

Carroll fights COVID-19

Response to spike flattens the curve

Emily Murgel and John Phillips

Staff Writers

Throughout the week of Oct. 11 Carroll went from two active COVID cases on Oct. 9, to roughly 70 active cases by Friday, Oct. 16.

The surge in cases created an overwhelming amount of uncertainty for what the rest of the semester would look like.

Instead of all in-person classes, a considerable number of classes moved to Zoom. The classes that remain in person still have restrictions, such as wearing a face mask.

The extent of the increase in active cases on campus was revealed by increased asymptomatic testing of students. In addition, Lewis and Clark County has also seen an uptick in cases which increased the possibility of community transmission.

Students should continue to wear their masks in public places and while in group settings, and continue to practice social distancing. To encourage this behavior Carroll has implemented a COVID Cash program.

The COVID Cash program utilizes the help of faculty and staff to look for students "doing their best to reduce the spread of COVID-19 on campus including: wearing a mask, respecting social distancing, and practicing good hygiene," according to President John Cech's email. Students who receive "COVID Cash" will have a chance to win one of three \$50 gift cards in a drawing every Friday.

Students and faculty currently have the option to voluntarily take asymptomatic testing in the Wellness Center and the PE Center. Many students took advantage of the asymptomatic testing after the uptick, and have the ability to continue to get tested while asymptomatic.

If a student is symptomatic and contacts the Wellness Center, they are directed to get tested at St. Peter's Hospital.

The Marching Back page of Carroll's website provides updated times and places for testing.

Carroll was able to provide asymptomatic testing through a \$444,000 grant from the Governor's Coronavirus Relief Funds. The grant will be used for COVID-19 testing and response planning throughout the duration of the semester. Throughout this time and this last week Carroll has administered 732 asymptomatic tests.

With the unexpected uptick in active cases, Carroll placed students in an off-campus location to allocate for space; 21 students were placed in hotel rooms to complete the duration of their quarantine.

Students who live off campus and test positive or are a direct contact are able to quarantine and isolate at their off-campus residency.

As of Nov. 10, Carroll has helped students in isolation and quarantine in 280 instances since the beginning of the semester. This includes students who resides off-campus and students who have had to quarantine multiple times.



Photo courtesy of John Phillips

From left to right: Freshmen Grady Case, Aidan Finnegan, Hunter Smith, and Gannon Flynn keep their distance while socializing.

The 280 students Carroll has helped were either identified as a close contact of COVID-19 positive cases or they were a positive case. During the peak of cases on campus, there were 175 students that were actively quarantining or isolating. Not all of the 175 students were housed on campus, as there are students who live off campus or went home when notified that they needed to quarantine or isolate.

Carroll does distinguish a difference between students who are in quarantine and students who are in isolation. Judy Hay Interim Dean of Students and Retention explained "when you say someone is quarantined, that means they were a close contact of a positive case. When you say someone is isolated, that means they tested positive for the COVID-19 virus."

There are some challenges of knowing exactly how many Carroll students have been direct contacts and are in quarantine. Students who do not reside on campus might not notify Carroll if they are required to isolate or quarantine. It is also a challenge to ensure the college knows when students are a direct contact of someone who is not also a student.

In addition to handling housing for students in quarantine or isolation, Carroll closed high-traffic areas, including the Hunthausen Activity Center, PE Center, and the STAC went from dine-in services to take-out only.

Chato Hazelbaker, Vice President of Enrollment Management and Marketing stated, "We were able to turn things around very quickly, which is really a credit to the efforts of the entire campus."

Throughout the beginning of this semester, COVID-19 held a firm grip around what students could do on and off-campus. The football season was moved to the spring, and other sports were restricted.

There were also many cancellations and postponing among campus events. Some campus events did move online to still

encourage participation of campus events, in a safe and socially distant way. These changes were implemented to help the flattening of the curve.

Many students who have not had COVID may have a hard time understanding what many of their peers are going through, both in isolation and in quarantine. COVID has also drastically changed the dorm dynamic.

Unfortunately, the recent uptick in cases here at Carroll has only made both instances much more of a reality.

Mason Yochum, a freshman majoring in secondary education, tested positive for COVID and saw for himself just what quarantine was like at Carroll.

"Quarantine was really boring," said Yochum. "My days consisted of going to class, watching movies, doing some homework, and then watching more movies. There wasn't anything very exciting to do. I didn't go outside."

Yochum was not alone, either. During Carroll's spike, many other students, both testing positive and negative, were isolated to their rooms.

The rest of the students' dorm conditions were nowhere near as bad as those in quarantine, but it still created and continues to create plenty of missed opportunities.

"The whole dynamic has changed," said

Tanner Geiss, a sophomore majoring in biology. "Last year we would all hang out in the hall, each other's rooms, bowling, movies, hot springs, or even have 20 of us friends all just sit at a table. That isn't exactly the case now."

Fortunately, COVID conditions don't stop many RAs like Geiss from reaching out to their dormmates to make sure everything is all right.

"I try to talk to them whenever I see them and try to make sure they are doing OK and if classes are going well," said Geiss. "I usually send out emails as well to let the boys know of things going on or changes."

Thanks to students like Yochum and Geiss, Carroll College continues to show perseverance and strength. However, to get through this time of uncertainty, all students must show similar character traits, making it easier on Carroll College and Helena in the present and the future.

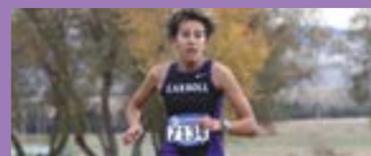
According to an email from the Marching Back Task Force, the college is re-evaluating the Marching Back Plan for potential process and policy updates for the spring semester, including testing and serving students in isolation and quarantine.

Students who have feedback can email covid19@carroll.edu. Updates to the plan will be announced in early December.

COVID at Carroll

5 new, laboratory-confirmed COVID-19 case, with 5 current active cases.

As of 5 p.m. on 11/05/2020



Editorial: *Speak your Truth*



Kelsey Jones and Emily Murgel stand outside St. Charles Hall.

Photo courtesy of Patrick Hewes

No one imagined 2020 to be the mess that it has been, from quarantine, wildfires, riots, to elections. Right when it starts to look up, 2020 has another punch to throw at us. Living through one of the most divisive political climates in history has taught me many lessons, not only about the world, but about Carroll.

This semester, across Carroll's campus, I have been hearing not only students, but professors as well, openly making accusations about political standpoints in classes. I have heard this in classes that

are not at all related to politics and do not warrant any need to shred political viewpoints.

While everyone is entitled to their own opinion, it is a disgrace that Carroll students are being openly attacked by their professors and peers over their political views. I have heard students from both red and blue sides ruthlessly tear each other down.

Carroll is better than this. Students and professors should be able to openly discuss other viewpoints without inserting dangerous and inappropriate connotations.

Now more than ever, our community needs each other. While it is true that our country is bitterly divided, Carroll should not follow down that same path. This is not the time to argue over politics or who should have won, rather it is a time to learn. Have a conversation with someone you disagree with. It's only going to broaden your horizon.

When it comes down to it, our politicians are not going to be the ones that are there for us at the end of day. However, the Carroll community should be there for each other at the end of the day.

You don't need to agree with every opinion, but you do need to respect the other person, even though they have a viewpoint that is different than your own.

Your peers will remember the comments that you made. Your students will remember you openly attack the political party that you do not agree with.

Voting for one candidate over another, does not make you a better person. Nor does it make someone with different political views a bad person. There is not a right side and a wrong side. They are just different sides, plain and simple.

A person's political views do not define who they are. Their personal qualities, their character, and morals define them.

Carroll College is considered to be the light of the Northwest, and it's time we let our humility and love for others shine through.

*Truly yours,
Kelsey Jones*

This year has been filled with changes left and right, and unfortunately they don't seem to be slowing down. Changes are happening every day and will continue to do so. Your actions and words do matter.

Carroll College is not shielded from the trials and tribulations of society. Having two parents who are both Carroll alums, I have heard many tales of what Carroll College was like thirty years ago. For starters, many of the professors were priests and the campus infrastructure and size was much smaller than the Carroll that stands today.

