Hunthausen Activity Center groundbreaking

Hello fellow peers, my name is Josh McCormick and I am a junior here at Carroll College. I am currently majoring in creative alternatives to homework and vibe exploration. I get asked frequently, “what do you plan on doing with that?” I typically reply, “what can’t I do with that?” Though I also study communications and philosophy, my inner fire is fueled by forming relationships with others, interacting with nature, sharing laughter, listening to music (preferably with juicy bass), and deepening my understanding of the semi-crazy yet loving creature I call me.

Over the course of this year I am excited to share some of my thoughts and inner world with you via my column “Rediscovery.” There are many elements of one’s relationships, the world around, inner being, and daily activities that are taken for granted or go unnoticed. I hope to bring to light some of those beautiful complexities of everyday life and make the ordinary a wonder to rediscover. Enjoy!

The other day as I awoke from a slumber and without hesitation hit the snooze button, I realized just how unproductive it is to mindlessly tap that little button. For a second, think back to our primal ancestors who roamed the forests, caves, around and beyond. Their internal clocks were synchronized with the rising sun and I imagine they didn’t need a cup of coffee to start hunting or gathering for the day. Their living conditions demanded an instinctual kind of awareness, the snooze button was not an option.

Though we live in a much different time, being able to wake up earlier and at a consistent hour is a productive endeavor. The main factor that keeps one from waking up early is a consistent source of motivation. This source of motivation can come in all shapes and sizes. Maybe waking up an hour earlier allows one to make a gourmet breakfast, sip on some coffee while embracing the early rays of our mother star, or just allows time to ease into the day with a sense of clarity. For those who get-out there the morning is also a great time to get a workout in or finish up homework that was pushed to the back burner.

Outside of activities or physical incentives of an early awakening, holding positive thought patterns can also put a spark under one’s butt. Acknowledging that we have potential and abilities waiting to be cultivated, that our presence means something to others, and that each day allows for fresh interaction and companionship should be enough to get into gear.

Waking up earlier can seem like a daunting task at first but keep at it. Sometimes using the buddy system is a great way to get the ball rolling. It can be helpful to have a partner to stay accountable and to enjoy the early morning activities with. Meet up for breakfast, hike Mt. Helena, or even share dreams from the night before (this can get weird so proceed with caution). Whatever gets that inner fire going, do that. Remember, say no to the black hole of the snooze button and yes to the path of progression.

Whatever gets that inner fire going, do that. Remember, say no to the black hole of the snooze button and yes to the path of progression.
Hunthausen Activity Center
funded through donations

At the ceremonial groundbreaking for the Hunthausen Activity Center (HAC) on September 13, President Thomas Evans made reference to a $2.5 million gift from Sodexo. Evans also spoke of a text message he received that morning from St. Peter’s Hospital CEO Nate Olson regarding a $100,000 donation from the hospital. “It is my privilege and honor to be a partner with Carroll,” said Rick Waldt, district manager for Sodexo. “To be able to bring such significant support to Carroll and see it directly benefit the students is truly rewarding,” said Waldt of the company’s gift.

As long as people here can remember, St. Peter’s and Carroll have had a unique partnership,” said Olson, CEO of St. Peter’s. Olson shared numerous statistics on how many Carroll alumni are employed at St. Peter’s as doctors, nurses, or other staff members.

Is this donation a testament to the relationship between our two organizations? Most definitely,” said Olson. Sodexo and St. Peter’s are just two of the many donors to the HAC.

“Is this donation a testament to the relationship between our two organizations? Most definitely,” said Olson. Sodexo and St. Peter’s are just two of the many donors to the HAC.

The Hunthausen Activity Center construction will be funded from donations and not from tuition dollars,” stated President Evans in an email to The Prospector.

Post construction, the facility will be maintained and staffed using sources of funding outside of donations stated Evans. The estimated cost of the new HAC is $11.25 million, according to Karin Olsen, vice-president of philanthropy at Carroll. The construction for the HAC will be “privately funded through the generosity of our alumni and friends,” stated Olsen. As of press time, 72 percent of the $11.25 million needed for construction had been raised by the Office of Institutional Advancement.

While the ceremonial groundbreaking for the HAC took place on September 13, actual construction will not take place until the money is raised in full or until financing is in place.

“It could happen as early as this spring, but it depends on financing,” said Olsen on the start of construction. The HAC is not the only fundraising project at Carroll. The development office is “presently involved in several fundraising efforts for capital projects on campus,” stated Olsen. “A campus chapel for our students and Carroll community is one of those priorities.”

It is because the HAC project has reached 72 percent of its fundraising goal that the college was able to do a ceremonial groundbreaking.

When the chapel has also reached at least 70 - 75 percent of the fundraising goal, it too will open the campaign to the public.
More Hunthausen from Page 1

Speaker before Hunthausen himself.

“Let the Hunthausen Activity Center, a dream, become a reality,” closed Thomas. Hunthausen’s first words to the crowd included many thanks to God and to those in attendance.

“Thanks to Dr. Evans and the board for their willingness to stick to an idea and see it to fruition,” said Hunthausen. “Carroll is a bright spot... a very bright spot in my life and it has shaped how I behave,” said Hunthausen, whose behavior has positively impacted so many members of the Carroll community.

After Hunthausen shared stories of Carroll and thoughts of the new center, ground was ready to be broken. Archbishop Hunthausen, Bishop Thomas, President Evans, Board Member Walsh, ASCC President Janessa McElrath, Chair of the Board Dantette Sullivan, Rick Walsh of Sodero, Mike Dowling of DSA Architects, and Dick Anderson of Dick Anderson Construction all dug shovels into the ground for the official ceremonial groundbreaking.

“The groundbreaking brought out an enormous sense of pride in me,” said nephew Andy Hunthausen. “Pride for Uncle Dutch and pride for the family.”

Andy was just one of many family members in attendance at the groundbreaking ceremony.

Andy attended Carroll in 1985 and worked in the Carroll admission office from 1990-1991. He is currently a Lewis and Clark County Commissioner in Helena.

“Uncle Dutch set an example and standard for what the college should stand for and how students should be at the center of the picture,” stated Andy. “This building, though important and wonderful, is a small legacy in comparison to the contributions Archbishop Hunthausen made to Carroll, the Church, and to all that know him.”

“He has a deep love for Carroll and says to this day that his time at Carroll was the best in his life,” said Andy.

Hunthausen graduated from Carroll with a chemistry degree in 1943 before heading to seminary. After his ordination, he was a professor of chemistry at Carroll for 11 years. He also served as football and basketball coach for part of that time. In 1957 Hunthausen was appointed president of Carroll College at the age of 35, the youngest in Carroll history. He was then appointed Bishop of Helena and was summoned to Rome for the Second Vatican Council and remains the only living American bishop who was there. In 1975, Hunthausen was appointed Archbishop of Seattle.

St. Charles Hall undergoes remodel

Veronica Rubio Staff Writer

President Tom Evans no longer shares a floor with sophomore girls strutting around in bathrobes and night gowns. Instead, many of the offices from Borromeo Hall, including several key players in Evans’ administration, have been moved to St. Charles in the newly remodeled second floor.

Throughout the summer the second floor of St. Charles was converted from a dormitory to an administrative hallway. While Evans made the move two years ago, it was not until a few short weeks ago that he was joined by the Artana center, Kyle Baker, Tom McCarvel, Patty White, Sarah Lawler, and a brand new board room.

Evans was very excited about the remodel, as was the rest of the staff, especially those who made the move.

“This has been in the works for a long time as a part of a campus master plan. We have been envisioning for the last five years. This will bring St. Charles up to a higher aesthetic level, one that is more appropriate for the type of education students receive here,” said Kyle Baker, chief of staff.

The move allows for a more centralized location for many offices that are used by students and faculty. It is anticipated to be a high trafficked area, or one that is more so than it is already.

On top of the faculty members that have moved up from the main floor to the first floor, there is also going to be an office occupied by a stand alone nonprofit called World Montana.

“When they found out how significant of a global plan we have, they were intent on being a part of it,” said Baker.

