

THE LA ROCHE COURIER

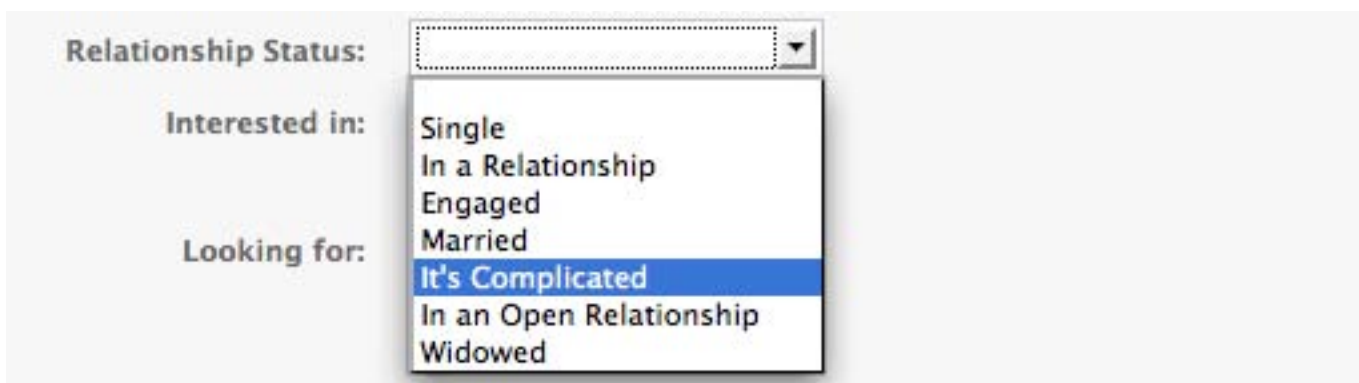
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Being Facebook official causes more problems than you'd think

BY MEGAN POLAND



Editor's Note: In this story, some sources' names have been changed to protect their privacy.

Social media has changed the way we communicate, but maybe not for the better.

Facebook, Twitter, Instagram, and Tumblr all have potential to cause quarrels between significant others and often do. Teenagers and young adults are likely to run into relationship problems if they're signed up for social networking sites.

These problems can stem from a new trend of internet dating and fan pages full of half-naked pictures. When you know what everyone is doing, looking at, or talking to, it's hard to avoid problems.

"If you're dating someone and they like a picture of an attractive person on Facebook," Miranda said, "I feel like that would cause a fight." Her boyfriend will randomly message her friends to ask about their lives and how they're doing.

"On Instagram, there's

'Woman Crush Wednesday' and 'Man Crush Monday' which can cause fights, too," she continued.

"Instagram can cause problems too because you can see what pictures people are liking," Hillary said. "I liked this one guy and I could see that he just liked pictures of five different girls. It's irritating."

Hillary caught her ex-boyfriend of two years cheating because of Facebook. "I saw that he added one girl he always talked about," she said. "It started with comments, and

then comments on pictures, and then statuses about hanging out. It gave me clues to ask the question if he was cheating, and he was."

Another student, Mitchel, said, "I got a message on Facebook this morning from a girl's boyfriend. I went to high school with her and he randomly said he was going to fight me."

"It's the drama page," Tammy said. "It should be called Drama-book. I go on there to see other people's problems. I don't put my business on Facebook."

Almost everyone has an opinion on the term "Facebook official." This means to make your relationship with your significant other public knowledge by posting it on Facebook. However, men and women seem to have different opinions on the matter.

Miranda said that being Facebook official is a generic form of a proposal. "Everyone's on Facebook and it's a big deal," she said. "On the other side, it can be bad if you have

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SEE FACEBOOK, PAGE 6

Sleep is for the week

BY RACHEL SPONTAK

"Early to bed and early to rise makes a man healthy, wealthy and wise," Benjamin Franklin used to say.

Contrary to popular belief, sleep is not for the weak.

Sleep does more for the human body than most people realize.

Sleep affects our mood, allows us to consolidate and recall memories and learned information, restores our bodies, and fights against diseases.

According to the American College Health Association, 40 percent of college students feel rested no more than two days a week.

