and don't require frequent watering to stay alive, Clouse warned against purchasing one for a dorm. Because desert plants need direct sunlight, rooms with one small window tend to be too dim to support them.

"You can theoretically get away with that in a dorm, but it really depends on the dorm room and how much light you get in through the window," Clouse said. "You need a really bright window."

### Recognize its needs

Nobody's a perfect plant parent — sometimes we overwater or underwater and end up with plants that look a little worse for wear. Clouse said owners can generally tell what they're doing wrong by how the leaves look. Yellowing leaves usually indicate the plant is getting too much water, while browning, crispy leaves indicate it's getting too little.

Clouse also said every plant is different, and to really know what it needs requires research. When your snake plant or fern seems a little off, they said Google is often the way to go.

"A lot of [learning upkeep] is doing research online, because some plants show different symptoms depending on what's wrong," Clouse said. ■



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An advertisement for apartments featuring several photographs of different apartment interiors. The top photo shows a bedroom with a double bed, a dresser, and a closet. The middle row includes a living room with a couch and a television, a kitchen with wooden cabinets and a white stove, and a bedroom with a single bed. The bottom row shows a kitchen with a refrigerator and a stove, a bedroom with a double bed, and a dining room with a table and chairs. Each photo is labeled with its address: 'Saxony - 229 N. Craig', '221 N. Dithridge', 'Melwood Center 316-334 Melwood', '402 Atwood', 'Adrian - 4629 Bayard', and '333 Melwood'. The background of the advertisement is a light green color.

## Mensch, pg. 26

reported that they experienced debilitating anxiety in a 2017 survey. Other health conditions — like bipolar disorder — also typically begin to appear in the late teens and early 20s.

And the various life stressors college students face don't help the onset of these conditions. General academic stress is one of the main factors that plays into declining mental health and, luckily, there are ways to manage stress on campus — time management, exercise and goal-setting, to name a few. But there are other stressors that are harder to manage, like

parental pressure, the shock of sudden independence and financial burdens. Reports show that 69% of students have to take out loans to pay for their education, and from a public university like Pitt, the average student graduates with an average debt of more than \$25,000.

Scientists generally agree that stress catalyzes the onset of mental health issues. This means, for example, a student could be genetically predisposed to a condition like depression or bulimia but not begin to actually suffer from the illness — or else experience worsened symptoms — until they face major sources of stress in their lives. This is part of what makes untreated stress threatening to mental health.

Some students might be lucky enough to avoid some of these stressors, but as a full-time or even part-time student, there is just no way to completely avoid all stress factors. Instead of trying to avoid or ignore stress, students need to find ways to mitigate stress. And stress management such as exercise is great, but it probably isn't going to be sufficient in the long term. The good news is that there are ways to manage stress and mental health, so long as you prepare and utilize them.

If you already work with a therapist, psychiatrist or other mental health professional at home, make plans to continue working with them remotely when you move to Pitt. If you'd

rather find a mental health professional here, whom you can see face-to-face when public health allows, start doing your research now. Ask for referrals if you'd rather not see a therapist through the University Counseling Center. Make sure the therapist takes your insurance and talk to them on the phone before classes start, so you can make sure they're right for you. That way, when you move to Oakland, you'll already have a working relationship with them.

The Counseling Center also offers resources such as group therapy, psychiatry referrals for medication and other health professionals — like dieticians — who might be of service to you while you settle into college life. Don't be afraid to use these resources. And if you have concerns about your mental health in college, don't ignore your gut. Talk to your doctor, your parents or anyone you trust about this. Make sure you have someone who can check in on you at school. Don't let yourself get to a bad place before you start seeking assistance.

You are not the exception. I say this most honestly, as someone who — three years ago — thought they were the exception. Many of my mental health issues were tied to living in the suburbs, but when I moved to the city, they just manifested differently and more intensely. Because of this, I had to spend most of my first year commuting from home. It was what I needed to do back then, and I don't regret that year. I've found a very happy place for myself at Pitt, and I've been fine ever since. But I wish I had listened to people when they told me I wouldn't get better without taking actions like calling a therapist and not ignoring stress factors. I could have gotten to this happy place far earlier.

If you start early, taking care of yourself before you feel like you're in dire need, you're likely going to be able to manage stress perfectly fine. Mental health conditions that are treated early on have the best prognosis. This isn't to say that every day is going to be a breeze, but long term, you'll likely be able to function and do everything a college student wants to do.