World Montana will be moving to Carroll in October. They specialize in bringing organizations around the world into the United States for citizen diplomacy. World Montana will provide students and faculty to engage more deeply in global issues and projects.

“Site is also going to be a Global Education room, which will also allow students to take advantage of opportunities globally. The room will feature two flat screens, which will both be linked to the highest level of global connection on campus. Essentially, anyone would be able to walk into the room and be linked on an interactive basis with anyone else in the world. This is significant for students and faculty because they now have the opportunity to talk to people they would not be able to get in the classroom as guest speakers because of location. The remodel proved to be a very successful test case for how the rest of St. Charles could be elevated to use its full potential as a building. It’s entirely possible St. Charles is a part of every students’ day, with all of the classrooms, offices, and dorm rooms that occupy the building. While it would be difficult to refurbish the entire building to this degree, the success of the first floor proved promising for any changes that could be made to the rest of the building.

The new locations for many of the offices in Borromeo have had a trickledown effect for the rest of the campus. Faculty sharing offices now have more of their own space to do their work more effectively. New offices in Borro were then freed up for crowded St. Albert’s residents. It has provided these buildings with more a centralized location for the offices that are located there, therefore allowing for more collaboration between faculty as well.

Students who have not yet walked down the hall might want to take a look. It looks extremely different and it is clear to see that a lot of hard work and effort went into the reconstruction.

“As someone who lived in this building, it’s difficult for me to close my eyes and imagine what it looked like even three months ago. Just because a building is old, that does not mean it has to feel old,” said Baker.

There is a scheduled ribbon cutting on Saturday, Oct. 18. Students, faculty, alumni, and community members are encouraged to go see the new addition to the school.
The biggest change? Taken from the Carroll website, “New in 2014-2015: The campus drive from the Fortin Science Center to the Corete Library (on Learning Street), the Corete Library Parking Lot, and the B spaces on Hunthausen are available for daytime parking only (with a permit) from 7 a.m. to midnight.”

That is only one of many changes to the parking and ticketing system. Illegal parking tickets, the most common written for Carroll students, are now $20 each and $50 after the fifth ticket.

Tickets are now written, printed, and tracked electronically via tablet, and fines paid online.

Though the changes were outlined online, in the handbook, and distributed via email to all students, many are still displeased with the new rule, which simply furthers the problem of lack of parking.

Hanna Hillier, a junior secondary education major from Jerome, Idaho, purchased an apartment parking pass—which she originally was told would be free—for $165. She was ticketed the first week of school for parking on campus drive.

“I don’t understand why you’re not supposed to park there,” said Hillier. “You should be able to park anywhere you want, in Helena, for the prices we pay.”

Olivia Noble, a junior psychology major from Spokane, Wash., chose not to purchase a parking pass this year because it was too expensive.

“It cost $40 for a city parking pass for a year for my off campus apartment last year,” said Noble. “I told them they were going to be free this year and I wasn’t going to pay triple or quadruple.”

As a result, Noble has already received one ticket for parking in front of her St. Matthew’s apartment at 2 a.m. on a Saturday.

The need for additional parking on campus is a shock to no one, but many wonder why more parking wasn’t added during the construction of the new apartments.

According to Hillier the situation for the apartments themselves is “unreal.” There are 44 “A” parking spots for the 92 apartment tenants.

“There are apartments with three people,” said Hillier. “How are they supposed to choose? Where are they supposed to park?”

Gollehon wonders the same thing.

“I couldn’t even get a pass for the lot I live in when I am paying over $400 a month in rent,” said Gollehon.

Amidst the grumbles the name Securitas is tossed out frequently. Securitas is the private security company that contracts with the school and consequently the writers of the late night parking tickets.

Jeff Rowlan works security on campus from 7 p.m. to 3 a.m. six days a week. His job, he says, “Three words: observe and report. And write parking tickets.”

A ball park estimate puts his total at over 100 tickets written since school began. In the beginning he was writing roughly seventeen tickets a night for about six days in a row.

“I don’t really care for it,” said Rowlan. “I honestly feel a little bad. I’ve been in the college students’ place before with money being tight.”

Recently, as the temperatures dropped, Rowlan noticed two things on his nightly rounds: his breath in the cold air and the need for more parking.

“A lot of these lots, there just isn’t enough space,” said Rowlan.

Where can students park for free and without the fear of coming to their car with a ticket on the dash?

“Terry Tingle between campus and students”

Alaina Hull
Staff Writer

Car-driving Carroll students can’t seem to catch a break. At least that is the buzz around campus. If you are paying any attention at all, you will hear grumbles about the new and unimproved parking situation, especially for students living on campus.

“They threw this at us without any warning or help,” said Kacey Gollehon, a senior political science and communications major from Choteau, Mont. “When I asked for help, I got turned away.”

Gollehon is talking about the changes made to on-campus parking. If you haven’t been ticketed because of the new rules you are lucky, and probably still unaware of just exactly what the new rules entail.

Observatory welcomes students to explore

Student
CHARLOTTE MEERT

As a soft ink blue darkness fell, I found myself thinking of Frances Hodgson Burnett’s Secret Garden and the door hidden in ivy. In this case, the door happened to be double locked. So it was that much more of a thrill, seeing this always closed gateway to another world opened.

Inside, the round walls, and many maps are more reminders of a ship’s snug cabin than an observatory. The real attraction is the telescope. It stands as a monument to the stars, still and steady. In a word, majestic. Though it was slightly grumpy from having been left to its own wiles all summer, it worked with us in the end and pointed right to the moon. If you’ve never looked at the moon through a telescope, it can be hard to imagine the awesome view.

Every crater was clear, every rugged outline easy to see. Little wonder the human race has been so fascinated with it for thousands of years. We were also privileged to witness a beautiful binary star system, and a ring nebula, which was quite fantastic. The difficulty of tracking its progress through the night sky only made it more worthwhile.

The Carroll observatory has had its share of strange visitors over the years. Perhaps not aliens, but certainly furry intruders! David Rotness, who manages the building, says he once opened the door to find the place a mess of strewn papers.

“I thought someone had broken in,” said Rotness. “Then I turned and saw a squirrel sitting on the ladder!”

Rotness has been looking after it since. I have been looking after it since.

Four years after graduation instead of pursuing a career in astronomy.

“I had ever hoped to go after a career in astronomy at any time my poor math skills, or perhaps my lack of interest in math, made sure that would not happen.”

He chose to stay on with the observatory after graduation instead of pursuing a career in astronomy.

“I got the job … from the astronomy teacher … I was taking astronomy in the spring of 1993 and the instructor recognized that I worked on campus in facilities and gave me the key to the observatory … it needed a lot of care as it was starting to fall apart,” said Rotness. “I worked everywhere and much of the material and equipment was badly water damaged. I have been looking after it since.”

On clear Thursday nights, 8-9 p.m., the doors are open and visitors are more than welcome all throughout the school year. In winter, it is highly advisable to be bundled up as much as possible, as the drive over to the stars and this is Mountain after all.
**Students share study abroad experiences**

**Pilgrimage to Assisi and Rome**

**Co-editor**

Jay Bouchard

**Photo courtesy of Devon Homock**

On May 12, 2014, 26 Carroll students boarded a plane bound for Rome to make a pilgrimage to Italy led by Carroll Chaplain the Rev. Marc Lenneman. Joining us was the Rev. Nelson Lesbock and John Nelson, associate directors of campus Ministry, Thesi’ wife Andrea, and their daughter Rachel. The total number came to 31, and as the sun came up over Helena on May 12, we lifted off from Helena Regional Airport en route to Rome.

We stepped off the plane in Rome, jet-lagged, drowsy, and a bit anxious to confront the Italian language barrier. Soon we were on our way to Assisi—a peaceful, Umbrian city unchanged since the 12th century and graced by the spirits of St. Francis and Claire.