Dr. Janet Gates, psychology professor at La Roche College, says that most college students need about eight to nine hours a sleep each

night in order to perform to their fullest potential.

Adolescents require sleep because it allows them to be more engaged, keeps them healthy, and allows their brains to develop correctly, Gates said.

Not getting enough sleep can cause students to feel irritable, stressed, and anxious, Gates added. When students are stressed, they have a harder time focusing in class and on assignments, ultimately causing them to fall behind.

Lack of sleep has also been linked to health problems such as obesity, diabetes, and heart disease. According to the Division of Sleep Medicine at Harvard Medical School, many experts believe that adequate sleep is as important to health as diet and exercise.

Dr. Neal D. Kohatsu, Center for



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Health Improvement, contributed to a study that linked sleep and body fat. He found that people who consistently got less than six hours of sleep per night were more likely

to have excess body fat. Those who slept at least 8 hours a night had significantly less body fat.

More serious diseases like diabetes and cardiovascular disease have

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Opinion

The La Roche Courier ■ November, 2013

A diversity proposal

By JACOB HAYSON

Sitting in CC Square I can hear three different languages. I look up, “Embracing the world,” a slogan that has become represented the La Roche identity. Three groups of international students sit around me: one from the Middle East, one from Africa, and the last from China. I can truly feel the diversity that pumps through the veins of this school.

I have set out on a mission to examine the diversity at La Roche through the accounts of the students themselves and then report it; a model for the globe. The idea of all ethnicities coming together to meet a united goal is beautiful and should not be a stretch; something La Roche has strived for. When observing the laughter and comradery in the halls, it is easy to see they have succeeded. The students think differently.

“Look around; they do not,” said Matthew Puller, a senior from Washington D.C. when asked why he thought all ethnicities interacted so well on campus. As I gazed around I instantly saw; two Africans talking, three feet away two Middle Easterners talking, and right behind them a circle of Americans. “They segregate themselves,” Puller said.

I was floored. I came here looking

for the diversity and all I can see is segregation. “I always see groups of the same ethnicity together,” Puller said, seeming amazed that I have just realized the situation.

My mission instantly changed; I now want to know why La Roche, with its collage of individuals, isn’t as diverse as it seems on the surface. “You can force relationship building, but unless the participants want to willingly act, it won’t do much,” Dylan Thomas, a senior student, said when asked what could be done to bring the students together. “Classes give the most opportunity for that to happen naturally,” he said, myself striving to come up with a solution. I think Thomas just gave it though.

I offer a proposal; a class built on the foundation of bringing international students with American students, in a way that hasn’t been done. The LRX experience is a great set of classes, offering mind opening experiences and introducing diversity, but let’s face it –they don’t bring students closer to each other.

“Making friends who are like you and know things similar to you is easier than complete strangers with nothing in common at first glance,” Thomas said. This class would be the

answer to that; show the students, international and American, that although at a glance they may not think they have much in common, but with a deeper look they do.

It is not the fault of the college, or the students – it is natural to migrate towards comfort which we find in those like us. It is the student’s responsibility to want and build these relationships. “It’s determined by the individual and how outgoing they want to be,” Thomas said. This reason is why the class proposed would be such a gift to students. To students like myself, who find themselves running on reserve in the charisma department, it takes being in a class with a person to truly have an opportunity to construct a friendship.

I have never searched for friendship; it usually would find me when put into a situation with others. Sometimes these people seemed like I could never befriend them, but when put in the same situations and given the same goals, we began to work together. A class like that would do the job.

After observing for over a month, and after many interviews, I find myself with only one answer; the international and the American stu-

dents can come together. The learning experiences offered by La Roche, such as Saudi Day, give a great opportunity for students searching to create friendship.

For students more like myself, these are almost never attended by those outside of the already-established group. The proposed class would either replace or supplement the LRX experience; creating a greater global identity in every student. This newfound identity would allow for the international and American students to come together in a way not seen before.