College is hard. But college years are also when you meet some of your lifelong friends, where you have the opportunity to study what you love and find interests you didn't even know existed prior. There are so many things you won't be able to control on campus, but one thing you can do is put yourself in the best position possible to succeed. Be on the defense.

You'll be OK — more than OK — but you have to be prepared for the challenges you're going to face. ■

*Leah is the opinions editor and writes primarily about cumin, literature and life's other necessities. Write to Leah at LEM140@pitt.edu.*



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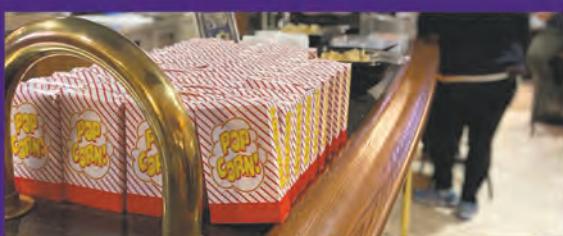
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## Lawler, pg. 27

up early, go to eight hours of classes, do another hour or two of extracurricular activities, and then go home to do homework and eventually go to bed at midnight. Meanwhile, college students wake up at 10 a.m. for their 10:30 a.m. lecture and get home exhausted, napping through the afternoon.

While I'm sure you recognize I'm exaggerating here, the truth is, college is a more strenuous experience than high school. You have a lot more responsibility and independence, meaning that it's really up to you how and when you get your assignments done. Attempting to do too much outside of your academic work, especially before you've figured out your work ethic and how long it takes you to complete assignments, could possibly come with consequences.

One such consequence is the promise of a lot of extra stress. While college students are notoriously stressed out, trying to balance a full course load with multiple extracurricular activities would be a recipe for disaster. It could end up stressing you out far more than necessary, leaving you feeling like you have no free time to relax or not enough time to devote to your classes.

Feeling as if you don't have enough time could then force you to prioritize different things over each other, reckoning with the nemesis of many college students — time management. Trying to navigate your first semester at Pitt while taking on multiple different extracurriculars will challenge your time-management skills, and if you can't learn how to balance your academics with your extracurriculars, it could seriously impact your grades.

As a first-year at Pitt, you'll probably be focused on learning how to get around campus, where you can get the best food, where you like to study and who will be in your friend group. Piling eight clubs and/or organizations on top of all of that is bound to be overwhelming, could result in you spreading yourself too thin and prevent you from giving your full attention and dedication to any one thing.

By no means am I discouraging you from being involved at Pitt. There are far

too many incredible clubs and activities to participate in, and I think it would be a shame not to be active in at least a few of them. But I know from experience that the first year of college — or the first year at a new college, if you're transferring — is a period of adjustment. There's a lot of new situations being thrown at you, and you should try to give these situations your full attention.

What works better, at least in my experience, is joining extracurricular activities gradually. I joined one club sport my first semester, and once I was comfortable balancing that with my academ-

ic work, I joined a second sport and The Pitt News. This allowed me to learn how to manage my time so I could get all of my work done and still attend practices.

Hopefully this goes without saying, but if you choose to join one or more clubs and feel overwhelmed or find it too difficult to participate in all of them and stay on top of your academic work, you shouldn't feel bad about pulling back to focus on your classes. It's perfectly natural to step back from extracurriculars if you have an exam coming up, or if your week is packed with papers and other assignments.

While I can advise you all day about the best way to get involved and how to avoid unnecessary stress, in the end, it really is up to you. That's really the best — or the worst — part of the college experience. I only ask that you do not overload yourself during your first semester and that you take this time to learn, grow and have fun. ■

*Paige writes primarily about environmental policy and politics. Write to her at [PML36@pitt.edu](mailto:PML36@pitt.edu).*

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## Food, pg. 36

my place of choice is Szechuan. Dine-in at this place is minimal — just a few tables — but it's not somewhere you'll find people falling in line after a night out in South O, either. It's more depressingly spontaneous — like on a Wednesday evening after you got a 43% on your calculus test and want to watch a movie in your dorm alone. The menu reads pretty straightforward as far as Chinese restaurants go — General Tso's, Kung Pao — definitely the kind of place where

you order the same thing every time. They give you huge servings with a very modest bill, a dream for 19-year-olds everywhere. The MSGs might weigh you down a bit after, but it's a delicious decision I make multiple times a month.