In Assisi we experienced the peace for which the city is renowned. With Lenneman as our guide we celebrated Mass at the tomb of St. Francis. We prayed at the tomb of St. Claire. We heard verses sung by cloistered Sisters. We prayed before the San Damia- no cross. We celebrated Mass at the hermitage where St. Francis prayed 800 years ago. And not surprisingly, after four days in Assisi, few of us wanted to leave.

So somewhat reluctantly we boarded another rickety Italian train and headed back to Rome for six more days of Pilgrimage.

In Rome we found a massive, noisy city filled with unapproachable traffic and too many Motorists on two wheels. Compared to the calm of Assisi, Rome was chaos. But we found something very important in this bustling home, the seat of the Catholic Church, St. Peter’s Basilica.

The first morning in Rome, May 18, we did something very few human beings have the opportunity to do. We celebrated Mass in the crypt beneath the Basilica at an altar in front of St. Peter’s tomb.

That same morning we met Deacon Garrett Nelson, who on June 26 was ordained a Priest by the Diocese of Great Falls-Billings. Nelson gave us a tour of St. Peter’s Basilica that left us awe in awe of the Church, the art, and of his God-given gifts. TOUCHED by us in return, Nelson dedicated much of the following week to spending time with our group and guiding us through our pilgrimage. We were also joined in Rome by Deacon Chris Leshof for a seminar for the Diocese of Helena. Like Nelson, Leshof accompanied our group as often as he could and together they served as striking examples of the peace, power, and beauty of religious life. Both Leshob and Nelson are studying at the Pontifical North American College in Rome.

With great leaders guiding us through the labyrinth of Roman streets, our group encountered both the center of the Roman Catholic Church and the birthplace of Western Civilization. We toured the Vatican Museums and prayed in the Sistine Chapel. We celebrated Mass in the rooms of St. Ignatius. We prayed before many powerful relics including those of St. Charles Borromeo. We beheld the masterpieces of Caravaggio, Raphael, Giotto, and Michelangelo. We shared our masses, prayers, and meditations. And then ate some more gelato. We crossed the Tiber countless times and of course, some of us got lost. And some of us got very lost.

But no matter how lost we became, we always found our way home—to St. Peter’s Basilica. While we were in Rome, St. Peter’s served as our meeting point and the site of some of our most amazing adventures. Brianna Eaton, Jessica Denboer, and Cody Nichter told me all about their study abroad experiences.

Brianna Eaton, a senior health science and Spanish major from Billings spent spring semester 2014 studying in Granada, Spain.

Brianna lived in Granada for five months, but she spent a total of six months in Europe; after her classes ended, she spent 35 days traveling to other countries with people she met in Granada and with her family. During her six months in Eu-

"We celebrated Mass in the crypt beneath the Basilica at an altar in front of St. Peter’s tomb."
Corette library opts for Botox while it waits for a donor to help with a full-on facelift

Green Honors Society

Students Columnist

Ellie Kitchell

The Corette Library and I have a rather tensuous relationship. We’re that couple that loves the idea of being together, but realize that we don’t work very well together. More often than not, when I try to dive headlong into a place to spend out and study, it’s either clawing with students pretending to work, or it’s closed. I know there are times when the library is close to empty, but I am rarely there for them, and I’m sure I’m not the only one in this predicament. Many of my peers and I have complained about the midnight closures on weekdays, hoping for just a few more minutes to get that last page done. The most frightening hours are those on the weekends. In my opinion, the short weekend hours promote a non-college lifestyle; the library closes at 4:30 p.m. or 5 p.m., giving students a perfect reason to head home, crack open a beer, and get with their weekends. And there is plenty of time the next morning to sleep off the hangover before we head back to our classes.

“The library’s odd hours, especially on the weekends, make it an inconvenience to study, to place to study,” said Ali Carl, a senior nursing major from Spokane, Wash. “A coffee shop or cafe is something we’d like to do, but we’re not the only decision-makers on that,” said Kratz.

On top of budgeting logistics and the constraint of the Sodexo being our only food provider on campus, there are about 50 classes in the library this semester, so every room is in use in almost constantly. Just like adding a fireplace or bringing in new furniture, two other hot topics in the library, there is a lot more to students’ coffee requests than meets the eye.

All student complaints aside, the library has taken advantage of the resources it does have, and is making great changes. Since the start of last year, carded access has been added for improved student safety. A new, 50-seat lecture classroom sits against the back wall of the main floor, and more study rooms are available throughout the building. Technology has also improved, with a new videoconferencing room, Apple desktop computers in the lab, and more and more texts are being converted and added to our online databases (we now have online access to approximately 3.5 million e-books and 270 million journal articles).

In October, the library will release a student satisfaction survey, where feedback and further suggestions will be welcomed; submitting the survey will also enter you in a drawing for a $100 Amazon gift card. Based on student claims that coffee and longer hours is a necessity, it seems that many of us don’t even need to be forced to share our suggestions with the library staff.

Green Honors Society students must carry out throughout the year. These are also samples of Green Honors student Alexandra Bold’s habits.

Green Honors. Currently, students need to raise enough money to insulate the pipes so that the greenhouse can run during the winter. On the plus side, the group has been successful in securing one item that, with insulated pipes when they can be funded, would keep the greenhouse up and running in winter months.

Campus

CAMPUS

Where did Subco go?

Wholly Habaneros replaces the Subconnection

Vivian Cole

Staff Columnist

As many of the returning students may have noticed Subconnection is no more. For those of you who aren’t familiar with this donate item, it is an addition for many on campus, myself included. This simple shop of deliciousness has been replaced by Wholly Habaneros, a South Western-themed Sodexo brand. The change is scary for everyone, but maybe some good is going to come out of it. I hope to see some new flair in the food, and not just sizzle some nerds or at least give a more complete understanding.

The choice to switch was made in order to give students a different option. "Subconnection was neither new nor exciting," said Linda Bahr, the general manager of the library’s dining services, "so based on a popular food item, that most people like, we took a risk."

Bahr admits that Wholly Habaneros has had a slow start with many financially disappointing days. The result of this decrease in students willing to buy lunch from the only onsite establishment has been a huge increase in the STAC’s lunch and dinner numbers. If you happen to eat at noon during the week you may well have felt the impact of this increase.

“There hasn’t been much push back from the students," said Bahr. "In the past they have usually been fairly honest with me so I don’t see why that would change now."

Students have had less than favorable opinions when asked about Wholly Habaneros.

“I was under the impression Wholly Guacamole,” said Mackenzie Johnson, a senior biology major from Lambert, Mont. “I just want to know if they are going to add some condiments and improve the connection back, I miss my sandwiches.”

This is only one in a string of complaints that have been conversed recently. The main themes are: there isn’t enough variety and when are they going to bring Subconnection back?

“I’m not pleased,” said Tyler Retzer sophomore psychology major from Stevensville, Mont. “I don’t hate Wholly Habaneros but I really did prefer Subco.”

Several students haveforgone spending their flex on lunch and have been frequenting Jazzman’s Cafe.

“The bright side,” said John Brothers a junior business major from Helena, “is I have more flex to spend on coffee.”

Perhaps the reason student voices have gone unheard on this issue so far is because they all feel someone else will voice their displeasure at the change. When I asked students if they had filled out any comment cards about their dining experience the answer was always no. “The Carrier Dining service is so responsive to our comments that we don’t even bother filling them out. I think they are just for show,” said a junior business major.

Green Honors. Currently, students need to raise enough money to insulate the pipes so that the greenhouse can run during the winter. On the plus side, the group has been successful in securing one item that, with insulated pipes when they can be funded, would keep the greenhouse up and running in winter months.

Campus

In order for a student to graduate with Green Honors and bear the glorious green cord, it doesn’t matter whether you join as a freshman or a senior. All that is required is that the student complete two classes with a environmental background, complete 25 hours of environmental community service within a year, and attend at least one environmental lecture, have at least five habits as a freshman increasing to eleven as a senior, and complete a project with all of the Green Honors members.

The idea of the two week challenge is that it takes two weeks to create a habit and after the two weeks are up, the students of Carroll College will not only have conserved a lot of water, but will engage in their “habit” most likely for the rest of their lives.