La Roche College has given us a beautiful campus filled with an amazing faculty and staff and equally as beautiful diversity. Students from many countries pass through the same halls as myself everyday. Let’s take what we have been given and use it to our advantage. Let’s help the students come together and become a single unit; losing the small sects that riddle the halls. We can grow as individuals and as a school. We strive for such progress in the globe; we can start it at La Roche.

Jacob is a senior psychology major

Pittsburgh baseball comes back to life

By TARIQ SHABAZ

We did it! We’re Winners! Finally! The streak is over! Pittsburgh has a baseball team?!

These were just a few of many reactions on September 9th when the Pittsburgh Pirates defeated the Texas Rangers to clinch the team’s first winning season in 21 years. With that win, a small spark of passion started to grow to within people’s hearts in the city of Pittsburgh.

As the wins added up, the spark grew, and this newfound happiness and joy of Pirate baseball emerged. Slowly but surely it continued to grow. On October 1st that passion had turned into a full outburst of jubilation, triumph, and excitement when they clinched their ticket into the postseason as the 2013 NL Wild Card Champions—a title that the Pirates, the city, and the people of Pittsburgh all share.

Being born in 1991, I was only alive for two winning seasons, and since I was a baby for those two seasons I have no recollection of those in any fashion. I, like countless

others, wish I was able to see Roberto Clemente, Willie Stargle, Barry Bonds, and Bill Mazeroski— names people will never forget.

Instead I was so lucky to be able to see Emil Brown, Tony McKnight, Chris Duffy, and Abraham Nunez.

Who are these people? Exactly. For 21 years a dark cloud of misery and losing loomed over this sports-crazed city.

The Pirates became a joke. Players didn’t want to sign here, and the players we had didn’t want to be here. Former Pirate pitcher Scott Sauerbeck once welcomed a new player traded to the team by saying “Welcome to Hell.” This was the mentality in Pittsburgh.

At least we still had our loyal fans, right? They would never turn their backs!

They Did. I did. Every young baseball player’s dream is to one day make it to the big show for their home team. Growing up, I dreamt of playing for the Chicago White Sox. Wait, What?! Chicago?! What about Pittsburgh?

I know; it’s a shame. Pro athletes, like it or not, are inspirations to many youths. The last two decades cost a lot of kids that spark to want to play the game, myself included. I had to turn to a new team. I modeled my play to that of Chicago greats such as Jon Garland, Joe Crede, and Paul Konerko.

I had to keep that dream alive. I distanced myself away from the Pirates as much as I could to point of almost forgetting they even had a team. Like my Dad once told me: “I wouldn’t be caught dead wearing a Pirates hat.” I didn’t want to be a part of the joke, as I’m sure many others didn’t want to be either. I swore I would never turn my back on Chicago.

Then September 9th came.

When the pirates clinched that winning season, my stomach turned. When this happens it’s usually a negative experience, but I never felt it be a positive one. I was confused.

Then on October 1st while I watched that playoff game on television, I realized I still had this huge

love for baseball that I thought died a long time ago. I was cheering like crazy; I almost cried in front of the TV screen.

The fans, the chants, the atmosphere—I felt it all the way in my living room. I felt like a little kid again. I suddenly regretted quitting the game. I wanted to lace up my cleats again, and put my old glove on, but it was a little late for that. However I did realize that it wasn’t too late for the little fans out there. The ones that can grow up with this team and look up to these winners and maybe, just maybe, they can grow up to reach their dream and continue the winning seasons of Pirate baseball.

In baseball, players tip their hats to the fans for applauding them for a job well-done. Well, here I am along with the rest of the city tipping my hat to those guys. Thank you, Pirates, for making me a fan again.

Volleyball team has high hopes for future

By SARAH REICHLER

The volleyball team is bigger and better than it has been in years.

The team, led by Head Coach Nicole Bajuszik, started their season off with a bang. They finished second in the six-team USCAA Classic at Penn State Greater Allegheny. The feat was huge.

Volleyball player Jessica Seidl said, “We were the first team really to make playoffs, let alone the finals and we did that in back-to-back weekends.”

The team went on to finish second at their eight-team invitational tournament. Captains Vicki Danko and Tori Pernell directly impacted

the outcome. Danko had 24 assists, 8 digs, and 6 serving aces in the Lady Redhawk’s win over Chatham. Pernell registered 10 kills against their AMCC Conference rival D’Youville.