**Pamela's // Charlie Taylor, Culture Editor**

Nothing tastes quite as perfect late on a Sunday morning as a good diner breakfast, and with a location on Forbes Avenue in Oakland, Pamela's is the perfect spot for a meal that's good for the soul and not so great for the arteries. From hashbrowns that are crispy on the

outside and soft on the inside, to their famous thin, lacy-edged hotcakes, the menu boasts nothing but the classics. Although Pamela's tends to get pretty busy during prime weekend breakfast hours, the staff is great at getting people seated and fed quickly without feeling rushed. Coming from a small town, the whole experience, from the unassuming decor to the expansive menu full of comfort food, reminds me of the little diner in my hometown. There's a reason why Pamela's is a favorite spot for Pitt students — it's reasonably priced, the staff are friendly and the food satisfies

every craving. According to Pamela's Facebook page, the Oakland location reopened June 4, so students won't have to recover from another long Saturday night without a Pamela's breakfast.

**Taiwanese Bistro Cafe 33 // Claire Chuang, For The Pitt News**

Asian food is common in the Pittsburgh area — from Sushi Fuku to Pho Van, Noodlehead to Sichuan Gourmet. Walking through nearby Squirrel Hill, there are numerous Asian restaurants ready to serve you classic tastes when you're craving Asian food. However, if you have some time on your hands and want some authentic Taiwanese food, Cafe 33 on Shady Avenue is for you. During my first year in Pittsburgh I was homesick — homesick for the night-market food xiaochi, wonton noodle soup, scallion pancakes, braised dishes and more that I won't be able to list here. But Cafe 33 has it all! This one-story restaurant portrays a vintage feel with indoor and outdoor seating. The very first time I stepped into this restaurant, it felt like home to me. I ordered a wonton noodle soup, which was not too salty with a savory taste. The prices are affordable, so anyone who would like to satisfy some cravings for Taiwanese food should try the delectable food served at Cafe 33. ■

# FIRST EVER

The Dietrich School's TRIO Student Support Services (SSS) team has one purpose: helping first-generation and income-eligible students make the most of their time at Pitt.

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# TPN

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## **Workout, pg. 39**

equipment make an efficient workout difficult.

### **Trees Hall**

Trees Hall, a short upper campus walk from the Pete on Allequippa Street, contains the most diverse range of facilities for exercise and recreational activity.

Trees boasts a fitness center with strength machines, cardio equipment and free weights, nine racquetball courts, three basketball courts, a multipurpose room with matted flooring, a swimming pool, an indoor climbing wall and an enclosed driving range and putting green.

The indoor pool at Trees consists of two adjoining pools, one large and one small. Mainly used for recreational swimming, team practices and competitions, the larger, Olympic-sized pool contains springboards and a platform. The smaller pool contains six 25-yard lanes and is mainly used for swimming lessons and water aerobics.

Regardless of your experience, the climbing wall at Trees Hall is open to all students and faculty. The climbing wall provides students with various ways to elevate, such as bouldering and top rope. Student staff is available to assist with any questions and climbing equipment is available for rental to all students as well.

### **Bellefield Hall**

Bellefield Hall houses various Pitt offices and services, but the majority of students know it as an easy lower campus workout space with a variety of options.

Inside Bellefield, students have access to regular exercise equipment such as elliptical machines and treadmills, a weight room, a four-lane 25-yard lap pool, a group exercise and dance studio and a mat room.

Bellefield also contains a recently renovated gymnasium for basketball, volleyball and other group activities. These courts can be particularly helpful when the trek up to Trees Hall seems daunting. Bellefield's location behind pittnews.com

Heinz Chapel on South Bellefield Avenue is much more accommodating to those living on lower campus or with limited time between classes.

### **William Pitt Union Fitness Center**

On the third floor of William Pitt Union, students have access to a more limited workout space, but one in the heart of campus.

The WPU Fitness Center consists of mainly cardio machines. In addition, there are rooms designated for aerobics and dance, and a studio cycling room used for calisthenics and group exercise

classes.

Some of the group exercise classes offered at the WPU Fitness Center include cycling, Tabata, Zumba and yoga.

Also located on the same floor is the Stress Free Zone, a space for students to learn and practice mind and body stress-reduction skills. The Stress Free Zone provides walk-in services such as mindfulness audio stations, a private space for yoga and meditation, biofeedback, a massage chair and daylight lamp therapy. Classes for both yoga and meditation are offered daily.