The one thing that hasn’t changed...
Remembering the life and work of Mike Franklin

Jay Bouchard  Co-editor

On Saturday, Sept. 20, Carroll lost one of its closest friends when Mike Franklin, director of counseling services, lost his battle with depression. Franklin’s death has affected the campus in an immeasurable manner, but it has brought attention to the need for conversation about the seriousness of mental illness—a conversation that is long overdue.

Franklin’s transparency and openness about his struggles with depression allowed others to recognize the humanness of the illness and helped the College confront the serious issue. “One of Mike’s greatest legacies is that he expanded people’s understanding of depression,” said Hardwick. “He started life-changing conversations.”

In his life Franklin helped many people in their battles with depression and helped many others understand that depression is a disease that must be taken seriously and that as with any other chronic illness, it can be fatal.

In even his death Franklin continues to serve the people he loved dearly. In the few short weeks since his suicide Carroll has been at its best—giving us hope that we are making a difference.

As a testament to the strength of Carroll’s community, staff, and students, have rallied together in support of one another. “We’re still looking at possibilities for the future of the old mail room,” said McCarvel. “It will be hard to leave, but I’m excited for the new adventure, and I see no negative aspects to it. It’s a win-win for everybody.”

The new mail center will feature a much more spacious and organized facility. Members of the mail room are looking forward to the change.

“With the steep hill, limited visibility, and steady traffic flow of students and faculty, this area can be dangerous as the large mail trucks come pulling in,” noted Smetana. “It is also very nice for the students, Cody Tredik  Staff Writer

If you’re not too entrenched in the busy first month of school, you have probably noticed the noise coming from the west end of Borromeo Hall. Administrators and faculty have also noticed the cones and tape creating a wide perimeter around the side of the building, pushing out into the Trinity parking lot. All of this is in preparation for a big change on the Carroll campus. After years of operating in St. Charles Hall, our mail room will be migrating down the hill to Borromeo Hall.

Many are wondering: why move it? There are two major reasons, the first being safety for all on campus. Tom McCarvel, vice president of community relations and facilities, explained the long-standing issue.

“It is also very nice for the students,” said Smetana. “It’s in a great location across from the commons.”

The new mail center will feature a much larger room for the mailboxes, and a more spacious back room for mail sorting and storage. The mailboxes are also receiving an overhaul, as they will be a little bit bigger than the ones currently in use, and have new combinations.

Though there is a lot that is new, many will remain the same. Students will be able to stop by the mail room and receive their new combinations. Smetana, who served in facilities before taking on the role of mailroom head, has also had input in the design of the new mail room.

“I’ve been running this service here in St. Charles for over 20 years now, and it has been here much longer than that,” pointed out Smetana. “I will be hard to leave, but I’m excited for the new adventure, and I see no negative aspects to it. It’s a win-win for everybody.”

Mailroom moving to Borromeo Hall

The move started last week, and will be completed within the next few months. The mail room will be moving to the back side of St. Charles Hall where the mail trucks come in,” said McCarvel.

With the steep hill, limited visibility, and steady traffic flow of students and faculty, this area can be dangerous as the
The 2014 Saints’ Cross Country season is off and running. Both the men and women displayed strong finishes at the Early Bird Meet, hosted by the Saints at Bill Roberts’ Golf Course. On the women’s side, Leah Estopito, a sophomore from Helena, posted a time of 14:42.05 to claim the top time of the day for the Lady Saints as well as win the overall competition.

On the men’s side, David Thor, a junior from Thompson Falls, Mont., was Carroll’s top finisher, running a 19:35.34 and claiming sixth overall; this is shaping up to be a big year for the Saints.

The Men’s team is captained by Lyle Pocha, a senior from Missoula. Pocha is eager to see how the team competes this year with the addition of several stellar freshmen to the veteran runners who “are doing a great job of stepping it up.” When asked what the team goal is for the year, Pocha’s responded, “Basically we have our eyes set on nationals and to finish top fifteen as a team. We want to be competitive.”

Coach Morris has similar expectations for the team, noting that the team has greater depth to draw from this year. “We’ve lost some great seniors from last year, but we have so many more kids on the team, we should be able to be very competitive in our conference, and, hopefully, nationally,” noted Morris. His predictions seem accurate, given that at the first meet, the fourth through seventh finishers for the Saints were all within two seconds of each other—great news for the Saints since there are seven spots on the National Team, although only the top five score.

On the women’s side, there is a huge possibility for success at Nationals, a thrilling prospect for so young a team. Captain Hannah Hafner, a senior out of Wolf Point, Mont. believes this could be the Lady Saint’s year Hafner explains, “We want to go to nationals and be a top ten team. Based on the girls we have, we should be able to score well as a team.” Hafner personally wants to contribute to a top-five performance at every meet, another strong possibility given that she finished third for the Saints at the Early Bird Invite. When asked even more optimistic about the team’s chances, stating that it is realistic to aim at a top-five finish at Nationals.

“We’re rumored at sixth, but fifth is possible. But all the top teams have a lot of good women returning. We have our work cut out for us.” Morris notes that it will be a team effort to fare well at Nationals, but Leah Estopito will play a key role in getting there. Estopito finished seventh at Nationals last year, securing All-American status and he is the project front-runner for the team this year, a position that may be challenged by teammate Rachana Grossman, a senior from Couer d’Alene, Idaho.

The road to Lawrence, Kansas, and the National Championships will not be easy, but the Saints are certain of one thing—this is shaping up to be a big year for the Saints.

The soccer team has come together and bonded as a team, with many of the players never having played together before. The team played six away games in a short period of time before they came home to Carroll to play their first game in Nelson Stadium. The team’s first game at home was against the University of Great Falls, in which they lost 0-2, but they had already created a strong fan base.

“There are two local guys on the team who have helped bring the community into the team and have started to build our fan base,” said Mello.

Freshman Issac Bostrom, a secondary education major from Helena and Dylan Allen, a math major from Helena bring the Helena community to the Saints’ home games and have helped to build the fan base. As hometown players, they have been able to pull in friends and family members from the Helena community to attend games at Nelson Stadium. At the home game on September 18 against Walla Walla University, the fan base for the team had already grown. As a new program, building a strong fan base is essential to support of the players.

“ar’s always nice to play when there is someone watching us. In the future, I think people will get excited to come and watch games. I’d like to see the stadium full of people watching and supporting us,” said Jose Mena, freshman, International Business major, from Costa Rica.

As every team does, the men’s soccer team has created goals to work on throughout the season. Mello wants the team to go out and represent Carroll in a positive manner, both on and off the field. He wants the team to compete at a high level while giving 100% focus and attention to the game and he believes that if the team plays in this manner, the wills take care of themselves.

“Coach Mello has done a great job in bringing us together as a team, instead of individual players. It’s difficult to play with people that you’ve only known for a month when we’re all used to playing on club teams, but I think being used to playing together is great for the team,” said Mena.

As the first head coach in the soccer program, Mello is honored and pumped to show what the team has to offer. “Every team has their wins and losses and right now we are trying to get our bearings,” said Mello. “It’s an honor to be a part of such a strong athletic program. I believe that right now it’s a great time to be a Saint.”

The next soccer game is at home against Westminster on Oct. 11. Wednesday, October 8, 2014 8

Women’s cross-country team, all sports photos taken by Megan Flanck

Cross Country

Tori Nickol  Staff Writer

The 2014 Saints’ Cross Country season is off and running. Both the men and women displayed strong finishes at the Early Bird Meet, hosted by the Saints at Bill Roberts’ Golf Course. On the women’s side, Leah Estopito, a sophomore from Helena, posted a time of 14:42.05 to claim the top time of the day for the Lady Saints as well as win the overall competition.

On the men’s side, David Thor, a junior from Thompson Falls, Mont., was Carroll’s top finisher, running a 19:35.34 and claiming sixth overall; this is shaping up to be a big year for the Saints.

The Men’s team is captained by Lyle Pocha, a senior from Missoula. Pocha is eager to see how the team competes this year with the addition of several stellar freshmen to the veteran runners who “are doing a great job of stepping it up.” When asked what the team goal is for the year, Pocha’s responded, “Basically we have our eyes set on nationals and to finish top fifteen as a team. We want to be competitive.”