Seidl said, “Our captains are Tori and Vicki but I’d say the most natural born leader is Tori. She’s very positive, very motivational. She understands the game, she’s a very good teammate all around. She’s the teammate that can pick you up.”

Pernell leads the team in attacks, kills, and serves. The middle hitter has a total of 106 attacks and 106 kills.

Seidl said the toughest loss for the team was the Dig Pink Game against

Medaille. The Shaler resident stated, “That [game] would have really helped us for our playoff clinch, but it was such a big game. We took them to five games. That loss really stung.”

In discussing the loss Seidl said, “We’ve been struggling with consistency all season.”

The team is 13-17 overall and 2-6 in conference play. Despite their best efforts, the team will not see playoffs this year. Their loss on October 30 slashed their hopes of extending their season.

“Oh, I think we are going be on the top of the AMCC next year, because we had the ability to do it this

year,” said Seidl. “We just still need to work on some kinks, but I have a feeling for sure by next year and my senior we will do very well.”

The team has chemistry. The players are mostly freshmen and sophomores with the exception of one junior and one senior. Seidl thoroughly expressed the connections they all have and how close they all are. She said, “We always say we’re family. We’re all friends off the court.”

“I love it; I love every part of it,” Seidl said.



Cassie Nadzam going for a spike



Vick Danko and Tori Pernell between plays



PHOTOS © KELLY PERNELL

Two of Pernell’s young supporters

Entertainment

The La Roche Courier ■ November, 2013

Local band spotlight: Klaymore

By RACHEL SPONTAK

Just over six years ago, Klaymore came to life. With over 30 songs and dozens of live shows under their belt, this old-school heavy metal trio is deserving of your attention.

As a local band, getting new fans and recognition can be hard. Klaymore is unlike anything you've ever heard and they surely stand out among other bands in the area. Unless you grew up in the 1980s, that is. I interviewed members Lee and Bob from the high-energy three piece band to find out everything there is to know about the band. What inspires them? How do they get new fans? Why should you, the reader, be listening to them?

Q: How did you come up with the name Klaymore? What does it mean?

Lee: The original lineup came up with a list of names that we thought would be good, and I had Klaymore on the list. We thought spelling it with a K made it look more cryptic and runic which we thought was cool. It's in reference to the sword, not the bomb, so we thought the word looking more archaic was a good idea.

Q: What makes you different from other metal bands in the area?

Lee: There aren't really many local metal bands doing the old-school vibe. Our music sounds familiar, but with new twists that draw interest and help us stick out more. Our vocals also aren't just grunts and pig squeals, and we REALLY don't see many other metal bands doing that around here. We've also been told that one of our striking features is that we're putting the fun back into metal. While a lot of other metal bands seem to be channeling unnecessary aggres-



Left to Right: Lee, Bob, Jesse

sion, we've been told that ours is relatable and that we're justifiably pissed. We put out new stuff every two weeks and have over half a dozen music videos. I can't think of other local bands doing that. Visuals add to the Klaymore experience since we've met a lot of people out of state, or the country, who can't see us live, so we like to try give them the value of watching us even though we don't play in their area. Most bands just have a short demo EP and maybe a music video. We have over 30 songs and new videos regularly. So, we hope our friends in Egypt appreciate watching our videos since I don't see a tour that well-funded happening any time soon.

Q: Where do you typically play shows?

Bob: We typically play at any venue that gets thrown at us. Most of them are in Pittsburgh, but sometimes West Virginia and Ohio too.

Lee: We've played at places in Pittsburgh like the Hard Rock Cafe,

Lee Prisby- vocals, guitar
Bob Moore- drums, percussion
Jesse Prisby- bass, backing vocals

Influences: Iron Maiden, Judas Priest, Megadeth, Dream Theater, Eric Clapton, Rush, Black Sabbath

Free music downloads: klaymore.bandcamp.com

klaymore.com

[f /fansofklaymore](https://www.facebook.com/fansofklaymore)

[t @klaymoremetal](https://twitter.com/klaymoremetal)

[YouTube /ybsirpeel2](https://www.youtube.com/user/ybsirpeel2)

The Smiling Moose, Mr. Smalls, The Rex Theatre, Club Diesel, and The Inn Termission Lounge

Q: How hard is it to be successful as a local band?