I have always argued that I have been on this campus since before I could even walk. Over the past 20 I have seen Carroll grow in ways that others may have not. I remember the excitement of being a child when I would visit the campus in the summer.

Having such strong roots to Carroll and a Carroll identity, Carroll has both lived up to my expectations and fallen short. There are many changes that Carroll will make that will impact its students with the upcoming proposals for prioritization.

This is the second time I have feared that one of my majors will fall victim to prioritization cuts. It is frustrating as a student to hear of changes to Carroll programs through the Independent Record. Although, I recognize and appreciate the hard work of the committee, it is a hard pill to swallow that your passion may be disappearing.

I feel that students should be able to demonstrate their appreciation for their major, in an effort to bring some life to the numbers that are being so rigidly looked at.

I have recently heard multiple testimonies from Carroll alums in the PR department and their work has inspired me to continue down the path I am on. It is the stories that continue to drive my passion for Carroll and my future career.

My hope is that Carroll will look to their students to hear about their experiences and expectations moving forward, not just in terms of academics but also community. Our society has continued to push and challenge not just Carroll students but the institution as a whole.

I have found my place at Carroll and find comfort in the relationships I have built with friends and professors. However, I feel that there is still work to be done. Carroll has the opportunity to grow and embrace the community and challenges ahead of us.

Students actions and vocalizations are crucial to creating an environment that is welcoming and promotes change that students want. Our student body should be able to vocally express their opinions and concerns so we are able to move forward.

Change is inevitable as Carroll and Carroll's students continue to work through the turmoil within society. However, there is an opportunity to implement positive change that will benefit Carroll for years to come.

*Truly yours,
Emily Murgel*

THE PROSPECTOR

Editors:

Kelsey Jones
Emily Murgel

Faculty Adviser:

Brent Northup

Editorial & Design:

Hellie Badaruddin
Wayne Klinkel
Veronica Mohrmann

Advertising and Office Manager:

Patrick Hewes

Staff:

Vicente Gallardo
John Phillips
Paige Wollan
Caitlin Troyer
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The cast of "The Toilet Paper Caper" from left to right: Tom Trangmoe, KC Thomas, Ethan Melton, Tabitha Southworth, Lily Hoelscher, and Cailin Spencer during Spirit Weekend

Photo courtesy of Amber Barnes

Spirit Week continues through uptick in cases

John Phillips

Staff Writer

In a time of uncertainty and rigorous studying, students had the opportunity to enjoy themselves during a weekend full of fun during Spirit Weekend.

Spirit Weekend took place from Friday, Oct. 16 through Sunday, Oct. 18. The three-day event was kicked off with a poetry reading by one of Carroll's English Professors, Kay Satre.

Satre read poems on Zoom from Sister Annette Moran. Moran was a very influential professor at Carroll College, whose poems show the importance of strength in saddening and difficult times.

"These wonderful poems show such courage and faith--they don't shy away from what's hard and painful, and they celebrate what's beautiful and holy," said Satre. "They're soul medicine for these times of distress, whether that's from the

pandemic, protests, our political elections, or personal struggles."

The poetry reading created strong momentum for the many events that followed it with its themes of faith and beauty, including a different, yet equally fun and informative Zoom event by History Professor Jeanette Fregulia.

Fregulia presented a lesson on the history of chocolate. During the lesson, Fregulia talked about the Mayan's use of chocolate, chocolate coming to Europe, among many other things.

After the informative history lesson on chocolate, the theatre department put on their first play of the academic school year, "The Toilet Paper Caper." This play was filled with humor and surprising plot twists.

However, the play staff still had a fair share of COVID restrictions to overcome, including no live audience. Luckily, technology, and adaptive actors and staff

made several transitions a breeze.

"The biggest one [challenge] that sticks out in my mind was the live stream aspect of it," said Sydney Mammamo, a junior psychology and theatre major. "We didn't have just the actors and the space to worry about, now we had to worry about the image on the cameras, the audio, the lighting, and the mics we used. Some new challenges we haven't exactly had to maneuver before. As the production went on, however, each little aspect improved."

Besides technology, the actors themselves also struggled with the COVID restrictions.

"We weren't allowed to touch each other, which made the fight scenes especially challenging," said Kenneth Thomas, a junior psychology major. "Thankfully, the cast and our director were creative enough to work around these issues."

The fun and adaptive play wrapped up the three days of Spirit Weekend. The staff's ability to adapt and overcome challenges is reflective of the theme throughout campus, whether it's COVID testing or a poetry reading on Zoom.

Spirit Weekend offered students a fun escape from the current situation of the world today.

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Dr. Greiner lectures on the works of St. Bonaventure

Vicente Gallardo

Staff Writer

On Nov. 5, students, prospective students, faculty, and community members met virtually on Zoom to listen to Carroll's Associate Professor of Theology Katherine Greiner present a lecture titled, "On the Mountaintop: Exploring Saint Bonaventure's The Soul's Journey into God."

This lecture is a part of Carroll's Fall Faculty Lecture series, and designed to give insight to the Carroll class experience for prospective students and their parents. The presentation was an examination of Bonaventure's influential work, interspersed with Greiner's own analysis and expertise.

"We have great faculty, and anytime the community and prospective students can hear them talk about their work it is inspiring," said Vice President of Enrollment Chato Hazelbaker. "I walked away wanting to sign up for Dr. Greiner's next class."

Throughout the lecture, the attendees were invited to enter into a careful examination of the depth and richness of Bonaventure's work.

"Dr. Greiner offered an accessible and engaging way to examine Bonaventure's even for those who don't know a lot about Catholicism," said Taylor Potts, a junior biochemistry major, from Great Falls, Montana.

After the lecture was finished, attendees were able to engage in a brief Q&A session, with questions ranging everywhere from Greiner's own expertise, to the ways individuals can apply the insights of Bonaventure in their own lives during the COVID-19 pandemic.

"It was so enjoyable to be able to share Bonaventure's great work," said Greiner. "I think we are all hungering for more robust engagement with our contemplative wisdom figures, like Bonaventure. He invites us to cultivate our desire for God through quiet contemplation and solitude."



Katherine Greiner

Photo courtesy of Carroll College

Rape allegation on campus leads to arrest

Kelsey Jones

Editor

A Carroll College student, Jacob Medders, 20, from California, was arrested in Helena on Nov. 1 on charges of felony aggravated sexual intercourse

without consent, according to KTVH.

The allegations stem from an alleged incident on campus on Oct. 31.

Medders is listed as a linebacker on the Carroll College football roster.

Medders is scheduled to enter his plea on Nov. 24 in District Court and is being held at a \$40,000 bond, according to

KTVH.

Carroll College is fully cooperating with local authorities, and as well as investigating and following Title IX procedures, according to the Carroll College Campus Security email.

Students are encouraged to use the Wellness Center's free counseling

services for emotional and mental support. The Friendship Center is another resource for students who are in need of support. The Friendship Center has a 24-hour crisis line, that can be reached (406) 442-6800.

Carroll student activities adjust to COVID

Vicente Gallardo

Staff Writer

The widespread cancelation of events here at Carroll has thrown a wrench in many plans of clubs and activity organizers and elicited a variety of reactions. Despite the widespread cancelation, organizers maintain a hopeful and optimistic demeanor looking forward to next semester, and reflecting on lessons learned from the fall.

"With the onset of the Coronavirus outbreak we once again had to adjust," said Patrick Harris, director of Student Activities. "We worked to offer theater shows, concerts, and other events on recorded sessions that students could watch at their convenience. We also researched and shared possible activities for those in quarantine."

Maintaining appropriate social distancing and safety protocols for in-person events and providing virtual opportunities have been at the forefront of every organization's considerations.

"Our main concern has been listening to the students and making sure they feel like their voices are being heard, and also trying to be safe to protect the students as well," said Sabrina Crooks, ASCC vice president and a senior biology major from Nine Mile Falls, Washington. "It's been tough in a lot of ways."

Many organizers have had to negotiate around an entirely unprecedented set of challenges.