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The next soccer game is at home against Westminster on Oct. 11.
100 years of football

Katie Bertolino
Staff Writer

Through 100 years of change, the one constant throughout this past century at Carroll has been the Fighting Saints. A program built on the foundations of integrity, teamwork, and family. The football team celebrates the love of a game, the building of a community, and the establishment of a family focused on success.

Coach Mike Van Diest has a love not only for football, but a love for his players and his determination for them to succeed. He speaks about past players who are now doctors, fathers, teachers and coaches. The hard work and determination that they learned on the football field has aided in their own quests for success and giving back to Carroll.

No matter which game comes to mind, the Fighting Saints continue to showcase their ability to work as a team, with no one player receiving all of the credit for a win.

“The boys are playing well, they had a bit of a heartbreak against Southern Oregon University, but they played as a team and they played well,” Van Diest said. “Against Rocky; they had more of a balanced game, but the defensive side still has a lot to work on.

After losing their first game at Southern Oregon University 38-35, the Fighting Saints have been dominant in their last three games.

The Saints demolished Montana Tech on Sept. 6, 38-10 at Nelson Stadium—lighting a rowdy crowd eager to see the Diggers sent limping back to Butte. On Sept. 20, the Saints continued their dominance winning 38-3 against Rocky Mountain College.

Carroll kept their momentum going during homecoming weekend against UM-Western, winning 31-14. Quarterback Mac Roche tossed two touchdown passes in the win and running back Devon Rinker rushed for two touchdowns of his own. Anthony Clarke led Carroll’s receiving core with one touchdown and a big punt return. Carroll’s defense was led by seniors Sean Blomquist and Sean Condon, both collecting two sacks.

The family that is found within this football team is inspiring.

“I have never seen a bunch of guys get along so well. They came in July and early August; lifted weights, fish, and barbecued. Their friendship on the field allows for them to be successful and unselfish and their friendship off the field is what supports them in school,” Van Diest said.

“I think that this is what creates the family atmosphere that Carroll College strives for.” As he pointed out later, there are 13 men at any given time on the field and no two players have the same background. The team is diverse, yet able to put their egos aside and put team success first.

Let us celebrate the present and past athletes who make our Saturday’s enjoyable, all of the coaches that continue to challenge our peers to do their best on the field, and in life, and let us say thank you to the community that allows for Carroll College to flourish.

“It all started with the values that John Gagliardi, Archbishop Hunthausen, and Bob Petrovits instilled in the program,” said Van Diest.

“It comes from the support of the assistant coaches, the players, and the families of the players, especially the families. Without them, we wouldn’t have a strong program.”

The next football game is Oct. 11 at Eastern Oregon.

Carroll’s new softball team

Tegan Lane
Staff Writer

The Fighting Saints volleyball team ranks second in the conference.

The lady Saints suffered an unfortunate loss against Rocky Mountain College Friday, Oct. 3 at Rocky Mountain College in Billings. The match was much anticipated, as Carroll and RMC hold the top spots in the Frontier Conference.

Rocky Mountain, 7-0 in conference play (18-2) overall, won their 17th straight game to beat the Saints, who are 5-2 in conference play (13-8 overall), 25-16, 25-17, 25-21.

The Saints began the year with 13 non-conference games before starting their Frontier Conference competition Sept. 11 with a straight-set win over Montana Western 25-17, 25-21, 28-26. Remaining on Carroll’s schedule are seven Frontier Conference matches. The Saints will return home on Oct. 23 against the University of Hawaii-Hilo and on Oct. 25 against MSU Northern.

The final match of Carroll’s regular season will be Nov. 7 at home—a rematch against Rocky Mountain College.

The team ranks fourth in the conference for blocking percentage at 14 percent. Crystal Schmidt, Paige Montgomery and Sarah Roshak currently lead the team in kills. Schmidt and Montgomery are two of the team’s top three leaders in kills.

The Fighting Saints volleyball team is looking forward to a strong year. The team has a lot of potential to go big and make it farther than what everyone expects out of us, as a first year program,” said Bayer.

“Starting a new team is by no means a simple task, but Jackson is up to the challenge. With big plans, he is planning a bright future for Carroll Softball.

“I plan to bring a solid foundation to Carroll Softball,” said Jackson. “I believe that it is important that we build an intellectual culture based in core competencies.”

Despite being a new program to the Carroll community, the team is already full of strong foundations and support. After many team bonding activities, the girls have grown closer on and off the field.

“Each and every one of the girls is extremely talented and so down to earth,” adds Bayer. “It’s only been a few weeks but these girls are family and I know that if we work together with the support that we already have for each other, we are going to do big things.”

Like almost every sport, softball has its individual and team facet.

“Although it is typically one of the more individualized sports, we still depend on everyone to contribute at every moment, in and out of the dugout,” said Bayer.

With new recruits from across the country, Jackson is accepting that his players will have differing levels of experience in the sport. Part of starting up a new team is learning from everyone’s strengths as well as their weaknesses.

“I think our weakness will be our youth,” claims Jackson. “College athletics is drastically different from the level most of our players have experienced, so there will be a little bit of a learning curve.”

As their season approaches in the spring, the Carroll Softball team is looking forward to growth and improvement.

“I expect the team, and myself to grow past what everyone expects out of us, as a first year program,” said Bayer.

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Women’s Soccer

Jessica Salmassian
Staff Writer

Carroll’s Women’s soccer team is a roll this season. With an outstanding record, the lady Saints aren’t letting anyone stand in their path to success.

“Our season has been going well so far,” said Tessa Neameyer, a senior nursing major from Bismarck, N.D. “We have been very successful with our current record being 8-1-2.”

Neameyer has nothing but good words to say about the team. The Lady Saints are well on their way to reaching their goals.

“Our team goal every year is to win conference and make it to the national tournament,” said Neameyer. “But this year we have really focused on playing collectively as a team every game for the full 90 minutes.”

The soccer girls are no foes to practice. Although soccer is a rigorous sport, the ladies are hungry for improvement.

“Our team chemistry on the field has improved dramatically from last year,” adds Neameyer. “We do a great job of connecting passes throughout the field and we work hard for each other.”

The girls don’t let anything get in the way of their team bond. The strength of the team is fueled by the power of their friendships and trust in each other to perform on the field.

“We have a very hard working and determined team,” said Neameyer. “We hold each other accountable to play at the highest level we can. We also have a very deep bench and I am confident in anyone who steps out on the field.”

Women’s soccer brings a heightened sense of teamwork and strength to the Carroll community. Their hard work on the field transfers to their dedication to their schoolwork.

“Women’s soccer brings a variety of fun, loving personalities to Carroll who know how to get business done in the classroom and on the field, but also enjoy being goofy,” adds Neameyer. “We love attending other Carroll activities and sporting events to help cheer our fellow Saints to victory.”

With home games approaching, be sure to go out and support the women’s soccer team on Oct. 17 and 19.
Welcome to the Carroll family

Erica Feuerbacher
Anthrozoology Department
Hometown: Tucson, Arizona
Classes taught: Intro to Canine Training and Canine Training Lab
Interesting fact: “My personal passion is rescuing dogs, and my favorite part about the Anthrozoology department is the adoption program.”
On being a professor at Carroll: “I love being able to interact with students, and talk about my two favorite subjects: training dogs and teaching.”

Gerardo Rodriguez
Theology Department
Home: Minnesota
Classes taught: Theological Foundations, Intro to the OT, Intro to the NT, and specialty courses in biblical studies.
Interesting fact: The decision to become a theology teacher came in the wake of the 9/11 tragedy: “There was so much anger. I wanted to bring people together and help them understand the complexity of religion.”
On being a professor at Carroll: “I love the connection teachers are able to have with students, speaking to them one on one.”

