

The Insider



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Serving the University of Pittsburgh at Greensburg Campus

November 2014

Binge Drinking: Social Solution or Problem?

By Aliza Mulloy

The University of Pittsburgh at Greensburg is a “dry” campus. This means no alcohol (including empty containers) or drugs and paraphernalia are permitted on campus. We treat violations of our drug & alcohol policy very seriously.

Students on college campuses and are drinking. A lot. Not only for entertainment but also as a coping mechanism.

At 8 p.m., on a Tuesday, I sit next to an acquaintance, a UPG student, in Millstein Library. Over physics notes, she takes aggressive swigs from an opaque water bottle.

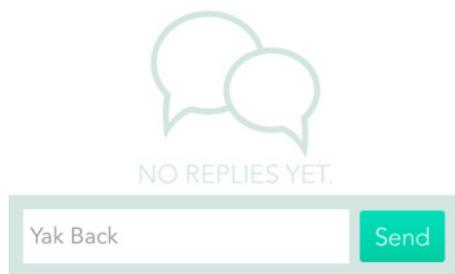
“It’s wine. Homemade Riesling,” she admits, “I study better with wine. It calms me down, makes me focus on the material. Without it, I’m more focused on the possibility of failing a test than I’m focused on studying.”

I admit I am writing an article on binge

drinking on our campus. She laughs.

“Figures,” she says.

“I’ve been there too many times. I get it. I won’t name names,” I say.



We laugh again. There’s a certain bond established over alcohol.

Alcohol is a sort of problematic solution to almost all social scenarios. The media reinforces this idea. Television, movies, commercials, and song lyrics all depict people drinking. Not only drinking, but drinking excessively. So, is binge drinking really a problem, or simply a scenario the media portrays is normal?

“It’s complex,” says Jeff Hayes, Penn State professor of education and psychology and a licensed psychologist, according to a recent article, “Probing Questions: How Serious is the Binge Drinking Problem on College Campuses?”

“According to the data that Hayes and his colleagues from the Center from Collegiate Mental Health have collected from more than 100 college campuses, 56 percent of students don’t engage in regular binge

drinking, defined as five or more drinks in a row for men, or four or more drinks in a row for women.”

So, the majority of college students are not engaging in binge drinking. But, 44 percent of college students are. Forty-four percent is still an issue. A major issue, considering “1,900 college students nationwide die from alcohol-related injuries each year. Approximately 600,000 students are injured under the influence of alcohol annually...700,000 are assaulted by another student who has been drinking...100,000 students are victims of alcohol related injury.”

According to the students I spoke with on campus, the majority of students seem to think binge drinking is drinking to the point of blackout, or drinking with the intention to “get messed up.” When informed that binge drinking is actually five drinks in two hours for men, four drinks in two hours for women, students were surprised.

Binging and Puring in Relationships How Are Our Relationships Influenced?

By Christy Walters and Michelle Boring

In our last piece, we discussed the difference between hooking up and dating, and how we, as a college demographic, view relationships.

What influences these views, though? The two most obvious influences are pop culture and social media. Together, they impact every aspect of our lives—what we wear, what we say, what we listen to, what we watch.

85 percent of participants from our poll said pop culture does influence the way they view relationships.

Kim and Kanye, Robin and Paula, Justin and Selena, Beyoncé and Jay-Z. As one responder said, “celebrities are serial daters.” If you want to quote Katy Perry, then they fight and break up, kiss and make up. Repeatedly.

Maybe we can blame it on movies or romance novels. “You’ve Got Mail” makes it seem like everyone can find true love on the internet.

As much as we say we don’t want to be like celebrities, we watch every aspect of their lives. Paparazzi exist to follow stars around and document ev-

Ebola-Is Westmoreland County Prepared?

By Ean Jury

For the past few months, fear of the unknown has arrested tongues all over the world because of one word—Ebola.

It’s emphasized in bold-faced type on the front page of the New York Times, in flashing headlines on world news stations, across social media platforms like Twitter, Tumblr, and Facebook.

While only four cases of infected patients have been reported in the United States, Ebola seems to be everywhere.

Since I work as a scribe at Westmoreland Emergency Room, I am at high risk of coming into contact with this disease. Since I am a physician’s personal assistant, note taker and partner, I follow the physician I am assigned to everywhere, even into a room with an Ebola-infected patient. However, unlike my physician, I do not wear sterile gloves and a mask. I am completely exposed.

Currently, there are few, if any, guidelines that specify what to do if you suspect you are infected with Ebola. However, the CDC has only one demand: go to the emergency room. Immediately. This singular rule was created in attempt to stop the disease from spreading.

The infected must report to the hospital. The infected must be isolated. That’s all we hear about. But what

about those potentially exposed? What precautions/guidelines exist to protect those who are not infected with, but have possibly been exposed to, Ebola?

In response to Westmoreland Emergency Department’s growing concern for its employees, the WEMS board had a meeting about Ebola protection in October. The result of that meeting was the introduction of an impermeable suit to be worn by any physicians and nurses responsible for an Ebola-infected patient.