"One of the biggest challenges has been being creative within the COVID restrictions, and coming up with events with the goal to be more personable and to help with stress," said Jenny Tu, the CSA director, and a senior communication major, from Seattle, Washington. "Learning to be flexible has been the major lesson of the semester."

Despite the current set of challenges posed by COVID-19, some programs have enjoyed great successes.

"If anything, we've seen an increase in participation," said Bradley Maddock, director of CAMP. "At the start of this

semester we were having the best participation we've ever had in CAMP events... The outdoors shines during COVID because you're able to distance easily, whereas activities indoors are not quite as easy. We're going to try and keep up all our activities through the winter."

Although programs have been able to successfully adapt to COVID precautions and are optimistic about the future, rapid changes have certainly not been easy to manage.

"The restrictions and considerations around COVID-19 have had a pretty big impact on Campus Ministry events and offerings in 2020," said Deidre Casey, the associate director of Campus Ministry. "We have had to give up some extremely impactful gatherings, including freshman and sophomore retreats this September and two Searches so far. It has been a year that reminds us to seek Jesus in a personal way and take the time to pray regularly to know Him better and intercede for each other. It is our hope to encourage and equip students so that if they find them-

selves in quarantine and isolation this year, they can enter it as a time of good life-quieting: seeking the love and voice of Jesus in the silence and going forth in renewed hope, health and expectation when they rejoin society."

Despite sobering realities and unforeseen challenges, programs at Carroll have been able to reflect on what has been done well, and hope to carry these lessons into next semester.

"Everyone has been accepting of the precautions and I have been proud of the students and responsibility they have shown. The numbers are all going down and I think students are doing a good job of being cautious," said Shae Bills, the ASCC president, and a junior from Ennis, Montana. "I think what we learned is that students are really seeking purpose in their lives. Next semester, we want to provide even more community opportunities for students, and I want to remind students that they are welcome to email me. ASCC is here for them and can raise their concerns to the administration."

Campus Mass schedule

All Saints' Chapel
 Sunday: 5 p.m. & 8 p.m.
 Monday: 4 p.m.
 Tuesday: 4 p.m.
 Wednesday: 9:30 p.m.
 Thursday: 12:20 p.m.
 Friday: 7:30 a.m.
 Saturday: 9 a.m. (Cathedral of St. Helena)

Confession
 Monday: 3:15-3:45 p.m. (All Saints' Chapel)
 Wednesday: 8 p.m.-9:15 p.m. (All Saints' Chapel)
 Saturday: 9:30 a.m.-11 a.m. (Cathedral of St. Helena)

Adoration
 Daily: Noon-10 p.m. (Trinity Hall Chapel)
 Thursday-Friday: 10 p.m.-8 a.m. (All Saints' Chapel)

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Voices Of Carroll:

Experiences with COVID on campus

Emily Murgel

Editor

CCOVID-19 has caused multiple changes to our everyday lives. Many of us all have had very different experiences with the virus. Over the past couple of weeks Carroll's campus has seen many different changes, accompanied with new challenges to making it through the semester.

The story of COVID at Carroll can't be told in number of positives or number quarantined. The only way to get a sense of what's happened this semester is to listen to the voices of students living and studying through pandemic times.

Even students who never test positive are affected. They worry. They quarantine. They have trouble focusing on their courses. The Prospector sought out 8 students to share their stories.

Not all students who have been interviewed tested positive for COVID, but each have unique stories about their experiences in quarantine.

What was your experience like with COVID-19 or being contact traced?

Josie Snyder, senior communication major, from Billings, Montana: "You can't escape it. I have been staying safe, but no matter what happens if you are roommates with people you are automatically contacted."

Francie Tupper, junior psychology major, from Helena, Montana: "So, I reported my positive COVID-19 test as well as any students who were my close contacts to Emily Busby. However, someone who I did not put down as a close contact but who lives with me was told to quarantine because we share a living space despite the fact that I hadn't been in close contact with them for at least a few days before I was exposed. We received conflicting instructions on how contacts should quarantine and that made things harder. So, my experience with contact tracing was not great."

Devon Hall, junior engineering major, from Great Falls, Montana: "It wasn't bad at all, just felt like a little cold."

Jenny Tu, senior communication major, from Seattle, Washington: "It can be very frustrating being a direct contact because the process of developing symptoms then going to get tested takes a lot of time. By the time I get a notice that my friend

has COVID-19, I have already been exposed by them, and have possibly passed it onto other people."

Skyler Maccoun, senior civil engineering major, from Sacramento, California: "Every person's experience with COVID-19 is very different. For most people our age, it presents as a normal cold, but other people could end up in the hospital with it. My experience with it is that I was exposed multiple times, and then also got the actual virus itself. My house and I took the responsibility of quarantining when we found out we were exposed because we didn't want the chance of spreading it to someone who may be at high risk. This was a tough choice because it meant two quarantines for us but we made it and got some good roommate bonding in as well. Yes, part of it was tough and mentally took a toll, but we made it through and people really do show a lot of support in Helena."

Savy Hoikkala, junior nursing major, from Billings, Montana: "COVID got me.. I have never felt sicker.. it was four awful days of sickness and then my fifth day I slept 14 hours."

Noelle Jones, junior business major, from San Ramon, California: "It was not the most fun I've had! However, I was asymptomatic so it definitely could have been worse."

Jesus Parra Gutierrez, senior communication major, from San Rafael, California: "Annoying and scaring. Annoyed because I received more than seven phone calls for contact tracing in one day. I feel that they could have charted it better in the sense that if they had already contacted an individual hopefully they would be removed off of the list. In reference to being scared, it's more of being scared of the unknown. You hear all of these stories to people's reactions, but you don't know how you will react. Especially for someone like me who has asthma."

What were some of the challenges you faced with academics and COVID-19?

Snyder: "I struggle finding any motivation because I constantly feel like I'm working and I have no break. I have the same schedule, but it feels like it is never the same."

Tupper: "The biggest challenge I had academically with COVID-19 was staying motivated to do homework and participate in class. Mostly I just wanted to sleep and/or watch Netflix, but knew I had to continue doing school. Because I wasn't hit super hard by the virus, I felt almost obligated to continue participating like normal despite being sick."

Hall: "I was lucky, and didn't have any challenges."

Tu: "It took me a while to process when I was told that I was a direct contact. I go through the stage of denials, and make excuses in my head that would convince myself that I was not even that close of a contact. Usually it will take me a few days to process all this and won't be able to focus on school. Another challenge I have faced is that I HATE Zoom classes. I prefer in person interaction, and it is way more engaging. It is very easy for me to lose focus during a Zoom class, and I understand that it is my own problem."

Maccoun: "I think one of the hardest parts about having the actual virus is not having energy to complete tasks like school work and just not feeling well. It's hard with a normal cold to keep doing school, but I have noticed that having COVID-19 really takes my energy to do a lot in a day. School has been tougher in quarantine and with the virus but professors are really understanding if you reach out to them. They know it is difficult and are willing to be flexible."

Hoikkala: "I had a hard time playing "catch up", I was a whole week behind in school and it stressed me out a lot. In quarantine I realized how much I took for granted, whether it was eating dinner with my friends or going to class in person. At the end of the day I was very thankful for my amazing friends and the faculty/staff members who called and checked in on me."

Jones: "I didn't feel as though I had many challenges with academics and COVID together. My teachers were very accommodating which was great."

Parra Gutierrez: "I was not able to create or solidify my relationships with peers and professors. COVID-19 also diminished my drive to study."

What was one thing you did while in quarantine?

Snyder: "Binge watched a lot of television."

Tupper: "I was lucky enough to be quarantined with my parents and brother in Helena, so we played a lot of family board and card games! I also watched a lot of CSI."

Hall: "Played video games."

Tu: "I eat a lot. I would constantly be cooking, eating and snacking. I also do some crafts and watch movies with my roommates. When my result is negative and I still need to finish my quarantine, I would go on walks and hikes, lots of them. It gets me outside and balances out all the food I'm eating."

Maccoun: "I turned 21 in quarantine so we hung out outside our house and put a sign out that

says "It's my 21st, you honk we drink!" and then were able to enjoy a nice day outside and seeing people as they drove by that day. Not the ideal birthday but it was still a great time."