Soumitree Gupta
English Department
Home: Multiple Places
Classes taught: Composition II, Introduction to Literature, and World Literature.
Interesting fact: Before coming to Carroll, Gupta worked with The 1947 Partition Archive, a non-profit organization based in the UC Berkeley Skydeck.
On being a professor at Carroll: “I love the connection teachers are able to have with students, speaking to them one on one.”

Ryan Hallows
Spanish Department
Home state: California
Classes taught: Spanish Language and upper division Hispanic culture and literature classes
Interesting fact: Hallows was part of the Indiana Falcons Association (IFA). Once he becomes a Montana resident he can get his own bird. He wants to start out with a red-tailed hawk.
On being a professor at Carroll: “Small colleges are where learning takes place, especially for languages. I’m excited to be working with an excellent group of students, [who are] well prepared and have bright futures. It’s good to be back... west.”

Dean Pavlakis
History Department
Hometown: Buffalo, N.Y. but raised in New England
Interesting fact: Pavlakis worked in banking for 23 years before becoming a history professor.
On being a professor at Carroll: “I’ve been pleasantly surprised by the diligence of the students in addition to the friendliness of my colleagues, it’s wonderful. Also, the general feel of the college seems to be pushing forward into the future.”

Lucas Kramer
Math Department
Home state: Minnesota
Classes taught: Differential and Multivariable Calculus, and Elementary Statistics
Interesting fact: “I was in Denver when I accepted the teaching position at Carroll, and to prepare myself for Montana, I climbed a fourteener.”
On being a professor at Carroll: “It’s great working with students who are involved and take pride in their education. I’m glad I can contribute.”

Alex Street
Political Science Department
Home country: United Kingdom
Classes taught: Comparative Politics
Interesting fact: Street holds Canadian and English citizenship, and is in the application process for American citizenship.
On being a professor at Carroll: “I like the fact that Carroll encourages professors to continue research while they teach here, and Carroll’s small class size gives professors a chance to get to know their students.”

Where the wild things are [from]
Home states of the class of 2018
I am writing this article to talk about the most important issue facing our Carroll College community this year. No, not the fact that they’ve canceled the theater major and are trying to convert the theater into another chapel and don’t plan on telling us about it until it is too late. I’m talking about the fact that we are deeply saddened by the sudden loss of a tree over the summer.

It began when I was sitting with the co-editor of the small school paper, Jay. He was a perfectly unnoticeable fellow with an amicable personality. The best sort of person to be in charge of a paper.

“Do you want to write an article for the paper?” he asked me, changing the subject quickly from how I believed that the STAC was slowly getting smaller cups each year in a shrewd business attempt to spend less on soda.

“What?” I asked. He repeated himself.

“I asked him why in all the God’s names I would do that. Plans are in the making with a Helena area architect, but they are not set in stone. An exact date for the Keurig machine going in to the library is to be determined. An exact date for the Keurig machine going in to the library is to be determined.

One last request of the president of Enactus: hit Carroll College Enactus with a like on Facebook, it’s Justine Songey approved!

Enactus brings coffee

Virginia Keil

Staff Writer

Studying is probably the most grueling and un-amusing part of school. It’s long, tiring, and in the short-term doesn’t really seem to give you much of a benefit. Usually when studying, or doing anything that involves school in general, something is needed to help cope with the long hours and late nights. What could this magical potion be? One word: coffee.

I’m not saying everyone at Carroll is a fan or even supporter of coffee, but let’s be real if you study as much as the average student you have found that coffee or some sort of caffeinated beverage is an essential part of any college venture. So, imagine this, you are in the library studying at 11 p.m. and start getting the sleepy eyes, but realize Starbucks is closed, so is the STAC and Jazzman’s, and you don’t have the time or energy to go home just to make a pot of coffee. Well now to the rescue Enactus might have a solution to this ever-annoying problem.

Enactus is a entrepreneurial group of student, academic and business leaders on campus that are “committed to using the power of entrepreneurial action to transform lives and shape a better, more sustainable world.” The transformation of lives and sustainability at the Carroll Library they are trying to create is for students to stay focused on their studies and stay awake to complete their assignments. Headed by President Justin Songey, the Enactus group got its beginnings at Carroll in 2011. They have helped coffee, while their long-term goal is for the library to have a full-fledged coffee shop run by students. The idea behind the coffee shop is to create a business venture that would include students of all majors, clubs, or interests.

Plans are in the making with a Helena area architect, but they are not set in stone. An exact date for the Keurig machine going in to the library is to be determined, but students can expect progress to be made within the next couple of months. This means that if you are stuck in the library on a Wednesday night, with a boatload of studying to do, coffee—and Enactus—will be there to assist you.

One last request of the president of Enactus: hit Carroll College Enactus with a like on Facebook, it’s Justin Songey approved!

Carroll Adventure Mountaineering Program (CAMP)

Ceely Heck

Staff Writer

CAMP has had a great start to the school year with the freshman rafting trip and backpacking trip, several rock climbing clinics, a fly fishing clinic and weekly mountain bikes and trail runs. For the rest of fall there is there is fall break trip to Glacier Oct. 10-14, and will continue our weekly mountain bikes and trail runs every Tuesday at 3 p.m. They be puting our winter schedule out soon, depending on the weather, and hope to include more climbing clinics, ski trips (both downhill and cross-country), and snowshoeing as well. Every CAMP event is designed for beginners and those more experienced and we have all the gear needed available to us. CAMP also offers gear rentals for anyone interested in exploring the outdoors on their own including camping, backpacking, and even snowshoeing.

Carroll Adventure Mountaineering Program (CAMP)
Annie Yeend
Staff Writer

In an increasingly competitive job market, obtaining a good internship has been an integral part of the college experience. Internships are offered all over the country. Jenessa McElrath, a senior public health and business major from Yakima, Wash., spent the majority of both summer sessions this past summer interning in Hawaii. McElrath had a wonderful experience at the Mauna Kea Resort while working under the public relations director.

“It was amazing. Being able to work in the sales office was a really great and enlightening experience,” said McElrath.

The resort certainly kept McElrath busy as she was able to learn about the interworking of a business.

“I took over their social media page and created a database for photos,” said McElrath.

At first skeptical about working in public relations, which wasn’t her original plan, Jenessa shows how an internship can change your perspective.

“I would highly recommend this internship,” said McElrath. “I would recommend that anyone who is interested in sales or traveling should try a hospitality internship.”

Other internships provide direct job experience for the field. Annie McLaughlin spent the majority of last summer working at the Prickly Pear Land Trust here in Helena. A senior environmental studies student major from Sheridan, Mont., McLaughlin was able to apply her studies in the real world.

“I worked under the trails coordinator helping to manage the South Hills trail system,” said McLaughlin. “I also created a survey for trail users. The survey was a tablet based questionnaire that asked questions about trail usage, popularity and how to better improve trail management.”

Internships provide real world experience, which often comes with its own challenges.

“The survey analysis was the most challenging part because I hadn’t ever done anything like that before,” said McLaughlin. “However, I still learned a lot!”

Interning often provides the option of helping the community. Calli Prestwood, a senior public health and health science major from Bend, Ore., did just that when she interned at St. Peter’s Hospital.

“I worked closely with the (then) Wellness Coordinator, Dani Younker, to organize the annual Family Fun Fest event,” said Prestwood. “It’s a family and health/wellness oriented event that includes a fun-run, vendor booths and activities for children and families.”

“I learned a lot about the public health sphere and event management, while helping to give some really deserving kids a day to remember,” said Prestwood.

Internships provide experience, networking opportunities and in some cases, even a potential job.

“My advice to students is to just start with an internship. It does not have to be perfect or what you will do for the rest of your life,” said Nisan Burbridge, the internship coordinator here at Carroll. “That is the beauty of an internship - you get to try something out, figure out if you like it and gain skills and insight along the way.”

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College-friendly apple crisp

Ellie Kitchell
Staff Writer

I’m Ellie, I’m a senior biology major from Washington, a huge fan of cooking. Both of my parents are great cooks, but my dad has always been the head chef at home. Pretty often, he’ll spend five or six hours on a regular school-night dinner. Since none of us have time for that, I’ll be focusing on more college-friendly food. College cooking can be especially difficult because you likely don’t have a phenomenal kitchen at your disposal, but you have to start somewhere! I’ll give you some recipes that don’t require any fancy tools or skills, so you’ll be able to cook in almost any kitchen.