Bob: There is no success in being a local band really. You're always fighting for new people to hear your music. Most people give up because they can't afford it, or just don't have the time to promote themselves.

Lee: You'd have an easier time getting a libertarian voted into public office. It's a lot of work. Sometimes I want to go back in time and tell my ninth grade self to get an interest that actually makes money and won't take so much time from your life. You have to be ready to constantly promote, network, stay interesting, and get shot down by people. Oh, yeah, you should probably make time to practice and write music too, but people tend to forget that acquiring any success as a local band, and growing beyond local, is extremely rigorous unless you know the right people from the start. Despite our budding popularity, we don't say we're successful. We do have a fair amount of achievements under our belts, but we know enough about the road ahead to understand that there's still a lot of work to do.

Q: Why should everyone reading this be at your next show?

Lee: Because we try to keep it interesting. While simultaneously dishing out a show with energy levels comparable to early Megadeth (not our words), we've also been known to replace some of our lyrics with TLC songs, switch instruments with each other, take random cover (or our own original) requests from the crowd, and feed each other food while playing. All of this while still playing the headbanging, no-nonsense kind of metal that people expect from us. (Also, spoiler alert, the more people that come to see us now, the easier it is for us to play at bigger venues.)

Q: How much does a band's success/popularity depend on its fan base?

Lee: Bands are responsible for initial growth, but if fans don't help, the band's efforts become less useful.

Bob: One hundred percent of the fan base is what shows the popularity/success of the band. If it wasn't for them, we wouldn't have the money to be able to put out another new CD and much more. We are grateful to our fans who support us.

Q: Why should people listen to

your music?

Lee: Because if they don't, then Bob will be sad, and he has a weird cry-face than Kim Kardashian. But realistically, it's because we believe that we're providing them with a quality product and have no plans of slowing down, so the people that give us a chance and enjoy it won't be getting let down. We think the effort we put in is reflected in the resulting music.

Bob: I like to tell people that "you won't be disappointed" and "we aren't just 'another' local band" That usually gives people more motivation to listen to us. When people hear "local band" they usually want to turn their heads. We don't suck. That's why I joined Klaymore in the first place, because they blew my mind.

Q: Why should everyone reading this be at your next show?

Lee: Because we try to keep it interesting. While simultaneously dishing out a show with energy levels comparable to early Megadeth (not our words), we've also been known to replace some of our lyrics with TLC songs, switch instruments with each other, take random cover (or our own original) requests from the crowd, and feed each other food while playing. All of this while still playing the headbanging, no-nonsense kind of metal that people expect from us. (Also, spoiler alert, the more people that come to see us now, the easier it is for us to play at bigger venues.)

Bob: If you come to our shows, it'll be a guaranteed fun night. I mean, come on. We brought cupcakes for people one show, and Lee fed me a cold, stale quesadilla while in the middle of a song at another show. You never know what to expect from us so, it's totally worth your time to come see us and bang your heads with us.



PHOTOS ©FACEBOOK

Bob, Lee, and Jesse

Pittsburgh chives on

By NATE MARSH



©BRANDON DEPP

The Chive has come to be a college student's dream distraction from the burdens of work, and has had a profound impact in Pittsburgh.

On August 17th the Pittsburgh chapter of The Chive, in an unofficial Chive meet-up received \$11,224 to donate to Children's Hospital. But what is The Chive exactly? And who is responsible for this great accomplishment?

The Chive started in 2008 by brothers Joe and Leo Resig in California as a small way to entertain people bored at work by posting funny pictures and memes. Since then it has grown into a nationwide phenomenon. People are being seen covered in green during college football games brandishing "KCCO" on banners, and throwing unofficial meet-ups in cities across the country in the name of The Chive to donate money to numerous charities.