Hoikkala: "I watched a lot of Netflix and worked on homework."

Jones: "One thing I did while in quarantine was watch A LOT of Criminal Minds on Netflix Party with my friends."

Parra Gutierrez: "I was able to sharpen my cooking skills. I did a lot of cooking."

What is one piece of advice you would give to other students about COVID-19?

Snyder: "Don't be dumb, wear a mask but also understand that there is a balance to everything."

Tupper: "Try and avoid close contact with a lot of people because having to tell them that you have COVID-19 and that they have to quarantine for 14 days really sucks."

Hall: "Get a planner so you make sure to get everything since you're likely to put it off."

Tu: "There is no one to blame when you are COVID-19 positive or a direct contact. Just be responsible and think about the other people. We are in quarantine not just for ourselves, but also for others. Most of us are not in high risk situations because we are young and healthy. We will get it and get over it and be able to move on with our lives, but there are a lot of other people that can get it and die. So we should take it seriously, and if you don't give two s**** about getting it yourself, just think about other people that could be deeply affected by it."

Maccoun: "One piece of advice I would give other students is to actually take precaution when you find out you were exposed even if the health department doesn't call you. They are backed up and relying on people to take precautions and be responsible. It is important for the health of others who may get really sick or hospitalized because of COVID-19."

Hoikkala: "My fellow classmates make sure you are being smart and if you need help DON'T be afraid to ask for it. There are lots of people on and off campus who are willing to help."

Jones: "Advice I have for other students in quarantine is to call your friends and family every day. They will keep you sane while you're in isolation."

Parra Gutierrez: "COVID-19 isn't permanent. Keep your head up there is always lows before the highs. The lower the low, the higher the high."

What was the most challenging part of being in quarantine?

Snyder: "I am an extrovert so lack of human interaction was a really tough time for me, especially outside of my house."

Tupper: "The toughest part for me was being cooped up at home for so long. I enjoy going and getting a coffee or going to the grocery store or even chatting with the neighbors, so being in one place for 10+ days straight was a bummer."

Hall: "Most challenging part of quarantining was the urge to do something physically outside."

Tu: "As a house, my roommates and I have been pretty responsible when it comes to quarantining. When we find out that we have been exposed, we would go into quarantine before we even get contacted by the health department. That's a decision we would make as a house, but oftentimes, we would know people that are direct contacts as well, but choose not to quarantine because they were not contacted by the health department. This can be frustrating seeing people not taking precaution. It can be challenging to see other people living their lives while we are stuck in quarantine, but it is our own decision."

Maccoun: "The most challenging part of quarantine was during our second quarantine when I actually had symptoms and was a lot more mentally drained from everything. I think it was hard to find motivation to do school and not just be lazy."

Hoikkala: "The most challenging part about quarantine was not having in person interaction, I am a social butterfly so I love talking to people and it's just not the same when it's over the phone."

Jones: "The most challenging was not being able to leave the room, I had to rely on others for the basics that I needed."

Parra Gutierrez: "Being able to effectively learn in classes that traditionally depend more on in person instruction."

How could Carroll improve in aiding students in quarantine?

Snyder: "Having professors recognize that students who are in quarantine may be sick, and it should be treated just like how illness was before COVID-19-19. Just because we are able to be in class, via Zoom, does not mean that students don't need extra help or those same extensions as before COVID-19."

Tupper: "I have heard many stories about students not receiving food while in quarantine, so that definitely needs to be fixed. I also think there needs to be more confidentiality for students, especially when there are people who work both at Carroll and the health department."

Hall: "Not sure how they can help quarantined students."

Tu: "I personally live off campus, so I don't interact with Carroll at all when I'm in quarantine."

Maccoun: "As a student who lives off campus I had a lot different

experience in quarantine but I think from what I have heard about quarantine on campus is mentally it's hard to be so isolated but Carroll is doing good trying to listen to the student's needs."

Hoikkala: "Carroll can improve communication with students, ensuring that they really do have everything they need and check in on them."

Jones: "The food could be warmer when given to us. My meals were always somewhat cold when I got them."

Parra Gutierrez: "Don't take away our breaks, just because we are in quarantine doesn't mean we are on vacation. Just because we are at home with COVID-19 doesn't mean we are able to just log in to Zoom classes. Bring back syllabus day, or a day that students have to make up work. We are in this together, rather than alone. These are not individual battles."

How did this impact your academic, athletic, or social life?

Snyder: "My soccer season got pushed back, but we are still getting a season which has provided some hope. My social life has definitely changed as I am not on campus as much anymore. I have started to lose motivation for my classes and am having to take it day by day."

Tupper: "I definitely had a hard time concentrating on school while in quarantine, so I did see a slight decline in my performance, but not enough to affect my overall GPA or class standing. I had to work harder to achieve the same level of academics I normally do for those 10+ days, but I succeeded. I did miss my social life a lot. I have a close group of maybe 3-4 friends who I normally see a few times a week, but I isolated myself once the Carroll outbreak started to avoid getting exposed and definitely missed those social interactions."

Hall: "The only thing quarantine affected was my social life where I couldn't go see friends."

Tu: "Being in quarantine definitely impacted my social life a lot. I find it hard to stay in contact with friends when I am in quarantine. I'm already not the best at staying in contact with people, and quarantine kind of gives me an excuse to not interact with people that are not in the house with me. For school work, it gives me a lot more time to do homework and work ahead since I don't work when I am in quarantine."

Maccoun: "This impacted my academic life and my social life. Academically it was a lot harder to stay focused and succeed in school. Zoom is effective but I think no matter your major, it's hard to do well through a screen because the interactive piece of learning is gone for the most part. Socially, it's been hard, too, because it's my senior year and there haven't been as many

events or games that are classic Carroll events. It's also been hard because just not being out in Helena or on campus because of quarantine, it feels like you miss out on life a bit."

Hoikkala: "Academically I was stressed that I wouldn't be able to catch up, I hate missing class and I felt I was missing the opportunities to learn in my labs."

Jones: "I was on the phone with my friends and family a lot more than I normally would and had more spare time to talk to my home town friends as well."

Parra Gutierrez: "In regards to athletics our football season was postponed. You

would think that it would create more time to build chemistry and increase our physical fitness. However, COVID-19 has proven otherwise especially with social distancing guideline. My social life has diminished greatly. As an extrovert it hurts. In regards to academia I already struggle and the added pressure from COVID-19, makes it harder to stay motivated and learn efficiently and effectively."

What has been your biggest concern this semester?

Snyder: "This and next semester are my final semesters here at Carroll. I am worried about not having any form of closure for my senior year."

Tupper: "The mental health of Carroll College students. WE ARE ALL STRUGGLING! I am a high-achieving student who enjoys learning and has been blessed with an affinity for academics, yet I am overly stressed and struggling this semester, along with many other students. I am confident that the majority of Carroll students are more sleep deprived, stressed, and anxious this semester than any semester in the past. We are not doing so great mentally, for many, many reasons."

Hall: "My biggest concern this semester was (trying not to get) COVID-19."

Tu: "My biggest concern this semester was my professors. I have professors that are still holding in person classes or did earlier this semester. I am just concerned about their own health and safety because the virus can be spread so easily around the campus. I am also concerned about going home over break and possibly exposing it to my family since I have not gotten COVID-19 yet."

Maccoun: "My biggest concern this semester has been academics I think. Knowing senior year has a lot of big projects and assignments, it's been hard because quarantine affects the ability to work in groups."

Hoikkala: "This semester my biggest concern is whether or not Carroll will open and be "normal" next semester."

Jones: "My biggest concern this semester was for the people who were at high risk."

Parra Gutierrez: "Being able to graduate in the spring. As well as creating the best memories possible before adulting."

Any closing thoughts on COVID-19 and this semester?

Snyder: "My thoughts are everyone is going through the same thing, but it is okay to complain about it. If you need to vent, vent about it."

Tupper: "I think it would have been much smarter and healthier for Carroll to have opted for fully online classes for this whole semester and required professors to create an online-conducive learning environment. Some of my professors have done this and have been successful at it and I feel much more confident in that information than that of the classes where we either went online at the beginning of the outbreak or I had to go online because of COVID-19. I really wish there was more consistency in how Dr. Cech and the Marching Back Team decided to handle COVID-19 before and during the beginning of the semester...I feel that there has been little to no student input that's been recognized and respected."