I’m absolutely in love with fall food, really all kinds of food, but fall is my favorite cooking season. Being a Washington girl, I’m also big into apples, so my first recipe is Apple Crisp. It’s super easy, and always popular.

Cookware: oven pan, paring knife, one large mixing bowl, wooden spoon (or a spatula, regular spoon, or other mixing tool)

Pyrex baking dish (the pan I use is 7 inches by 11 inches)

Ingredients:
Filling: four large Granny Smith apples cinnamon one-half cup sugar

Topping: one-half cup oats one-half cup flour one-half cup sugar one-half cup brown sugar one stick butter, softened one teaspoon cinnamon

Directions:
1. Preheat oven to 375 degrees
2. Peel, core, and slice apples.
3. In a mixing bowl, combine apples, sugar, and a few shakes of cinnamon.
4. Pour this into your baking dish and set aside.
5. Put all of the topping ingredients in the bowl (no need to wash it first) and mix until well combined. It should be a little less sticky than fresh cookie dough.
6. Crumble the topping over the apples in the Pyrex in an even layer.
7. Bake for 30 minutes or until topping is golden brown and apples are bubbling.
8. Serve warm with ice cream.

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Recipes

Authentic Italian cuisine recipes

Nate Kavanagh
Lead Writer

Authentic Italian cuisine was a major part of my summer abroad experience in Siena, Italy. While he enjoyed meals in various locations and restaurants, his favorite meals came from his Italian host family’s kitchen.

Giulio Caserta, my host dad, was the main chef of the household, but host mom Francesca Vajro helped too. Michelangelo Caserta, son of Giulio and Francesca, is an extremely helpful translator throughout the summer, and was especially helpful in acquiring information for this article.

I lived with the Vajo-Caserta family for eight weeks, but it was obvious after the first few days that the flavors created by his host parents needed to be showcased and shared in the Cut Bank Pioneer Press.

Food is very important in Italy. “Both for tradition and for the different regions,” says Giulio. There is a great variety of food and ingredients depending on where you go.

Giulio and Francesca were both born and raised in Naples, but moved north to Siena about 15 years ago. When asked if the move to a new region affected his cooking, he responded that the way he cooks is the same; however he has added a few new recipes and ingredients.

Giulio affirms he is not a trained cook, rather he has gotten better through experience.

“Every cook of every nationality has to discover his or her tips and secrets through experience,” said Caserta. He went on to say that he was working on perfecting his pizza for a long time stating. Caserta encourages others to make adjustments each time because it is not an industrial process.

Giulio is educated in law and owned his own film distribution company for 20 years. Now retired, he has been able to fine-tune his cooking skills. Francesca is a book and magazine publisher who comes from a line of journalists (a funny coincidence given my family history). My other host brother Max is a journalist for a national Italian newspaper and Michelangelo will start college soon in Rome.

The following recipes are traditional Italian dishes: good pasta and handmade pizza. For me, the main difference between the Italian and American food was the fresh ingredients and simplicity of the dishes. Italian food really showcases the flavors of the ingredients, rather than overpowering them with spices and seasonings.

Cooking is a “way to propose yourself of products and with your own skills,” concluded Giulio.

Pizza-da Giulio:

five teaspoons brewer’s yeast one-half cup sugar one-half cup flour two teaspoons sea salt two cups bread flour one cup re-hydrated durum wheat flour two cups peeled tomatoes seven spoons olive oil two cloves of garlic one-half parmesan grated cheese oregano one-half medium size onion celery one carrot two cups water

For the sauce, pour in a small pan three spoons of olive oil, two teaspoons of salt, half an onion, a bit of celery and carrot (all cut in very thin slices). Cook in a medium fire, adding sometimes a bit of water, in order to sweat the vegetables. When these are soft and uniform, add the peeled tomatoes and cook for at least 15 minutes, mixing up with a wooden spoon.

For the tomato sauce, pour in a small dish of garlic, then add a pound of meat, adding a bit of water, in order to sweat the vegetables. When these are soft and uniform, add the peeled tomatoes and cook for at least 15 minutes, mixing up with a wooden spoon. On a table scattered of flour, extend a ball of mixture with the rolling pin until you have a thin uniform disc. Put it in a baking pan covered with olive oil. Pour a spoon of olive oil on the disc and extend it, then pour the tomato sauce and the garlic cloves. Sprinkle the pizza with parmesan grated cheese and oregano. Bake the pizza for around 20 minutes at 400 degrees. This recipe serves six.

Linguine “ala puttanesca:”

four hundred grams of linguine three and one-third cup tomato one-half cup black olives two tablespoons capers one-half cups olive oil two cloves of garlic plenty of parsley salt and pepper

Fry the garlic gently in the oil. Add the diced tomatoes and a little salt. After about 10 minutes add the sliced olives and the capers. Another minute or so and the sauce will be ready. The linguine should be cooked al dente. Remove them from the saucepan with a fork and add them to the frying-pan containing the sauce. Stir the linguine for a few minutes on a low heat until all the flavors have been assimilated. Add a generous sprinkle of choppedparsely and serve.

Zitoni with “genovese” sauce:

four hundred grams of Zitoni (or penne pasta) two pounds Beef five spoonfuls of olive oil one celery stock four to five tablespoons of butter one spoonful of concentrated tomato sauce one glass of white wine one-half cup grated parmesan cheese one-half cup ham carrot, onion, parsley, salt, and pepper

Tie the meat with kitchen string. Put the meat in a pot with oil, butter, minced carrots, sliced onions, chopped celery. Add a glass of water, the ham cut in small pieces and the concentrate tomato. Cook on a medium flame. When the onions start to get golden, turn down the flame and add the white wine. Cook for 30 minutes. Add some more water and salt. Cook all together till the meat is tender. Boil and drain the pasta. Mix the genovese sauce with the pasta. Sprinkle with grated parmesan cheese.

Chef’s tip: The meat will be cooked before the rest of the other ingredients. So, take it out from the pot and let the rest of the ingredients cook until they get creamy.
Music Playlist
Josh McCormick
Staff Columnist

The access and exposure we have to music in today’s age is a true marvel. In only a few clicks one is able to listen and groove to almost any artist of any genre. With the ability to explore and enjoy new music every day, it only makes sense to take advantage these resources.

Each artist has his or her own unique sound and emotion he or she wishes to share with the world. It’s important for one to find artists that resonate with his or her own emotional spectrum and in doing so can form a fresh relationship with music.

This spectrum is vast and different for each individual. This is why it’s important to dive into a wide range of genres and let your ears navigate new sonic realms.

In this music review, I don’t plan on replicating the Billboard top 40, but rather I want to share a wide variety of musical genres from the local to the international stage.

As the year progresses I plan to review different artists and genres more in depth but for now I just wanted to share some music to start off. Below are two different playlists for different moods: Studying and turning up. Though very different ends of the spectrum, it’s beneficial to have quality music while engaging in either of these college activities. All of these songs, mixes, and albums can be found on www.Soundcloud.com.

1. Tycho: Black sunrise DJ mix
2. Eskmo: Movement mix 4:44
3. Bonobo: Essential mix BBC Radio 1
4. Cold Fresh Pillows: W8, ColdFresh Pillows mix
5. Treetop: Treetop Share

Turning up:
1. What So Not: Flying to Europe mix
2. Disciples: They Don’t Know
3. Thomas Jack: This Holy House (mix tape, Vol. II)
4. SMALLTOWNDIS: Mad Decent Block Party Mix
5. VELPED: 2014 Summer Mix

“This Maze Runner”: A thrilling Sci-Fi puzzle
Joe Acosta
Staff Writer


But unlike many recent hits, “Maze Runner” offers more than just CGI appeal. “The Maze Runner” wields a dramatic theme that provides viewers with both excellent character development and an equally intense science-fiction setting, all complimented with surprisingly good acting.