While this suit is completely resistant to any and all fluid secretions, it is only useful for protecting against Ebola if worn from the first point of contact. Therefore, triage nurses, who are the first medical professionals to assess patients in the ER, would need to wear this suit at all times to ensure optimal safety from contracting the disease. However, one wouldn’t expect suited-up nurses working in the ER any time soon...not unless necessity demands it. Recently, medical employees have become cautious, even scared, to come to work. An ER-worker is 50 times more likely to contract Ebola than anyone else. With those increased odds, why wouldn’t employees be afraid?

Gabrielle Bruzuda, a scribe at Westmoreland Hospital’s Emergency Room, said “I only make 10 dollars



Impermeable suit worn by doctors and nurses to prevent the spread of Ebola.

an hour. I am sorry, but if I hear someone comes to the ER with Ebola and I am working...I am gone. I do not make enough money to risk my life.”

To ensure employees that Westmoreland Hospital Emergency Room is safe from Ebola, Excelsa Health has posted signs on every computer screen that read, “At this time, there are NO known cases of Ebola in Pennsylvania.”

While I am sure this sign was intended to imbue confidence and relief to the staff, for me, it had an alternate effect. As an employee of West-

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The Insider

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Ask A

Advice column that answers the questions of Pitt-Greensburg Students

Dear A,

I haven't had the motivation to do anything. How do I get motivated again?

Dear reader,

You're probably stuck in a rut. Change up your routine. Do something out of your comfort zone. Join a club. Be active. Go to the gym. It will not only make you feel better about yourself but will give you more energy. Think positive. Pay attention to the good in your life, opposed to the negative and mundane.

Good luck,

A.

Dear A,

I don't like my boyfriend but I don't know why. He is the "perfect" guy and all my friends are jealous. But he drives me insane. Even the nice things he does, like calling to say goodnight, piss me off. I have been with him for three years, I care about him and love him, but am starting to realize I've never been in love with him. On top of it all, I have been going out with my friends and guys have been asking me on dates. I decline but I catch myself thinking about them more than my boyfriend. I don't want to be with him but I don't want to hurt him.

Dear Single at Heart,

You need to break up with him. The sooner the better. You're going to get annoyed and snap on him. Or worse, you're going to go out and do something you regret. If you don't have real feelings for someone, you shouldn't continue the relationship. Lying that you are still in love with him isn't beneficial for either of you.

Meet up with him, tell him you love and care about him, but don't think the two of you are meant to be together. Apologize for hurting him, because he is going to be hurt. Break ups are hard for both people but even harder for the person being broken up with, because it isn't their decision. Explain that you hope, with time, the end of your relationship doesn't have to be the end of your friendship.

Enjoy being single. Go out with friends, go on dates, but don't immediately jump into another relationship. Give yourself time and give him time before he has to see pictures of you with another dude on his social media timelines. Don't be that asshole.

Good luck,

A.

Police We Goofed Blotter

These are the events that happened between Friday, October 31, 2014 and Friday, November 14, 2014 on the Pitt-Greensburg campus.

Friday, October 31

1:20 p.m. - CSA reports alcohol violation at Robertshaw building.

Friday, October 31

1:20 p.m. - CSA reports alcohol violation at College Hall.

Sometimes we don't catch everything. These are our errors from the last issue.

- In "Lookin' for a Good Time: Hook Up Vs. Dating Culture In the College Demographic," the male and female graph was colored wrong.
- In the Police Blotter, the last two incidents took place on Wednesday, October 29.
- In "Bobcats Face Off Against Pitt Johnstown Rivals," D.J. Petrovay scored a goal.

Have a question for A?

Scan the QR code below or go to our website at InsiderUPG.com to submit



Have a Missed Connection?

Scan the QR code below or go to our website at InsiderUPG.com to submit



Binge Drinking: Social Solution or Problem?

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Why the surprise? According to Brian Root, Assistant Director of Housing and Residence Life at University of Pittsburgh at Greensburg, incoming freshmen are given accurate information on drinking and the dangers associated with drinking. Students are informed and know the consequences of drinking before stepping foot on our campus.

Despite adequate and accurate information, there still seems to be a disconnect from the true definition of binge drinking. College students have established their own definition. A definition in tune to the habits they are surrounded by.

"If you have a tolerance for alcohol, four or five drinks doesn't seem like it would fall under the category of binge drinking," said Lauren Boczar, a recent UPG graduate.

"I will get a six pack, grill chicken, boil brown rice and asparagus. I drink, eat a good meal, and hang out with friends. Yes, I drink more than four drinks in two hours, but it's casual. I think binge drinking is an intention. If you intend to get 'fucked up,' that's binge drinking. The number of drinks isn't the issue, it's the goal," said Jordan Fessler, a junior at UPG.

Students do drink with an intention to get "messed up." Maybe the

intention isn't always expressed outright, but buying a fifth of liquor or a twelve-pack for yourself has intention.

To solve the issue of students binge drinking, Hayes suggest "having attractive activities and programs."

Alexis Newingham, a previous peer leader and current student at UPG, said, "When I was a peer leader, I had a lot of freshmen interested in the drinking scene. Wanting to know where people were socially drinking, where parties were, how to have access to alcohol."

Why are UPG students so interested in partaking in the drinking scene? Are there not enough alternative activities and programs?