Hall: "COVID-19 wasn't too bad but I know it impacts everyone differently, so stay safe, and stay frosty."

Tu: "It has definitely been a different semester, and not an easy one. Hopefully by next semester, a vaccine would be out, and till then, we should all be more empathetic and caring as a community. This is not an easy time, and everyone is coping with it differently, reaching out to a friend or family, I think everyone can all use a little extra social interaction from a familiar and friendly face."

Maccoun: "Overall, I just want people to be responsible when you are exposed because it might suck at the time, but being safe keeps others who are at more risk alive. Yes, us college students will survive and be okay after COVID-19, but your grandparents or even parents might not be well after it, so just remember to protect your loved ones by taking one extra precaution."

Hoikkala: "COVID-19 you have taught me many things as I am sure many others, but it is time for you to go because you have overstayed your welcome."

Jones: "I don't want to see anyone get hurt by this virus on campus."

Parra Gutierrez: "I appreciate Carroll's concern for students. However, I feel that the way the past two semesters and upcoming semester has been planned has done more damage to students social, mental, physical, emotional, and academic states than it has benefited the students. I wish that Carroll would've been more open to student feedback, and I hope that become more open to student feedback on how the entire semester went. Rather than creating a year plan on how to handle COVID-19."

A farewell to Carroll College



Caitlin Troyer (she/her)

Columnist

As my time at Carroll draws to a close, I have much to reflect on. Freshmen year, I would never have imagined that this is how my senior year would end in the midst of a pandemic. However, just as confounding to me is looking at the women I have become today from the perspective of my wide-eyed freshman self. These past years have complicated me and simplified me. They've rearranged me and put me back together time and time again to shape and evolve me into someone who would make my past self very proud.

You can't come to a place like Carroll College and leave without having gained something. I became strong, self-assured, confident. I became an advocate. It was the people at Carroll who helped me to become the person I am now, from my freshman year roommate, to the incredible women I met as a Resident Advisor, friends who became family, professors who genuinely care about me, faculty who went out of their way to make my Carroll experience possible. I have done a lot of growing, and I'm not done yet.

However, Carroll has some growing to do as well. St. John Paul II states that Carroll "is meant to be a beacon to the Church in the northwest." Carroll cannot accomplish that so long as it excludes certain groups of people from its narrative. Carroll needs to change. It needs to start putting the safety of its own students above the image of the college. Students of color should never have to fear for their own safety. LGBTQ+ students should not have to be censored and discriminated against. Sexism should not be tolerated, especially from professors. This school needs to be ADA compliant so that this school can be accessible to all students, not just able-bodied ones. Carroll College needs to stop only upholding the values and concerns of straight, white, able-bodied men. It's time for change.

When I first started writing this letter I wasn't sure what call to action I could give. So much of what needs to be changed rests outside of the capabilities of the student body, but I've decided that I am calling everyone to love. Including students, staff, faculty, and administrators. I want to challenge you to show kindness. Let it be your first thought when you encounter others. Leave judgment for God, look past your differences, and greet people with love. Love is what it will take to transform this campus.

What would Carroll look like if we all went out of our way to do acts of kindness? If we stood with our LGBTQ+ students and our students of color? If we advocated for the dignity of the human person rather than seeking to diminish others?

This school would undergo a transformation so great that its light could not be quelled. Let's start putting kindness first, but let's not stop there.

I have a lot to criticize Carroll for, but I also have a lot to be grateful for. Most of all, I am grateful that Carroll helped me find my voice, a voice that is not just for this school, but for life, so that I could speak out against these injustices. We all have a voice. Let's use it. We all have a heart. It's time to prioritize love over differences.

"She opens her mouth with wisdom, and the teaching of kindness is on her tongue." *Proverbs 31:26.*

You are not a trend



Megan Michelotti

Columnist

Define "pretty." Actually, define your idea of "pretty" because everyone has a different definition of the word, even if society tries to define it for us. Perhaps it's time we as a society started thinking and talking about beauty in a different way. The thing about beauty trends and standards is that it's a race where the finish line is constantly moving, and I am tired of running.

First, let's look at markets that play a huge role in defining beauty - the trends and standards. As of 2020 in the United States, the cosmetic industry is worth \$49.2 billion. The American plastic surgery market size is projected to hit around \$67 billion by 2026.

To me, this shouts that we are seen as a price tag because society and the media make far more money off people's insecurities, than they do off people who are comfortable in their own skin, hence why beauty standards are unattainable and why trends are always changing.

I was born with freckles and curly, blonde hair, and I am 5-foot-9. Believe me, if I had it my way, I'd be short with tan, clear skin and straight, dark hair. Congrats to society and the media, they've made me want what I don't have.

Growing up, I was made to feel insecure before I even knew what insecure was because few, if any, of my peers looked like my curly-haired, freckled self. All the "pretty" girls were small with straight, brown hair and tanned,

clear skin. I thought beauty was an exclusive category you had to fit, not something you could personalize and define for yourself, because no one ever told or taught me otherwise.

Over the past few years, there have been some new beauty trends that have left me feeling ambivalent. The beauty trends that have hit close to home are the henna or tattooed freckles and the curl creams that make your hair look like natural curls.

On one hand, seeing parts of me that are unchangeable being made into a beauty trend was and is at times still disheartening because it brings up questions I don't have answers to. Why couldn't they have been "cool" when I was growing up and struggling? How long until freckles and curly hair go out of style again? How long until I'm not "in?"

On the other hand, the forged freckles and curls have made others feel better about themselves, and the trendiness of them has made society more accepting of these traits and helped broaden them to fit under the umbrella term of "beautiful." I guess there's two sides to every coin, and I wake up on a different side every day.

I acknowledge that this is a complaint about beauty trends and standards coming from a white, blond-haired, blue-eyed woman in a progressive society. I can't imagine what it is like for women, men, transgenders, and genderfluids who don't even have the representation, space, resources, and/or privilege to complain about these sorts of things.

I'm not writing this to guilt anyone or

put down cosmetics, plastic surgeries, or popular beauty trends. I realize that life is hard, and sometimes looking in the mirror is the scariest thing you'll do all day. However, I do want people to be more aware and think critically about the decisions they make in regards to trends.

You have to do what you have to do to feel at home in your skin, but just make sure what you are doing to your skin isn't making someone else doubt their's. No one should be made to feel like they are a trend because beauty isn't an adjective, but a feeling that all should be invited to experience.

It took a long time, but I love my freckles, curls, and height. I've changed my insecurities to securities, even if I still have bad days. Beauty is not something that is insurmountable; it's society that is. Remember that next time you're scrolling through Instagram, staring at the highlights of other peoples' lives. That girl's or guy's page you like some much? They have insecurities too.

Insecurities are not inherent. No one is born feeling uncomfortable with their appearance or way of being; subsequently, the birthplace of insecurities are other peoples' perceptions and judgments about someone who differs from them. With great judgments comes the great responsibility to hold them to yourself if they are harmful to others.

What would society be like if insecurities were embraced and celebrated instead of exploited with a price tag attached? One thing is for sure, a lot of markets would go down, and a lot of happiness would go up.

The badge is up in smoke



Shelby Sola

Columnist

2020 will go down in the books as one of the most bizarre years yet, and we all have the privilege of telling our kids and grandkids about how crazy it was to live through it. We have mourned losses, celebrated victories, and have kept our distance from each other, all while still standing together to support one of the biggest movements in history.

This movement was sparked one Monday afternoon in Minneapolis, and blew up on social media. However, only portions of an entire situation were filmed and posted all over social media. The news of the death of George Floyd spread like wildfire, and buildings and small businesses went up in smoke.

Police were no longer our heroes, they were our enemies. People of all colors slandered the badge, and compromised the safety of our sworn-in protectors. What was supposed to be "the summer of love" became the summer of destruction and utter chaos.

