Tackling trauma

Death toll from Tennessee tornadoes climbs to at least 24

BY TRAVIS LOLLER and KIMBERLEE MUCK
Associated Press

NASHVILLE, Tenn. (AP) — Rescuers searched through shattered Tennessee neighborhoods on Tuesday, less than a day after tornados ripped across Nashville and other parts of the state as families slept. At least 20 people were killed, some in their beds, authorities said.

The victims who died in the hours after midnight endured more than 60 buildings and hundreds of downed trees and power lines. The storm moved so quickly that many people in their paths could not reach safe areas. "It hit so fast, a lot of folks didn't have time to take shelter," Putnam County Mayor Randy Porter said. "Many of these folks were sleeping."

The governor declared an emergency Tuesday, and early Wednesday, emergency officials, who initially reported at least 20 dead, revised the toll to 24 people. The official death toll was not an estimate.

A man looks for items he can salvage from his storm-damaged home in Cookeville, Tenn., March 3, near Crossville, Tenn.

An unspecified number of people were missing. Early Friday by National Weather Service.

Showen is J. Andrew Morrow’s mindfulness room where students can go to calm their minds and bodies.

J. Andrew Morrow implements mindfulness room

BY COY GOBBLE
Staff Writer

TOWANDA BOROUGH
— Trauma comes in many forms. It can be as small as not getting enough sleep or missing breakfast or as big as experiencing a lifetime of poverty, homelessness, violence or trauma.

"It can happen to anyone, at any age, anywhere. No matter how big or little the trauma affecting a child is, it can dramatically impact one’s learning and social ability to thrive in school," said J. Andrew Morrow, principal of Towanda Area Jr-Sr High School in Towanda.

Morrow has decided to address trauma head on with peace classes and a mindfulness room for the school. Hart first got the idea of implementing a mindfulness room, or a dedicated space in the school where students can go to calm their minds and bodies when they’re not performing up to expectation, during his attendance at the Bethlehem Area School District’s trauma class.

"I started thinking about how we’re revamping all of this education and training on becoming trauma informed schools and step one is understanding the history of the people you’re working with and how that affects the brain," Hart said. "Kids simply can’t learn, it changes their brain. They’re not focused.

"I want to live my life so that my nights are not full of regrets," he said.

Open House:
Thursday March 5
4:00-5:00

Family, friends and the community are invited to visit the mindfulness room, where students can go to calm their minds and bodies when they’re struggling with academics or the teacher saying too much too fast.

The governor declared a state of emergency Tuesday evening, and sent the National Guard to help with search and rescue efforts. State

Lawmakers urge action now to save state university system

BY MARC LEVY
Staff Writer

HARRISBURG, Pa. (AP) — The leader of Pennsylvania and a top aide to the state’s business secretary are calling for lawmakers to act now to save the state university system from crushing debt and a looming commitment of public tax dollars to higher education.

The system’s chancellor, Dan Greenstein, urged the House Appropriations Committee to approve legislation that would provide cash and greater authority to the system over how it spends money and administers the schools.

Greenstein, in office since 2018, has rejected calls to close struggling schools in the Pennsylvania State System of Higher Education, which serves about 120,000 students.

Several schools are not2 sustained without “radical transformation,” he said on Tuesday, cautioning that the system could shed its Moody’s credit rating.

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