As a UPG student, I know there are various activities held on weekdays. But Pitt-Greensburg is a commuter campus. The campus sort of shuts down on the weekends. On-campus activities might reduce the number of students "turnt" on a Tuesday, "wasted" on a Wednesday, "thirsty" on a Thursday," but Friday, Saturday, and Sunday are different. Parking lots and dorms are near vacant. It's like a ghost town. There is never much to do on weekends. It is not an ultimate goal to drink on the weekends but it always happens out of boredom.

Boredom is one reason students may drink. Meeting people, making friendships is another reason. "People are more social. I made

a lot more friends when I've been out at a parties or bars, compared to meeting people at like the library or something. And everyone is totally honest when they drink, so you're more likely to know their true self," said a senior at UPG who wished not to be named.

Students focus on the benefits of drinking, and ignore the consequences and dangers. Campus administration claims alcohol and drug violations are "taken very seriously," but students don't take the consequences seriously. I spoke with a student caught drinking in the dorms.

"They call your parents, you pay like \$50, take an alcohol class, write a paper, basically, about why you are an alcoholic. It's dumb. Just because you drink and get caught, doesn't mean you are an alcoholic," said a junior at UPG, "Honestly, I think I was drinking when I wrote the paper. I didn't care about it."

After experiencing the consequences of drinking, students continue to drink. Some consequences aren't severe enough to feel a need to initiate lifestyle changes, but some are. A close friend of mine, from St. Vincent College, a nearby campus, also used alcohol to assist her social life.

"Drinking was fun for me my freshman year. It let me make new friends and made me feel less anxious," she said, "But one night I got

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Wagner Dining Hall to Undergo Renovations Over Winter Break

By Barb Stern

Pitt-Greensburg students will return to campus in January to an improved Wagner Dining Hall, said Chartwells Dining Services Executive Director Richard McMahon.

The goal of the renovation is to create a more open floor plan at Wagner by making the following renovations. Relocate Soup and Salad Bar to a central location to relieve congestion in these areas. Place breakfast bar in central location

The Coffee house at Village Hall also will undergo some renovations, said McMahon. These renovations also are based on an open floor plan. "There will be new refrigerators, so we can store things at Village Hall," said McMahon. "We will not have to transport everything from Chambers Hall to Village Hall. We can deliver supplies directly to Village Hall."

The Coffeehouse also will feature a new espresso machine. Students can use their meal plans or cash equivalency at the Coffeehouse. It will be open seven nights a week until midnight.

"It's a unique thing to have on a small campus," said McMahon. "It's primarily student-run."

The ideas for these renovations stemmed from a roundtable held two years ago, during which Chartwell associates met with Pitt faculty, students and staff.

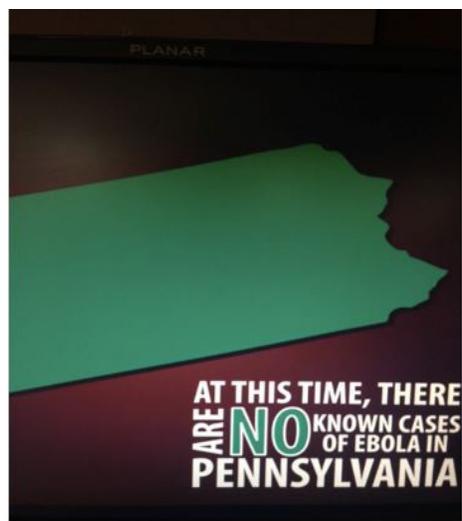
The renovations will take place during the winter break and will be completed by the time students return in January.

Ebola-Is Westmoreland County Prepared?

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Westmoreland Emergency Department, I find this sign brazen and unnecessary. While it's true that there are zero reported cases of Ebola in Pennsylvania, the hospital has taken little to no pains to organize preventive measures.

"Wear appropriate Person-



al Protective Equipment (PPE). Suspend use of any/all physical equipment and diagnostic testing. Contact the Infection Control Preventionist for Excela Health: 724-832-4000."

This is the extent of WEMS' guidelines. Short. Concise. Simple. While brevity often suggests organization, it can also suggest negligence. The hospital's lackadaisical, this-won't-happen-here attitude could have dire consequences in the event of an uncontrollable epidemic.

Dr. James Sample, a physician at Westmoreland Hospital's Emergency Room, said, "The scariest thing about Ebola is that there is no cure. Everyone is terrified about getting it. But as a physician, my job is to help a patient to the best of my ability. In this case, I am prepared to risk my life in order to help an Ebola-infected patient. If not me, then who else will help?"

While Westmoreland Emergency Room has attempted to make preparations to care for an Ebola patient, the truth of the matter is that there is nothing they can do to ensure everyone's protection.

Realistically, even though it might not appear so, the WEMS board came up with the best possible solution for Ebola. Since no cure currently exists, our only manner of protection is to consciously avoid spreading the disease.

"We as a society just need to be more sanitary," said Dr. Scott Harter, director at Latrobe Emergency Room.

"We should be constantly washing our hands and trying to maintaining our distance from sick individuals. Cover your mouth when you cough, sneeze into a tissue, don't shake hands during flu season, and always, always wash your hands. That's really your best bet against Ebola...at least for now."



Features

Social Media and Pop Culture

How Are Our Relationships Influenced?