COVID-19 was no longer an issue, but supporting a movement based purely on media manipulation was now everyone's top priority. The split between left and right grew deeper and wider and has left our country more divided than ever, and it's not just a split between parties, it's a split between family and friends. Imagine the conversations at the dinner table this Thanksgiving, and that's assuming you're still invited.

The sad reality of the Black Lives Matter movement is that people who don't even care about the meaning behind the movement are showing up to small businesses, big businesses, and even black-owned businesses, and leaving them with nothing but the shirts on their backs and damage that they may never recover from.

The same girls who post about saving our oceans every Earth Day, but still use plastic straws, are now covering their Instagram feeds with false media stories and black squares that are supposed to prove they are not racist.

Individuals are now being threatened and shamed if they support police officers. The same police officers who still go to work every day, and answer your 911 calls even after you harm them, destroy the cities they protect, and call them names. How bizarre is that? We're grown adults and people that hate us for having different opinions.

Without knowing all of the facts of the incidents, rioters shouted the names of George Floyd, Breonna Taylor, Jacob Blake, and a number of other individuals into the streets as they burned buildings and threw explosive devices at police. Cities across America, including Chicago, Los Angeles, New York, and Seattle have seen destruction and violence that have killed civilians, injured cops, and damaged property.

The meaning behind the protests has been lost among the chaos. It's no longer about police brutality and systematic racism, it's about who can do the most harm and the target is pinned on police officers.

Protesting is a beautiful way to help make a difference and fight for a change, however, it has reached a point where the unnecessary destruction is irreversible and the damage is unrecoverable. Protests have turned into riots, which has left our officers exhausted and has resulted in the resignation of more officers than ever before.

The concept of demolishing the city you live in, is a concept I'll never grasp. It is not sending the message of protecting black lives, it's sending the message of hate and obliteration. Hate paints an ugly color on people, and it has shown through in many individuals as the

events of this year have unfolded.

Despite the many differences we have all faced this year, those who have publicly bashed and minimized the people with counteracting opinions send a bigger message than those who have not spoken up at all.

There have been police officers who have used unjustifiable force, however, it does not mean the entire system is corrupt and unjust. Imagine pursuing a job in a field that has been drug through the dirt with hate, it's as terrifying as it is exciting. And while some might think I'm crazy for wanting to be a cop, whether it be because they hate cops, or because they know what cops are going through currently and who in their right mind would want to be in that position, it has only motivated me to want it more.

After much consideration and endless talks with my friends and family, those who fall on both sides of the divide, I have decided that this is a career that I will thrive in. I want to be the cop that people remember because of my kindness and compassion, who didn't look at skin color or gender and who fairly enforced the law. I hope to be a difference in the community I serve and to change the minds of individuals who post all over their social media that all cops are bad. Living near Seattle throughout the riots has made me more passionate than ever.

I'm going into this field knowing that not everyone will love cops, and I won't be able to change everyone's minds, but I'm also going into this field knowing that I will perform every day with love in my heart for all of the individuals I will protect, regardless of race, gender, religion, and social status. Not all cops are bad, and I am determined to prove that to everyone I encounter.

Campus events

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p style="font-size: 2em; font-weight: bold;">1</p> <p>5 p.m. Sunday Night Mass 8 p.m. Sunday Night Mass 11:30 p.m. Solidarity Slam Submission Deadline</p>	<p style="font-size: 2em; font-weight: bold;">2</p> <p>Selection of spring classes begins 6 p.m. Voting Trivia Night</p>	<p style="font-size: 2em; font-weight: bold;">3</p> <p>Selection of spring classes begins 6 p.m. Voting Walk 8 p.m. Cor & Via Formation Groups</p>	<p style="font-size: 2em; font-weight: bold;">4</p> <p>Selection of spring classes begins 6 p.m. Rock Wall Route Setting 7 p.m. Election 2020: What's Happening?</p>	<p style="font-size: 2em; font-weight: bold;">5</p> <p>Selection of spring classes begins 12:30 p.m. Study Abroad: Russia & Ukraine 7 p.m. Lecture: Theology with Dr. Greiner 7 p.m. Solidarity Slam 2020 7 p.m. Fly Tying Clinic</p>	<p style="font-size: 2em; font-weight: bold;">6</p> <p>6:30 p.m. Founders Gala 8:30 p.m. Cinemark: Broken Hearts Gallery 8:45 p.m. Cinemark: Monty Python and the Holy Grail</p>	<p style="font-size: 2em; font-weight: bold;">7</p> <p>2 p.m. Saturday Afternoon Run</p>
<p style="font-size: 2em; font-weight: bold;">8</p> <p>Indoor Rock Climbing 101 5 p.m. Sunday Night Mass 8 p.m. Sunday Night Mass</p>	<p style="font-size: 2em; font-weight: bold;">9</p> <p>Graduation applications due (Spring, Summer, and Fall) 7:30 p.m. Sociology Alumni Panel</p>	<p style="font-size: 2em; font-weight: bold;">10</p> <p>12:30 p.m. Academic Department Chairs Meeting 7 p.m. Ski Waxing 8 p.m. Cor & Via Formation Groups</p>	<p style="font-size: 2em; font-weight: bold;">11</p> <p>9 a.m. Red Cross Blood Drive 7:30 p.m. Sociology Senior Projects</p>	<p style="font-size: 2em; font-weight: bold;">12</p> <p>7 p.m. Admission: Math/CS/Data Science 7:30 p.m. Theatre: Love/Sick</p>	<p style="font-size: 2em; font-weight: bold;">13</p> <p>6:30 p.m. Starlit XC Skiing 7:30 p.m. Theatre: Love/Sick</p>	<p style="font-size: 2em; font-weight: bold;">14</p> <p>7:30 p.m. Theatre: Love/Sick</p>
<p style="font-size: 2em; font-weight: bold;">15</p> <p>5 p.m. Sunday Night Mass 8 p.m. Sunday Night Mass</p>	<p style="font-size: 2em; font-weight: bold;">16</p>	<p style="font-size: 2em; font-weight: bold;">17</p> <p>8 p.m. Cor & Via Formation Groups</p>	<p style="font-size: 2em; font-weight: bold;">18</p>	<p style="font-size: 2em; font-weight: bold;">19</p> <p>7 p.m. Lecture: Biology with Dr. Hahn</p>	<p style="font-size: 2em; font-weight: bold;">20</p> <p>Last day of classes</p>	<p style="font-size: 2em; font-weight: bold;">21</p> <p>Final examinations</p>
<p style="font-size: 2em; font-weight: bold;">22</p> <p>Final examinations 5 p.m. Sunday Night Mass 8 p.m. Sunday Night Mass</p>	<p style="font-size: 2em; font-weight: bold;">23</p> <p>Final examinations</p>	<p style="font-size: 2em; font-weight: bold;">24</p> <p>Final examinations</p>	<p style="font-size: 2em; font-weight: bold;">25</p> <p>Campus housing closes, 12:00 noon</p>	<p style="font-size: 2em; font-weight: bold;">26</p>	<p style="font-size: 2em; font-weight: bold;">27</p>	<p style="font-size: 2em; font-weight: bold;">28</p>
<p style="font-size: 2em; font-weight: bold;">29</p>	<p style="font-size: 2em; font-weight: bold;">30</p> <p>Final day to drop Winter Session 3W and 6W courses for 100% refund</p>	<h1 style="font-size: 4em; margin: 0;">NOVEMBER 2020</h1>				

Updates: Winter session, spring semester, program prioritization

Kelsey Jones and Emily Murgel

Editors

Amid COVID, Carroll College will be offering a remote learning winter session for students short credits or looking to pick up some extra courses over winter break.

Carroll College's winter session will begin on Dec. 2 and will last three weeks or six weeks, depending on the course. The three week courses end on Dec. 22 and the six week courses end on Jan. 12.

Winter courses will be discounted at the same rate as summer courses, at \$680 dollars per credit. 12 courses for the winter session will be offered, ranging from Art History of the 14th Century, to Probability and Statistics. To register or view the courses offered during the winter session, go to Carroll College's Student Planning, under the Self-Service tab for students.