Originally meant to entertain bored office workers, The Chive has elevated itself to a philosophy for Chivers and Chivettes everywhere. The slogan Keep Calm and Chive On, or simply KCCO, is a reminder that whatever happens in life, keep calm and do not fret -everything will be okay.

Random Acts of Kindness, or RAK, are highlighted daily on The Chive's website. Avid Chivers go out of their way for no particular reason to help someone they don't even know. Many followers are known for leaving a \$100 tip on a \$20 check at a restaurant with a reminder to the recipient to pay it forward to someone else to not break the chain of the RAK.

Brandon Depp, a Buffalo, NY native, is the president of the Pittsburgh chapter of The Chive and the mastermind behind this summer's meet up. The Pittsburgh chapter started in

April of 2013, and Depp wasted no time to get the Steel City's first taste of The Chive.

"I have been a fan of The Chive and learned that the bigger cities were starting their own chapters," Depp said. "I saw this as a chance for fellow Chivers and Chivettes to meet one another and raise money for charity, so I got together with a friend and it was born."

Social media has helped immensely in establishing the Pittsburgh chapter, Depp said. "The Chive has a huge following so most of our fans came out to us naturally when they saw The Chive Pittsburgh group."

While the establishing of the chapter wasn't difficult, Depp said, the first unofficial meet-up was.

"The real work came in the planning of the meet-up," Depp said. "Securing a large enough venue to accommodate 500 people but also

having a fun, inviting atmosphere was not an easy task. Our number 1 concern was finding somewhere that would donate their venue to us to maximize our donation to Children's."

The final location was Villa on the South Side. "Two floors of chaos and fun," Depp said.

Also adding to the difficulty of the planning was trying to find fellow Chivers/Chivettes and local businesses that would donate Chive gear and gift cards for the Chinese auction.

"Our initial plan for our first meet-up, which benefited Children's Hospital, was expecting maybe one hundred Chivers/Chivettes getting together, sharing drinks and stories," Depp said. "But the whole thing blew up into a huge success of 500 people and raising \$11,224 in the process."

But what is it about The Chive that motivated Mr. Depp to go to such great lengths?

"Honestly," he said, "at first it was the site's content -beautiful women, funny content. But as I learned more about the charity aspect of The Chive, I just gravitated to it. The meet-up situation was inspired by seeing everyone doing what most of us do on a normal weekend, but doing it while raising money for a charity. It was a no-brainer."

"A chance to meet different people from all over the country, share a few drinks, and a few stories and raising money for a great cause in the process was something that took a lot of work but it was also very satisfying," Depp said.

THE LA ROCHE COURIER

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An evening of Twyla Tharp

By RITA VINSKI

Just like every October, the Pittsburgh Ballet Theater (PBT) begins their season on the stage of the Benedum Center.

Typically it's a performance of classic ballet and orchestrated music. However, this year the PBT decided to change things up.

The PBT is famous for their extravagant performances and beautiful showcases of the classical movements and technique of the art of ballet.

Instead, they exchanged their graceful technique of classical ballet for the seductive moves of the waltz and tango; and the unique contemporary styles that Twyla Tharp had originally choreographed.

For their opening season performance on October 27th, the PBT performed two works originally choreographed by Ms. Tharp: "Nine Sinatra Songs" and "In the Upper Room." Both were performed by the PBT before, however this was the first time both performances were put together. They entitled it, "An Evening of Twyla Tharp."

The show started out with the performance "Nine Sinatra Songs." This performance, inspired by some of Frank Sinatra's greatest pieces, portrays seven different couples and their relationships.

The first number begins with the song, "Softly, As I Leave You." A romantic, free couple, portrayed by Hannah Carter and Robert Moore, glided across the Benedum stage, dancing a beautiful, elegant waltz.

As the first act continues, other relationships are portrayed. Using Sinatra's song "Strangers in the Night" as the next piece, an emotionally distant relationship is shown through the seductive movements of the tango performed exquisitely by Danielle Downey and Cooper Verona.

In the next song, "One For My Baby," Tharp shows a relationship that is very sexual and playful as the couple uses the stage to portray their happiness.