As the story develops, one can expect radical alterations in plot throughout, shadowing the theme of “The Maze Runner” has as many twists and turns as the maze itself.

*SPOILER ALERT*

The film begins with a chaotic ride up an elevator shaft to a strange world above. Springing up from the abyss is our panicked protagonist (O’Brien). The shaft leads to a hall. The doors open. He looks up from his vessel and sees a crowd of males ranging in age from pre-teen to early twenties. As the day moves on, he realizes this is his new home, and these males are his sole companions. He can’t remember a thing, not even his own name—he is a “Greene.” He learns that everybody in this strange world, called the “Glade,” has entered the same world, forgetting everything about their pasts except their first names. Eventually, his name comes back: Thomas. Upon remembering this, he suddenly welcomes to his new community among the “Gladers.”

Alby (Ameen) is the leader of this tribe, the guy who holds everyone together. Nobody knows exactly why they were placed in the Glade, but thanks to Alby, the Gladers eventually learn to survive by working together.

The Glade enforces three rules to keep their community in order: 1) Everyone does their part 2) Never hurt another Glader 3) Never go outside the Glade.

The Glade is like a complex underground ecosystem containing a forest and the requirements necessary for basic agriculture. Surrounding this seemingly tranquil environment is a foreboding Maze, which regularly undergoes internal rearrangements that make navigating its interior troublesome at best.

Thomas knows early on that he can’t just stay in the Glade forever. He knows the key to the outside world lies somewhere inside the Maze, but the only one allowed to go outsideare the Runners, whose job is to spend each day running the Maze and mapping its interior, an occupation no Glader wants— no one except Thomas.

The Maze wall opens every morning and closes every night. A Runner who fails to make it back before the wall closes at nightfall will never be seen again. Those Runners fell victim to the mysterious creatures of the Maze, the “Grievers.” Once a Runner is stung by a Griever, he assumes an almost rabid-like state of viciousness. Shortly after, intervention is required.

We will learn about this mysterious world by following Thomas as he uncovers the secrets of The Maze.

As the plot progressively unravels, we are obliged to ask a series of questions. What is the significance of this Maze? Who is in control of the Glade? Will Thomas discover the truth of the world outside the Maze walls?

One thing we can all assume before beginning this film is the answers can only be found in the Maze, and Thomas is our way inside. In the Maze he goes.

Campus Apartments
Jordy Blaine
Staff Writer

It is not a shock to students that there is a new set of buildings on the Carroll College campus. As one drives along Learning Street you will notice two newly finished apartment buildings, St. Catherine’s and St. Matthew’s.

The new housing for upperclassmen opened middle of May just in time for students to move in for summer vacation. Each building holds forty-eight students in their two and three bedroom apartments.

“The apartments are super convenient and awesome. I love being so close to school but having the independence of being off campus,” said Claire Hooper, a junior psychology major from Shelby, Mont.

While the apartments are technically considered “off-campus” while still being owned by Carroll, the students are able to have the privacy and freedom of students that reside off campus.

Morgan Kiff, a junior nursing student from White Sulphur Springs, Mont. thinks the new apartments offer a high standard of living on campus.

“I would give the quality of life my St. Catherine’s apartment a 7.5 out of 10,” said Kiff. “I would give the apartments a 7.5 because they are really nice but the quality of some things within the apartment aren’t worth a 10.

Another Carroll student, Nate Kavanagh, a senior communications and public relations major from Cut Bank, Mont. enjoys living in the new apartment.

“We had the freedom to choose where we wanted to room. The apartments are really close to the main academic buildings.”

Overall, I think the apartments are great. I like that the apartments give us some of the freedoms that an off campus place would,” said Kavanagh.

“I think there was some confusion about campus rules we still have to follow through. I also really like the social atmosphere in the buildings.”

The spacious three bedroom apartments are priced at $400 a month per student while the two bedroom apartments are an extra $50 a month per student. Emma Hayes, a junior studying Public Health from Sioux Center, Iowa thinks the apartments are fairly priced.

“I love being so close to school but having the independence of being off campus,” said Claire Hooper, a junior psychology major from Shelby, Mont.

Dr. Francis Kerins
1927-2014

Dr. Francis Kerins passed away on Oct. 2, 2014 at the age of 87. Kerins served as the first lay president of Carroll College from 1974-1989. His 15 year tenure as Carroll’s president marks the second longest in the college’s history.

During Kerins’s time as president the Carroll College Mission Statement was adopted, the library was built, and Carroll’s relationship with the Hilda Living Grant grew immensely. The train explosion of 1989 occurred in the final months of his presidency.

Thankfully, Kerins was able to be present at the groundbreaking of the Hunthausen Activity Center on Sept. 13 (see photo on Page 1). A visual service was held Monday, Oct. 6. His funeral was Oct. 7 at the Cathedral of St. Helen.

Carroll is enormously thankful for Dr. Frank Kerins’s faithful service, and we extend our deepest condolences to his family.
SNAPCHATS

10 Commandments for Carroll Freshmen

1. Thou shalt not wear a lanyard any longer. Get rid of it, now.

2. Thou shalt get to know your professors. This will benefit you when you’re begging for a better grade in December.

3. Thou shall fall down Guad hill. You’re not a true Carroll student until you’ve done it.

4. Thou shall get rid of the unlimited meal plan. You can’t swipe hungry upperclassmen into the STAC with the unlimited plan.

5. A coffee a day (or five) keeps the doctor away.

6. Thou shall get involved on campus.

7. Thou shall buy an ice block from Vans and ride down Guad hill.

8. Thou shall not take pictures of the deer on campus. They hate flash photography.

9. You’ll never live in Guad again (at least not like this). Enjoy somewhat responsibly.

10. Honor thy mother and father. If you don’t call them, they’ll stop paying your bills.
One of Carroll College’s most celebrated events just happened this weekend. No, I’m not talking about my birthday. That was a few weeks ago. What I AM talking about is a weekend filled with alumni, community, and mattress races: Home-coming!

This year’s homecoming was yet another success. CSA did a wonderful job all week keeping students entertained and the spirit alive with comedians, a grocery bingo night, royalty voting, a speed dating night, and an open mic night. All events had great attendance. But why wouldn’t they? An opportunity to find the love of your life and win some free Top Ramen should NEVER be passed up. On Friday there was the annual pep rally, located on Trinity lawn. There was an abundance of pep-peppy leaders, peppy football players, and a pep band. Caleb Hood started things off with a peppy dance, followed by Bailey Snelling and Daniel Pearson peppyly picking out jelly beans in pie dishes filled with whipped cream. Dakota Amy and Anthony Clarke poured out their hearts and souls with a pep talk.

Homecoming Royalty was next, in which the winners peppyly accepted their crowns (and the losers tried to hold it together long enough before they could slip away to the bathroom for a good old fashioned cry). The freshmen winners were Fiona Bennett and Jimmy Arnold, the sophomores were MollyKate Stein and Kurt Parker, the juniors were Zane Clark and Bridgette Oberweiser, and the seniors were Raniece Richardson and Matt Christiaens.

“I’m just so happy the Carroll community voted for me. My competition was fierce,” said Christiaens, a psychology major from Valier, Mont. “I’m also so pleased I could make the Valier Panther community proud. #VTown.”

Saturday, nearly the entire student body and their mothers attended the football game. The Helena community, students, and alumni gathered to watch our football team not only win, but dominate Western in America’s favorite sport. Watching the team score touchdown after touchdown was a blast, but halftime was equally as entertaining with the mattress races. After the staff team boldly waved their right to a ten yard advantage, the teams took off. While it can be argued that the ROTC team won technically, the Senior team won in life with a stellar performance that included yet another dropped mattress, an incomplete finish, and a reason for me to laugh hard enough that tears ran down my cheeks. It does a heart good to see that kind of spirit and camaraderie out there.

The game finished up with 31-14 win for the football team to tack onto their impressive season already, and the crowds led out of the stadium. Another wonderful homecoming came and went, and it was awesome to see the Carroll community come together and make Carroll the special place that it is.