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ery relationship, baby bump, or drunken mishap. It's entertaining to us. It influences us. We want to be like them, even if we won't admit it. Let's face it, we all want to be like Taylor Swift, with a string of exes (and millions of dollars in the bank because of songs written about those exes, no matter how much all the songs sound the same.

When celebs aren't serial dating in real life, they present fictional versions of themselves in movies such as "Friends with Benefits," "No Strings Attached," or any other movie out there promoting hookup culture.

45 percent of participants said they wouldn't engage in a F.W.B. relationship, but 26 percent believe it would be a great idea. Is this because movies have given us a romanticized view of this practice? Doesn't the relationship always start out that way, but eventually one or both of the parties falls in love? BAM. Instant fairytale ending. Awwww. How romantic.

24 percent of participants think that eventually someone will develop feelings. What's so romantic about being in love with someone that isn't in love with you?

The answer? Nothing. Of course, we're sure somewhere out there, someone did get the happy ending. Most of the time, though, it doesn't happen. There aren't writers scripting our lives. That guy doesn't always run into Grand Central Station and start a flash mob. It doesn't always end with a passionate kiss.

Sometimes, instead of starting as friends, it starts too young. Look at shows like "16 and Pregnant" and "Teen Mom." Maybe these shows started out with good intentions—trying to capture the struggles of a teenage mother—but instead, these shows made teenagers think that if they start early, they can get famous with a television show.

These shows and celebrities show how hookup culture has become commonplace. Do we even think about it anymore?

Look at Leah from "Teen Mom 2." She married her twin daughters' father, Cory, cheated on him, divorced him, and then she married a new guy, had a baby, and possibly cheated on her second husband too. What a role model, huh? It's terrifying to think that this is the kind of person that young girls

are looking at and being influenced by.

Now let's talk about Lil' Wayne. Not only is he an advocate for weed and other drugs but he has been arrested and jailed. To add to his already stellar reputation, he has four children to four different women. His

of changing them. Once again, I blame pop culture for creating the "once asshole now sensitive flower" stereotype in all the shitty teen movies; it gives young women false senses of reality. We have grown up in a pop-culture wasteland, so it makes sense that these

crept" on someone? All our information is on these sites, and people use those stats and figures to get to know us instead of actually asking us about our lives—it depersonalizes us.

We vomit our personal information and thoughts into the webiverse because our generation thinks that if we don't have it documented in our timeline or on our twitter feed, then it didn't happen. We aren't real. Our relationships aren't real unless they are "Facebook official." Before, guys would give girls their rings or their letterman jackets to show they were going steady. Now, it's a few quick clicks to get a status that people can like. #itscomplicated.

A responder said, "Social media has made everyone's relationships open to the public, by that person's choice, of course. Because you can make your relationship 'Facebook official' by changing your relationship status."

Relationships are less private. A responder said, "People post to their significant-other's wall in constant forms of affection. It makes it obvious to the rest of the people on Facebook if you are in a relationship."

"Significant others often become paranoid because of interactions they see their boyfriend/girlfriend having through social media. For example, looking to see who your boyfriend's or girlfriend's Snapchat best friends are or who constantly likes his or her Instagram posts," said another.

Should we go on? We don't think we have to. You get it, right? Social media takes relationships that were once private and allows the world, or at least our friends, access to everything we do.

So, pop culture and social media do affect our relationships. We can all agree on that, can't we? Social media came out when we were teenagers, at the peak of our awkwardness and at the beginning of our interest in the opposite sex. Pop culture is around us all the time now because of technological advances. We're the first generation to make it through the onslaught of power couples and "Facebook official" relationships, and it's obvious that these things have changed our generation from the previous ones. The question is: what's going to happen to the next generation? How invaded will their relationships become?



Headlines at the store that show our obsession with celebrities and their lifestyles.

first child was born when he was 15. He married the first baby's mother and divorced her two years later. The male role model isn't much better, is it?

Granted, we do have some great role models out there, but they don't get as much publicity. Even still, many celebrity relationships end in divorce. Though there isn't an actual statistic about the divorce rate for Hollywood couples, the question always seems to be, "How long will this last?"

20 percent of those polled mentioned that they think pop culture is the reason that divorce rates in

behaviors are now running rampant."

Another responder said, "Pop culture has redefined what a relationship is. We base our needs and ideals on tweets and pictures of these beautiful couples—but there is no insight. With #wcw (woman crush Wednesday) and #mcm (man crush Monday) the world has become jaded on what a relationship actually is."

It's not just pop culture influencing us; it's social media, too. In fact, 87 percent of participants said social media impacts their view of relationships. One responder said, "You can liter-

RELATIONSHIP

Relationship Status: with

Since: Month: Day: Year:

the U.S. are around 53 percent.

One responder said, "We have this glamorous view of relationships. We are always expecting instant gratification. Nowadays, it's like once people leave the honeymoon stage, it all falls apart. You get to know who someone truly is. We want people to be our fantasies, and when they're not, we're filled with disappointment. On the contrary, girls will stay with guys in hopes

ally find out if they have a freaking hangnail via social media." Which is true. We put it all out there.

39 percent of people said it was easier to find someone with social media. These social networks keep us linked to everyone, everywhere, all the time. It's easier to go online and use a site to find someone than to meet someone through work, school, or bars. Have you ever "Facebook

Thanksgiving Break-Finally Some Relief

Turkey. Cranberry sauce. Gravy. Stuffing. Gobble gobble.