Comic relief was brought to the stage as the next couple performed to "Something Stupid." This couple, Molly Wright and William Moore, showed the happy side to a relationship and used the stage to playfully dance, while still keeping the grace



©RITA VINSKI

of ballet and ballroom.

With Sinatra's "All the Way," the fifth couple tangos their way throughout the stage to represent a trusting and loving couple. A cha, cha inspired couple follows, dancing to the song, "Forget Domani." This couple brought light-heartedness to the stage as they portrayed a glamorous, loving couple.

The seventh and final couple challenged each other by dancing to "That's Life." The seductive, graceful moves, done by Amanda Cochrane and Nurlan Abougaliev, are in the style of an Apache dance. According to the show's play bill, Apache dance is "a highly dramatic dance associated with early twentieth century Parisian street culture."

At the end of the first performance, the seven couples come to the stage and dance to "My Way," each dancing their own specific style while still keeping in unison and becoming one dance.

As a whole, this act of "Nine Sinatra Songs" brings out the themes of love and relationships, while showing how different each can be. While each couple danced using a different style of ballroom, the ballet aspect was put into each dance with a beau-

tiful grace.

The show then did a 360 in the second act with "In the Upper Room." Performing to Philip Glass' score, the curtain opens to a black ground of fog. The dancers ascended onto the stage in black and white striped jumpsuits—the "Stompers," wearing white tennis shoes, and the female dancers, "Bomb Squad," clad in bright red pointe shoes.

Instead of the graceful ballet, the company performed difficult movements ranging from contemporary, tap, and ballet; to yoga, aerobics, and brief instances of boxing.

Separating into "Stompers" and "Bomb Squad," the dancers began the aerobic contemporary movement with a strong fluidity.

As the performance presses forward, with the beautiful pieces of Philip Glass, the dancers shed their jumpsuits to reveal bright-red leotards beneath, matching the "Bomber" red pointe shoes. The company was clad in full red and bodies dripping in sweat as a result from the challenging and non-stop choreography of Tharp.

Though the dancers showed beautiful strength in pressing on with the difficult movements and footwork,

there were a few mishaps of rhythm, causing the "Stompers" to be off beat from the music. The audience could see signs of the exhaustion on their faces towards the end.

The "Bomb Squad" of the company stood out through the performance with their elegant movement of the aerobic influenced choreography. Dancers Molly Wright, Christine Schwaner, Joanna Schmidt, and Diana Yohe were engaging as they flew across the stage like fire balls in their red costumes and partnering pointe shoes.

While the performance as a whole was breathtaking and quite impressive, parts of each piece lingered longer than necessary. The final song in particular dragged with its repetitive rhythm and choreography. It lagged, despite the beauty and the impressive strength of the dancers.

The Pittsburgh Ballet always manages to impress their audience, whether it's with the sets, the dancing, or both as a show. This weekend, they didn't fail to disappoint. Earning a standing ovation from the audience, PBT's creation of "An Evening of Twyla Tharp" proved to be a great success and a wonderful start to their 44th season.

Interested in writing, layout, or photography?

The La Roche Courier needs writers for news articles, feature stories, sports coverage, and entertainment. Photographers, illustrators, and page designers are always wanted.

If you are interested in joining our staff, please contact Nate Marsh:
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Hidden gems of LRC

By SARAH REICHLE

La Roche is a smaller campus, but there are places to roam.

The Zappala College Center Square is a common place for residents and commuters to be. CC Square hosts events throughout the year such as: Stress Free Day; Club Fair Day; Saudi Day; Work-Study; magic shows; dinners; etc.

CC is likely to host soccer fans crowding around the TV and couches during a big game. Sophomore Natalie Iozzo said, "During one soccer game, there were herds of chairs crowded around the TV and there were no places to sit and eat."

Student Government President Gladson Sam said he remembers watching the Liverpool-Everton soccer game with David Day.

College Center Square hosted Halloween-themed events for the residents. There was a paint-a-pumpkin table, a pumpkin carving contest, and a Halloween costume dance.

If CC is too crowded then there are other indoor options: the library; the café under the library; the lounge by the chapel; and the lounge outside of the bookstore.

The library attracts study groups. Sophomore Karina Tucker said, "We

get groups together and go study in the library all the time."