The spring semester has been altered to reduce the spread of COVID-19. The 2020 spring semester will begin after Martin Luther King Day, on Jan. 19. Carroll has replaced the traditional week-long spring break with a "mini spring break" on Wednesday, March 2 and Thursday, March, 3. In order to make up for the shortened spring break, Carroll has implemented two reading days on Thursday, May 6, and Friday, May 7.

The class schedule for Easter will remain similar to previous years. Carroll College will not hold classes on Good Friday, April 2, and will also have Easter Monday off, on April 5. Graduation and the commencement ceremony for 2021 graduates will be held on May 16.

The official prioritization committee, Realign, Reinvest, and Reimagine, continues to review Carroll's budget and prioritize where needed.

However, with the recent uptick in COVID cases the announcement of FY21 Short and Long-Term Recommendations has been postponed. The committee was set to announce the impacted programs and President John Cech's preliminary recommendations to the campus for feedback on Nov. 2.

A new date has not been selected for the release of the recommendations. Carroll has chosen to focus on the well-being of the campus and the response to COVID-19. This postponement ensures that the committee is given an adequate amount of time to make and review their recommendations, according to Chato Hazelbaker, Vice President of Enrollment Management and Marketing.

The remainder of the timeline for the committee continues to remain the same, with most decisions being finalized in the Spring of 2021.

International Talking Saints

The newest Talking Saints won four awards at the Pacific University's virtual tournament on Oct. 24, hosted online from Forest Grove, Oregon. Meanwhile, in virtual London three Carroll teams took on the world's best.

At Pacific, Carroll entered only its first-year students, and they won four awards. Matt Glimm, a biology major from Kalispell, won novice extemporaneous speaking and placed fourth in impromptu. Elaina Goulet, a biology major from East Wenatchee, Washington, placed 3rd in novice impromptu. Finlay Bates, a pre-law major from Forest Grove, Oregon, placed 5th in novice extemp.

Bates and Goulet had never competed in speech and debate prior to college, so their success is encouraging. Goulet was particularly pleased because the COVID/online year has been challenging.

"It was uplifting to realize that this unusual year did not put the freshmen far from being equal to previous years," said Goulet. "For me, specifically, it was good motivation to keep working for the future."

Goulet was referring to the changes in training, where most practices are online, and competition is online. In person contact with coaches was minimal at first, but is now all coach contact is virtual.

But the first years are doing well, and adapting.

While the new students competed at Pacific, three Carroll teams entered one of the world's most competitive tournaments, hosted by Oxford, Cambridge and Durham in London, England. More than 200 teams from around the world competed.

After opening with a win in round one and solid showings in the next round, Carroll was power-matched against the best in the world – and, on this weekend, Cambridge and Yale prevailed.

"Debating internationally against top universities has been a blast, the best experience in my four years of debating," said senior International Relations major Josh Mansfield from Pocatello. "It requires a new definition of success, though. Every round is very hard with those teams. When we get home we have to debrief, recoup and work with our coaches. Our knowledge is pretty good, but we need to adapt our strategy for different types of teams and for each position."

Partner Hellie Badaruddin appreciated the quality of judging.

"All the judging abroad has raised the bar on what we expect," said Badaruddin. "Even when we don't agree at first, we get long explanations that we can accept and learn from. Judging is miles ahead of what we see here."

The Talking Saints are adapting to the COVID year by taking advantage of virtual tournaments, that meant they could compete against the world's best without a plane flight.

Coach Brent Northup says debating internationally helps students raise their standards.

"Carroll students sometimes underestimate themselves," said Northup. "By competing against London School of Economics and Leiden University from the Netherlands, and holding their own, we send a message to all Carroll students to dream big."



Lady Saints basketball slam dunks two top teams to kick off season

Carroll Sports Information

Not COVID, nor snow, nor a 1097 mile drive in a bus, could stop the Lady Saints basketball team from opening their season in a spectacular fashion.

Last Friday and Saturday, in Seward Nebraska, the Lady Saints beat two top teams in less than 24 hours.

The No. 20-ranked Fighting Saints women's basketball team opened the season 2-0 after defeating Dakota State 69-65 and Concordia 73-66 in Seward, Nebraska on Nov. 6-7.

"This was a huge weekend for us," Saints coach Rachelle Sayers said. "Concordia Nebraska was 64-4 over the last two years and Dakota State just beat two top 15 teams in the last week, so for us to go on the road and win both these games is really encouraging. I thought we had big contributions from a lot of kids."

In the Friday, Nov. 6 match, Christine Denny led all scorers against the Dakota State Trojans with her double-double of 20 points and 12 rebounds.

The Saints led the majority of the game, though the Trojans made things interesting in the fourth, cutting the Saints lead to two points with 2:11 left. Carroll answered with two scores from seniors Dani Wagner, and then added free throws from Jaidyn Lyman and Denny.

Jamie Pickens finished in double figures to launch her Saints career, scoring 12 points while adding five rebounds and five assists. Nine Saints scored on Friday.

The Saints used a 26-16 advantage in the paint to handle the Trojans.

"It felt like it had been so long since we had actually played a game, so it felt amazing to finally be out there playing and competing," said Lyman.

On Saturday, Nov. 7 the Fighting Saints knocked off No. 11 Concordia 73-66 after receiving a career-high 23 points from

sophomore Pickens.

The Saints won every quarter, except the third, outscoring Concordia the majority of the game. The Bulldogs mounted a fourth quarter challenge, tying the game at 63 with 2:58 left.

The Saints answered with a pair of free throws from Pickens and then saw Lyman sink a three with one minute to go to give the Saints a four-point lead and some breathing room.

"Jaidyn Lyman had clutch 3s in both games that really sealed both wins," Sayers said. "Her leadership and toughness is just something special!"

Clutch free-throw shooting down the stretch sealed it for the Saints.

After scoring six points in the first half, Pickens posted 17 in the second half to give the Saints a big lift.

"Jamie had a heck of a game today and really took over the fourth quarter for us," Sayers said. "She made shots, changed shots and the defensive end and got some

big rebounds. With just about 10 practices as a Saint, she is starting to get more comfortable."

Wagner added 17 points, while Denny also cracked double figures with 12.

"Those were two really quality teams so being able to come out with two wins on the road was huge for us," said Lyman. "It showed us that we have something really good going and the potential we have for this year."

As a team the Saints shot 44 percent from the field, 40 percent from three and 65 percent from the foul line.

Denny and Pickens were both named to the All-Cattle Classic team.

The Saints were scheduled to travel to Lewiston, Idaho to take on Lewis-Clark State in a double-header weekend on Nov. 14-15. Those games have been postponed.

The Saints will face-off against Corban in Helena on Friday, Nov. 27 at 7 p.m.

Carroll sports springing forward

Paige Wollan

Staff Writer

As this fall semester comes to a close, many of the Fighting Saints sports teams schedules for the spring of 2021 have been finalized.

The 2021 spring football schedule includes four home games and three away games. The home games include Montana Western (Feb. 27), College of Idaho (March 6), Rocky Mountain College (March 27), and Eastern Oregon (April 3).

Not only is excitement building for the spring seasons, but also nervousness about the unknown during these unprecedented times.

"I don't know how I feel about the upcoming season. I know a lot of guys are excited and fired to play," said Saint's football player, Jesus Parra Gutierrez, a senior communication and public relations major, from San Rafael, California.

The away games for the football season will take place at Montana Tech in Butte, Montana (March 13), Montana State - Northern in Havre, Montana (March 20), and Southern Oregon in Ashland, Oregon (April 10).

Not only are the upcoming seasons going to be difficult since they are being played in the spring, rather than the fall, but the preparations for the season are unlike any other.

"The way we have been preparing is a bit different than in other years. It has been a bit more independent, especially when people are in quarantine," said Parra Gutierrez. "We also have pods, which are a group of four people, who are our only



Photo courtesy of Carroll Athletics

Carroll Football

close contacts. That way if someone gets COVID you only take out three others rather than the whole team."

The Carroll College volleyball team and soccer teams have also finalized their spring season schedules.

The women's volleyball team will have games starting on Jan. 29 through April 3. Their first game is against University of Fargo (Jan. 29 and Jan. 30) at Carroll Col-

lege. Their home games for the season are against Montana State - Northern (Feb. 12 and Feb. 13), Montana Tech (Feb. 26 and Feb. 27), Montana Western (March 12 and March 13), and Rocky Mountain College (March 26 and March 27).