Thanksgiving break's coming up shortly, and many of you will be returning to your family. For those that aren't, we hope that you will be able to spend time with someone who you can at least tolerate. For those that are, "tolerate" may be the appropriate word to use when talking about your family.

Home-cooked meals. Not cafeteria food. Not fast-food. Something that your body won't try to rapidly expel from you.

It's time to take break from school if you can. If you can't, and your professors assigned projects for you to work on, I'm sorry they're bad people.

It's important to note that this break is just as important for your family as it is for you. It's hard to think that this

may be just as rewarding for them as it is for you, but most of the time it is. Try not to shut yourself away in your room, playing video games. Don't put your headphones on and ignore your mom and dad when they talk to you.

They're going to be dead someday.

Not for a while though, probably. I mean, they're probably going to live to, like, a hundred. They'll always be

around. Four more generations of children will eat their Thanksgiving turkey and pie. Bad things don't happen. The point of this is to remind you that Thanksgiving break is as much "them time" as it is "me time." It's hard to remind yourself that you're actually a joy to be around, so enjoy the time you're around them like they enjoy the time around you.

Death With Dignity-What would you choose?

By Michelle Boring

On November 1, 2014, Brittany Maynard, 29, died, by physician-assisted suicide.

Weeks before her scheduled death, Maynard's story shot into the media, not because of her struggle with terminal cancer but because of the way she chose to die. Maynard elected to end her life by physician-assisted suicide, which occurs when a terminal patient chooses to obtain a lethal drug from a physician and willingly self-administers it to end his or her life.

Maynard was diagnosed, on January 1, 2014, with stage-two brain cancer. After a surgery to remove and stop the growth of her tumor, the tumor came back in April 2014. She was diagnosed with a glioblastoma, stage-four brain cancer, and she was given six months to live.

Maynard elected physician assisted suicide because she knew she would not be cured. The only treatment available to her would have diminished her quality of life even further. Stage-four brain cancer has only one outcome, and it's not an easy way to die. If Maynard would have chosen to live, she would have suffered from seizures, head and neck pain, and stroke-like symptoms. Her mind would have been eaten away by the cancer before the rest of her body shut down.

In order to have access to the Death with Dignity Act, Maynard moved to Oregon, from her home, in California. This law allows terminally ill, mentally competent adult residents to request a prescription to quicken their deaths. Oregon, Vermont, Washington, and in certain cases, New Mexico and Montana, are the only states to offer this service.

People die every day from cancer. People have elected to die in these states before, so why did this story make national news?

Maybe it was because Brittany Maynard was a beautiful young newlywed trying to have a family. It made news because she partnered with a non-profit organization to raise awareness.

It made news because she chose to die with some dignity and peace, but people told her it's a sin to commit suicide.

In an interview with C.N.N., Maynard said, "I'm not killing myself. Cancer is killing me."

I've heard a lot of people say they would or wouldn't do what Maynard did. Sometimes the reason is deliberate, but most of the time it



Brittany Maynard and her husband on their wedding day. -Courtesy of NBC News

isn't. I hate when people say "what if" about a situation that they know nothing, but I'll admit that I do it too.

So would I do it?

Yes. If my alternative was to die a painful death that would have me wither to a lifeless body, I think I would. Of course, that's hard to say for sure.

I've watched people die from cancer. I've watched them lose their hair and weight until they became bones covered in skin. I've watched them curl in on themselves in a hospital bed, too weak even to open their eyes. I've seen people after strokes struggle to rebuild themselves and ultimately give up and wait for death. I've watched people have seizures. I've watched people suffer. I've watched families suffer while they stood by and watched the person they love deteriorate. It doesn't interest me.

For a few months of my own life, I lived in a bed, unable to walk from the pain that started in my back and radiated down my legs. It felt like liquid metal being poured through my veins and encasing me. I often asked my doctors to cut my legs off. I asked for any relief, and I was given none. Thinking

back on that experience, it convinces me I would ask for physician-assisted suicide if I was ever terminally ill. In this last situation, I wasn't terminally ill. I knew there would be relief someday, but if I knew it wouldn't get better, if it would only get worse, then I would elect to die with dignity. I would elect to choose when, so I could say goodbye to the people I love and let them see me as

myself, not the hollow shell that is left.

I'm sure some of you are thinking that I have no respect for human life, for the miracle that we are given. I'm sure some say that I'm suicidal for thinking this way or that I would go to hell for this sin. That's fine. I respect your opinion, even if I don't agree with it. I understand the value of a human life, of any life, and I would never choose to end a life that wasn't already ending. I choose dignity, but I don't choose suffering. I choose life, but I don't choose a life in which I'm not myself.

Everyone has the right to choose how to die when suffering from a terminal disease. Maynard had to uproot herself and her family from her home and move to another state to be able to carry out her wish to die peacefully. Is that right? She was already dying, and she had to leave everything she knew behind her. The Death with Dignity Act should be available in every state, so that even if you personally don't want to use it, somebody who does can.

Having said that, I hope you will share your opinions with me once this article is posted online.

Binge Drinking: Social Solution or Problem?