### **24-Hour Residence Hall Centers**

For people with busy schedules who can't find the time to make it up the hill to work out, the 24-hour Residence Hall Fitness Centers provide students with the ability to work out at any time.

Located within many on-campus residence halls, the fitness centers contain a small selection of cardio equipment. Although these facilities are not as expansive as Baierl or Trees, they provide students with a way to exercise without having to leave their dorm building. ■

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## Capel, pg. 41

identified by scorekeepers and referees, but also a meaningful representation of the player as a person. And that holds true for Horton and his number 0 jersey.

"I changed my number to 0, first for a new start," Horton said, "to show that I have not won anything on this level and that I'm a part of something bigger. I'm just a small piece and it isn't about me."

Horton's transition to ACC basketball will not be easy. Adding more intense competition to a new city and team made Horton feel that he needed a coach who would look out for his well-

being on and off the court, which he said Capel does.

"I love that coach Capel sees us as human beings and we can confide in him no matter what is going on in our life," Horton said. "He gives us genuine advice and that he and the staff relate to us."

2020 recruit and 6-foot-10 power forward Max Amadasun echoed Horton's confidence in Capel's leadership away from basketball.

"The best thing about coach Capel is his energy and passion he brings every day and the love he shows to his players," Amadasun said. "He really bonds with them in a whole other way other than basketball."

On the court, Amadasun is already a defen-

sive force, and is currently more focused on his offensive game.

"I've been working on my ball handling and perimeter game the most," Amadasun said. "Being as versatile as I can is very important to me."

Those bonds transcend teams — the personal relationships that attracted Amadasun to Pitt also made the ACC a more attractive conference in which to play. Amongst the stiff competition in one of America's strongest leagues will be Louisville's sophomore forward Aidan Ighehon, one of Amadasun's close friends.

"The team I'm most excited to play against this year is Louisville," Amadasun said. "I can't wait for the matchup against Aidan, who's a good friend of mine."

There will be plenty of opportunities for Amadasun — a model of versatility — to find the floor versus the Cardinals. As Pitt forward Eric Hamilton is lost to graduation, the only significant front court experience lies with senior forward Terrell Brown, and there will be an open competition for playing time at the big-man spots.

But Amadasun will have competition from his own class. 6-foot-9 four star prospect, first-year center John Hugley is the 15th-best rated recruit to commit to the Panthers, based on 247Sports all-time commits. Hugley is an offensive force in the paint, who garnered interest from 31 different college teams including West Virginia, Ohio State, Michigan State, Xavier, Miami, Florida, Florida State and Cincinnati among others.

Even with his imposing physical frame, the Ohio native brings skill and floor spacing at the center position, a sorely needed aspect of last year's Panthers. Having a big like Hugley that shoots like a guard from the perimeter can dramatically help Pitt's offense. Hugley will force opposing centers to abandon the paint, opening the lane for attacking wings and guards, making Hugley's impact impossible to underrate.

Pitt also added first-year forward William Jeffress II, who comes from nearby Erie, as the No. 1 ranked recruit in the state. The 6-foot-7, athletic, primarily wingman can play both small forward and power forward.

Jeffress' game mimics that of sophomore forward Justin Champagnie, who was the Panthers' most consistent offensive threat last season. Both wingmen hold instinctive scoring ability and are knockdown shooters. Imagine a Champagnie mold with greater length and defensive potential.

The only guard in Pitt's 2020 recruiting class — incoming first-year guard Femi Odukale — stands at 6-foot-3 and is a pure scorer. Odukale is a three-star recruit that had interest from both Massachusetts and Seton Hall, but chose Pitt. The Brooklyn native joins a loaded backcourt, and most likely will sit behind both Johnson and Horton before assuming a larger role as an upperclassman. Odukale brings a smooth handle with a good-looking jump shot, his step back jumper being a signature move.

And rounding out Capel's third Pitt class is arguably his most overlooked 2020 player — first-year forward Noah Collier. At 6-foot-7 with great leaping ability, Collier will be an impactful defensive player the minute he steps on campus. Collier looks to fit the mold of Jeffress and Odukale — role players in the upcoming year and much larger pieces of the future.

Pitt's highest rated recruiting class since 2012 is ready to produce. They have the balance of ready-for-play talent that will see significant minutes this coming season as well as enticing athletes who will sustain experience beyond a pivotal 2020-21 season. ■

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