Carroll College's men's and women's soccer team are expected to play their first game of the season against Evergreen State (Feb. 14). Both the men's and wom-

en's season will run from Feb. 14 through March 27. The home games for their seasons include games against Southern Oregon (Feb. 21), Eastern Oregon (Feb. 26), Walla Walla (Feb. 28), Warner Pacific (March 14), and Multnomah (March 15).

Although the spring season is new for many of Carroll's sports teams, the teams are excited and looking forward to overcoming any challenges that may arise.

SPORTS

Saints Frontier Conference cross-country champions

Kelsey Jones

Editor

Carroll College women's cross-country team claimed the Frontier Conference Champion Title, despite cold and windy conditions on Nov. 6 in Havre, Montana at the Prairie Farms Golf Course.

Carroll College's Reghan Worley, a sophomore from Evanston, Wyoming, was the women's overall champion. Worley won the championship in a time of 19:07.50. Worley was also named "Women's Cross Country Runner of the Year" by the Frontier Conference.

"The women are so deserving of this conference championship and they truly earned it together," said Shannon Flynn, the Saints cross-country head coach. "Despite some abnormal race strategies and jostling in the first half of the race, they stayed composed and confident. It was an uncomfortable way to run and their finish highlighting their toughness and determination."

Carroll College's women's team had four runners place in the top ten of the conference including, Worley, Natalie Yocum came at sixth, Elly MacHado placed seventh, and Kendyl Pierson came in eighth.

Montana Western came in second at the Frontier Conference Tournament with the help of Eireann O'Connor. Montana Western's O'Connor clocked in only two and half seconds after Worley, claiming second place.

Rocky Mountain College took third place at the Frontier Conference, Montana Tech finished in fourth, and MSU-Northern came in fifth place.

Carroll College's men's cross-country team came in second place at the Frontier Conference Championship behind Rocky

Mountain College. MSU-Northern took third place, followed by Montana Western in fourth, and Montana Tech in fifth place.

Carroll College's men's cross-country team had three runners place in the top ten of the tournament. Carroll College's James Normandeau came in fifth place at the tournament, Connor O'Hara came in sixth place, and Zach Rector came in

ninth.

"The second place finish on the men's side is a big step forward for us and it became even more clear to me today that this is a special group," Flynn said. "They had some great performances but are hungry for more as a team and it is going to propel us to a focused spring."

The Fighting Saints women's

cross-country team has qualified for the NAIA Annual Women's Cross-Country Championship, which has been rescheduled from Nov. 20, 2020 to April 9, 2021 in Cedar Rapids, Iowa. Two runners from the men's cross-country team, Normandeau and O'Hara have individually qualified for the NAIA Nationals in April.



Reghan Worley, Women's Cross-Country Player of the Year, runs for Carroll College in Montana Western Bulldog Open on Oct. 23.

Photo courtesy of Montana Western Bulldog Open



Carroll College women's cross-country team celebrate their championship victory on Nov. 6.

Photo courtesy of Sierra Richards

November Music Playlist

Shelby Sola
Staff Writer

It seems as if the artists knew we were all in quarantine (again) and delivered us some of the best music we've heard all year! Thanks for putting us in the feels Luke Combs, and shout out to Saweetie and Jhené Aiko for the collab we didn't know we needed, but now cannot live without.

1. Always Forever - Bryson Tiller
2. Back to the Streets - Saweetie ft. Jhené Aiko
3. Be My Guest - Trey Songz
4. By Yourself - Ty Dolla \$ign feat. Jhené Aiko & Mustard
5. Damage - H.E.R.
6. Don't Go Changing - Kip Moore
7. Forever After All - Luke Combs
8. FRANCHISE - Travis Scott feat. Future, Young Thug, M.I.A.
9. Gone - Dierks Bentley
10. Hate The Way - G-Eazy feat. blackbear
11. heart won't let me - LANY
12. Kids Again - Sam Smith
13. Let Me Love You Like A Woman - Lana Del Rey
14. Letter 2 U - J.I. the Prince of N.Y
15. lie to me - Tate McRae feat. Ali Gatie
16. Lonely - Justin Bieber feat. benny blanco
17. Memory I Don't Mess With - Lee Brice
18. NFL - Lil Wayne feat. Gudda Gudda & HoodyBaby
19. Not Another Love Song - Ella Mai
20. off the table - Ariana Grande feat. The Weeknd
21. Paradise - MEDUZA feat. Dermot Kennedy
22. Pardon - T.I. feat. Lil Baby
23. positions - Ariana Grande
24. Rain - Trey Songz feat. Swae Lee
25. SO DONE - The Kid Laroi
26. Sorry - Russ
27. Spicy - Ty Dolla \$ign feat. Post Malone
28. Stay Down - Lil Durk feat. 6LACK & Young Thug
29. The Other Guy - Luke Combs
30. THE WEIGHT OF IT ALL - Smith & Myers
31. Tyler Herro - Jack Harlow
32. Without You - Queen Naija feat. Russ
33. Wonder - Shawn Mendes
34. You're Mines Still - Young Bleu feat. Drake

Jibber Jabber:

What are you most thankful for during this pandemic?

"I am very thankful for my family's health."
-**Josie Snyder**, senior communication major, from Billings, Montana



"I've been most thankful for how cooperative everyone has been, like my professors, coaches, and employers due to the circumstances."

-**Blair Stapleton**, sophomore communication major, from Billings, Montana



"I've been most thankful for understanding teachers, like Brent and Charlotte. I am also thankful for FaceTime so that I can still connect with friends and family. It's not social distancing, it's physical distancing. I am thankful to still have the social aspect of life."

-**Megan Michelotti**, junior, communication major, from Butte, Montana



"I am most thankful for how flexible everyone at Carroll has been throughout this semester. Whether it is students being flexible with switching back and forth between online and in-person classes, or professors being so understanding and accommodating for students during this hard times."

-**Jenny Tu**, senior communication major, from Seattle, Washington



"Everyone has been so patient lately. I think it has taken the pressure off of a lot of things throughout the pandemic."

-**Shelby Sola**, junior psychology major, from Graham, Washington



"The boyz."

-**Jesus Parra Guterrez**, senior communication major, from San Rafael, California



"Wearing pajamas to class."-**Warren Wolcott**, senior communication major, from Moscow, Idaho



"Having online classes so I can see my family more often, than I normally would be able to during the school year."

-**Hope Unger**, junior psychology major, from Polson, Montana



"I think the pandemic has provided us with the ability to overcome obstacles. Like as students we have been thrown every which way and we've had to just deal with it."

-**Morgan Rehm**, junior business major, from Helena, Montana



"My family."

-**Shannon Steele**, junior communication major, from Seattle, Washington



"My grandparents have been able to stay safe. My grandfather is battling cancer and needs injections.

At the beginning of the pandemic he was unable to get them, but as we have made progress and things are opening back up he has been able to get the care that he needs"

-**Olivia Wright**, junior nursing major, from Riverton, Wyoming

Fall 2020 Finals Schedule

Time	Sat, Nov 21	Sun, Nov 22	Mon, Nov 23	Tue, Nov 24
8:00 - 9:45 a.m.	8:00 TTh	NO FINALS	9:30 TTh	9:00 MWF
10:00 - 11:45 a.m.	CH 101 CH 112 CH 301 All Sections	BI 201 All Sections	CO 101 All Sections	MA 121 MA 131 MA 207 MA 233 All Sections
12:00 - 1:45 p.m.	11:00 TTh	8:00 MWF 7:30 MW	10:00 MWF	11:00 MWF
2:00 - 3:45 p.m.	2:15 MW 2:00 MWF	12:00 MWF	2:15 TTh	3:45 TTh
4:00 - 5:45 p.m.	5:15 TTh	1:00 MWF	3:45 MW 3:00 MWF 4:00 MWF	5:15 MW 5:00 MWF
6:00 p.m. and later	Wednesday Evening Classes	Thursday Evening Classes	Monday Evening Classes	Tuesday Evening Classes