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too excited and started taking shots and doing beer bongs. I wasn't sure if I was slipped something or if I just blacked out from drinking so much. I only had two memories for the rest of the night. The first is waking up naked in a shower and someone trying to wake me up. The second was laying on a couch with a guy I didn't know at all, touching me and kissing me. I couldn't wake myself up enough to get away. My friend, who had originally brought me to the party, had left."

The traumatic experience actually caused her to drink more excessively and more often. Drinking became a coping mechanism.

"Hayes acknowledges that it is sometimes a chicken-or-the-egg question: Is a student using alcohol to cope with problems, or is a student drinking to excess and therefore experiencing problems?"

Yes, seems to be the answer to both questions. Excessive alcohol consumption results in a cycle of self-harm.

How do we end the cycle? The problem doesn't seem to be a lack of information or activities or consequences, but a lack of concern. Students care more about the benefits of alcohol than the possibility of problems.

Be concerned. If you think your friend's, family's, or loved one's alcohol consumption is unhealthy, discuss the issue. Being concerned with someone else's habits might raise their own concern. Encourage people to change their unhealthy drinking habits. Provide fun, alternative activities. Drinking becomes a habit but it is a habit that can be broken with positive influence.

Visit <http://www.recovery.org/topics/alcohol-and-drug-addiction-recovery/>, if you are concerned with someone's drinking habits.

Thanksgiving Without the Thanks: How Black Friday Has Taken Over

By Christy Walters and Michelle Boring

Do you remember a time when you could walk through the mall on Halloween without hearing Christmas music or seeing wreaths hanging from the ceiling? Do you remember that holiday between Halloween and Christmas? You know, the one that everyone sat around the table and ate turkey and talked about the things they were thankful for?

It's called Thanksgiving. It's a day when we should come together with our families and friends to be thankful, just thankful. Presents aren't involved in this holiday, which is probably why it's going out of style. There's nothing to gain from it. It's a day to sit down and think about the abundance of food we have, the blessings in our lives, and the people that are forever there for us. It shouldn't be a day for shopping or making plans to hit all the best places for the best deals.

Black Friday is the day that comes after Thanksgiving, when every single crazy and cheap person comes out and descends upon the mall, Walmart, or any other store offering crap at a decent price. Black Friday is a day of retail hell, and it seems to get earlier every year.

A few years ago, you could go

ria's Secret a couple dozen at a time to prevent a stampede.

Last year, Black Friday crept into Thanksgiving when the mall opened at 8 p.m. As families finished cleaning up the kitchen from a day of feasting, retail employees put on their uniforms and went to work.

This year, the mall is opening at 6 p.m. Some places will be open all day on Thanksgiving.

We have a hard time dealing with Black Friday's starting on Thursday. Why can't Black Friday just start on Friday? It has the Friday right in the name, so why does it have to encroach on Thanksgiving? Well, we are greedy.

Corporations are greedy, because they force employees away from their holiday, family, and sleep to get more money. Walmart staggers deals throughout the day to keep people constantly shopping. The mall opens earlier every year to give you a few more hours to shop, and some malls fine stores that don't open.

Consumers are greedy, because they buy into what the corporations want. People wake up at all hours of the night or leave Thanksgiving dinner to crowd storefronts and trample each other for toys, electronics, and yoga pants. Are we that materialistic? What happened to the idea that the thought

or shop with greasy hair at three in the morning. We like watching people walk around the mall, drawn down by bags full of GOLDTOE socks, clock radios, remote-control cars, spiced nuts. We like listening to people tell us about their "great deals."

Are they really deals?

rolls. Spend your day at home putting up the tree. Do something at home with the people you enjoy.

Hey, just remember, there's always Cyber Monday.

Michelle's Challenge:

Christy challenged you not to participate in Black Friday this year, but



We understand that prices are lower on this one day than they will be the rest of the year, supposedly. For a lot of stores, most of the "deals" are actually on overstocked items. That sweater you got Uncle Bobby was probably only 10 dollars because it was cheap to make and the store was worried about marking them down after Christmas. That camera you saved 100 dollars on was probably getting a new version in the New Year and there were a bunch left. Some stores even inflate prices or create buy-one-get-one (B.O.G.O.) deals to make the consumer think they are saving money. B.O.G.O.s almost always get the consumer to spend more. There are usually better deals throughout the year than on Black Friday.

We'd like to challenge Pitt-Greensburg students to do two things.

Christy's Challenge:

First off, don't take part in Black Friday this year, at least not on Thanksgiving Day. If you're not working, spend Thanksgiving with your family or friends. If you're really hard up for company, spend some time with the 10 Thanksgiving episodes of the TV show Friends.

Get a good night's sleep. Sleep in. You don't really need four new pairs of Yoga pants. Make some cinnamon

I get it. You don't have any shopping done yet.

Here's my challenge: put some thought into your gifts next year and shop throughout the year. When you're out shopping, if you stumble upon something that reminds you of someone, buy it.

Maybe you'll find something perfect. Maybe it will be on sale. Maybe your gifts won't get returned the day after Christmas.

Get a big Rubbermaid bin and put everything you buy in it. Shop though the spring and summer, and I promise you'll be done before Thanksgiving. You won't have to worry about rushing to get Christmas shopping done or saving money. Actually, you'll have more money at Christmas to spend on doing things with friends or family.

Show them you care next year by buying them something they will actually like and use, instead of another cruddy sweater that ends up at the back of the closet.



shopping the week before Thanksgiving and see a sign in the store saying it would be open at 6 a.m. on Black Friday for all your Christmas-shopping needs. Then it was 3 a.m. Two years ago, the mall opened at midnight. You could stand upstairs in the mall, feel the floor shake, and hear the girls scream when they were let into Victo-

and effort put into a gift are more important?

Don't get us wrong, we don't mind Black Friday. Honestly, we don't. We like when stores are busy. It's good for the economy. We like the excitement and holiday joy. We like seeing people who wear matching shirts, making them look foolish,

Arts & Life

Some Paper with Staples

U.P.G. Alumna Meghan Tutolo Gets Published

By Michelle Boring

Meghan Tutolo, a U.P.G.-writing-program alumna, sees her writing on labels and signs for a local Italian-foods company every time she walks into a Giant Eagle or Walmart. In September 2014, Tutolo had her first collection of poems published, by Dancing Girl Press, in a chapbook called, "Little As Living."

"I'm shy about it," Tutolo said. "You totally put your guts into something. It's sort of like your diary. Then you put it into this book and say 'hey, buy me.' I'm pretty open as a person, but your writing is a whole other dimension of you. It's personal and intimate and scary."

Tutolo graduated from the writing program at UPG, in 2007. Though her intention was to go to the main campus, Tutolo ended up at UPG by accident. She didn't know anyone at UPG, but Tutolo found "her people" when she started taking writing classes.

"When you come in here, you come as one person, and then you leave as a family of writers, of connections, of friends. It's a good team at the end," Tutolo said.

After graduating, Tutolo pursued her Masters, in Poetry, at Chatham University, in Pittsburgh, PA. "I went to Chatham because it was one of the two schools in the area that wouldn't require me to move or take the G.R.E.s. All I knew was that I wanted to keep writing."

Though Tutolo doesn't regret her

decisions, she said, "I got thrown into a program that was pretty new, and there were no scholarships or funding. I hear the program is much better now, but when I went, it was pretty limited and not too impressive."



Meghan Tutolo -Courtesy of Meghan-Tutolo.com

After receiving her Master's Degree, Tutolo got a job, writing for a food company. "I knew this girl from her work place, and I would go there for coffee. She was talking about how her dad worked for this food company. I asked if he could get me a job selling pasta or olives or something," Tutolo said. She then handwrote a quirky three-page letter, telling him about her school loans and current retail job. They didn't have a writer, so they called her.

Switching from writing poems to romanticizing about food wasn't too difficult for Tutolo. "I always wrote poems in a romantic way. I wasn't as

much of a narrative poet as my professors wanted me to be. I already had this rhythm, this lyrical kind of system of doing things. So putting all these feelings into a little space is pretty much what I do for my job now," Tutolo said.

Just like finding her first job in writing, Tutolo describes getting her chapbook published as a "fluke." The manuscript was accepted for publication after Tutolo's first submission. "It's bratty," she said. "It's my first. Usually as a writer, I write something one week, and the next week it is shit. When it's in a book, I feel like 'OK, I don't touch you now. That's who you are.'"

The chapbook, "Little As Living," consists of poems from one year of Tutolo's life. "I was going through some stuff and trying to understand it and process it. [The poems] were an exploration of that time but also myself," said Tutolo.

Tutolo started writing as a teenager. "To this day, I started writing because I was sad. I felt alone. All those teenage things that you feel. I started writing because it helped me to process that. To get through things and understand myself and the world. I still do that, even though I'm not a teenage girl anymore."

When Tutolo decided to pursue writing, her mom never discouraged her. She's heard stories from students and friends about how their parents didn't support them going to school for writing. "I was very independent. I did my own thing and she trusted I could take care of everything," Tutolo said.

Tutolo didn't want to tell her mom her chapbook was getting published. "I was like 'oh god, I have to tell my mom,'" Tutolo said. A friend persuaded Tutolo to tell her mom, so Tutolo told her while they were talking about something else. "I was like 'I got this little book thing published. It's just some paper with staples in it. It's not really a big deal, but I wanted you to know.'"



The launch party for Tutolo's book, "Little As Living," is on Saturday, November 22, at Modern Formations in Pittsburgh, at 7:30 p.m. If you can't make it to Pittsburgh, Tutolo will be launching her book during U.P.G.'s Written/Spoken Series on Tuesday, December 2.

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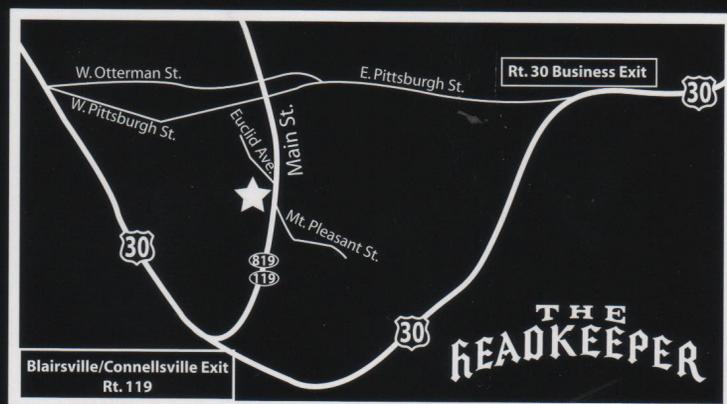
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Guy in my class who always spouts out the answer. Shut the hell up for once.

You two who are always arguing in class. Just make out already.

Bobcats Win Streak Hits Seven

By PJ Dumnich

Earlier in the season, the Pitt-Greensburg Bobcats defeated the Community College of Allegheny County (CCAC) by a score of 6-1. This time around in their rematch on November 14, the Bobcats hoped for a similar outcome.

Early play suggested that the Bobcats were clicking on all cylinders, despite receiving the first penalty of the night, as CCAC failed to register a shot on goaltender Ryan Palonis until the second half of the first period.

Capitalizing on a CCAC tripping penalty with 5:51 remaining, Anthony Maroadi drew first blood with an assist from Dan Merz, to put UPG up 1-0. This score would remain until the end of the first, which proved to be a relatively calm period when considering the aggressive, penalty-filled play of their first meeting.

The second period began with a more rough style of play and an early Pitt-Greensburg penalty, but CCAC remained off the board. With momentum on their side following the penalty kill, Nico Vecchio scored his first of the night from an assist by defensemen Billy Dixon, with 16:25 remaining in the period, to put the Bobcats up 2-0.

With 15:28 remaining in the second, the Bobcats were once again on the penalty kill. Despite being down a man, Vecchio found a way to score his second of the night with an assist from Merz. They would go on to kill this minor penalty, as well as another that they would receive shortly after. CCAC received a penalty of their own that was successfully killed off, but Ryan Joyce, assisted by Vecchio with 7:10 left in the period, found the back of the net while opposing player Sam Shiffer was just exiting the penalty box. This put the Bobcats up 4-0.

Two offsetting penalties for slashing would result in 4-on-4 play towards the end of the period, but it did not amount to a goal for either side. Play continued, and Maroadi scored his second of the night with 1:18 left in the sec-



The team discusses the game plan.

ond, assisted by Vecchio, to make the score 5-0 to end the period.

Near the start of the third, Vecchio capitalized on a CCAC penalty, with an assist from Merz, for his hat-trick goal. UPG would then find themselves with a penalty as well, with 13:30 left in the period, but they were able to come out of in unscathed.

Seven minutes later, Isaac Shannon netted his first of the night with an assist from Dante Youhon. The goal would be followed by two penalties for either side, including a game misconduct for Polinski of CCAC. The misconduct significantly contributed to CCAC's struggles, with a goal from Merz, assisted by Ryan Joyce, and a goal from Dan DeMarchi, assisted by Vecchio and Tilley, to end the game.

Goaltender Ryan Palonis had his first shutout on the year as UPG finished with a score of 9-0.

The following night, November 15, the Bobcats took on Northern Virginia Community College (NOVA). Freshmen goaltender Thomas Clark received his first start since his return from a concussion.

NOVA had a shorter bench than normal, so their chances of victory were weakened before the start of the game. It was evident that fatigue would be a major factor for them to overcome.

Despite this, play was back and forth for the first seven minutes of

the game, until Isaac Shannon put UPG on the board with an assist from Nathan Winebrenner and Johnathan Herchko. Two minutes later, Dante Youhon found the back of the net, as well, with an assist from Dan Merz. Both teams would receive a penalty a few moments later, but no goals would come from either powerplay.

To put the Bobcats up by a score of 3-0, Anthony Maroadi scored his first of the night, with an assist from captain Nico Vecchio. NOVA received their third penalty of the night with 2:46 minutes left in the first period, and Zach Frantik took advantage with a powerplay goal that was assisted by Maroadi and defenseman Luc Tilley. The first period ended with a score of 4-0.

At the start of the second, UPG and Nova received matching penalties that resulted in 4-on-4 play. NOVA received another penalty

during this time, and freshman defenseman Garrett Woznichak took advantage with a goal from the point, assisted by Merz, for his first goal of the season. The Bobcats lead by a score of 5-0.

However, UPG received a penalty of their own several seconds later that resulted in a NOVA goal, scored by defenseman Daniel Conroy, to result in a score of 5-1.

Not letting Northern Virginia's goal affect them, Pitt-Greensburg fired right back with a goal from Vecchio, assisted by Merz. Following a home-player misconduct penalty and a unsportsmanlike penalty on the opposing coaches, Vecchio decided to score his second of the night with an assist from Woznichak. Not stopping there, freshman Nathan Winebrenner scored his first collegiate goal with 5:10 remaining in the second, assisted by Shannon and Herchko, to put UPG up 8-1.

Near the end of the second, UPG once again capitalized on a NOVA penalty with a goal from Dante Youhon, assisted by Merz and Winebrenner. Entering the second intermission, UPG lead NOVA 9-1.

To start the third, Vecchio scored his second hat-trick goal in as many nights, assisted by Maroadi and Ryan Joyce. Joyce went on to score a goal of his own, three minutes later, as Vecchio returned the favor with an assist. UPG lead by a score of 11-1, but NOVA scored a goal with 9:57 to slightly ease their pain. NOVA's short bench proved to be too much to overcome. Pitt-Greensburg won by a score of 11-2.

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NOVEMBER 28th Black Friday