The campus has made additional seated areas outdoors. The college has made an installment between the Annex Building and the lower level of the Wright Library where there are picnic benches with umbrellas for studying on a sunny day. The annual student government ice cream social was held there this year. Several classes were held in the mini-park for a change from the monotonous classroom grind.

"Ketteler Grove" is adjacent to the Mother House, behind the overflow lot and on the way to the cemetery. With benches lined along the path, it is a great place to sit and relax. The cross country team frequently enjoys the path running by it for practices.

The gym is another place to go. The gym is open from 10:30 a.m. to 11 p.m. and has a calendar of events. SGA President Sam recalled jumping on a trampoline to dunk a basketball after Midnight Madness. He also plays basketball with guys from the soccer team and international students when the court is open.

Although the campus is small, there are things to do. The trick is you have to find your own fun.



©SARAH REICHLE



Student members of One Youth ©FACEBOOK

La Roche College supports youth empowerment

Campus club to host november fundraisers

By JALYN EVANS

Research supports the fact that Pennsylvania is facing a high school drop-out crisis – La Roche students have responded to this very crisis by founding the youth empowerment club, One Youth.

One Youth is planning two major fundraisers this fall to fund programs that provide care and stability to youths in disadvantaged communities. They are having a spaghetti dinner on Thursday, November 14th from 4-6 p.m. and a cultural performing arts event, entitled "Poetic Justice," on Thursday, November 21st from 9-11 p.m. Both events will take place at La Roche College in CC Square. They encourage students, as well as members of the community, to support the cause.

The spaghetti dinner meal will include a full plate of lightly oiled noodles served with red sauce with or without meatballs, a side salad, a roll, and a drink all for \$5. SAGE Dining Services will be catering the event. For Poetic Justice, students will station a plethora of original art work throughout the Square. Students will recite poetry, and perform music and dance renditions.

Concurrent fundraisers include their pre-paid t-shirt sale and silent auction. For more information or information on ways to donate, please contact Kayla Benton, One Youth Public Relations Officer, at Kayla.Benton@stu.laroche.edu.

SGA strives for better campus life

By MARTIKA COOK

The Student Government Association, SGA, improves and livens-up campus by discussing issues important to the student body and creating new and exciting activities that everyone can enjoy.

On October 17th, the SGA convened in the Ryan room to plan the next steps in making the campus a better and more exciting place to be. Gladson Sam, President of SGA, began the meeting recapping the success of Father Peter Day on Wednesday, September 25th.

This day was dedicated not only to celebrate Father Peter's 19 years of service to La Roche, but also his 60th birthday. The school truly came together to honor Father Peter. "It was nice on the student body's part," Gladson said. "We did a perfect job."

The next order of business was SGA's success in getting the AB's computer lab open longer for everyone thanks to Alexandra Rhoades,

the Academic Vice President of the SGA. Instead of being forced to go to the library or the SC computer lab, which are usually packed, students now have the AB building's computer lab available to them from 7 a.m. to 7 p.m., except when class is held there.

Another new development is the approval for the beginning of an ESL club, a club dedicated to help international students become more interactive with English speaking residents. The club will also help international students practice their English outside the classroom. The SGA's vote was unanimous. "I think this is a great idea," said Jonathon Mancuso, SGA's Chair of Public of Relations.

SGA also covered the issue with students, particularly graphic design majors, are running out of credits before they are halfway through the semester. "I have ended up having to

borrow other friend's print credits; I think two to three other people," Carly, a graphic design major said. "So I use \$100 to \$150 worth of print credits every semester."

Several ideas on solving the print credit problem were brought up, including taking the un-used print credits from other majors who haven't used them up and putting the money in a fund for the design majors. Unfortunately, graphic design groups aren't the only majors with this problem, making a solution more difficult to find.

"Print credits are an issue for my major as well," Jesse Finke, an elementary education major, said. "We print lesson plans and worksheets for our students. When we're going out and teaching, it does add up." The discussion of print credits is still ongoing as SGA tries to find a solution beneficial to everyone.

While the print credit issue re-

mains unresolved, this hasn't stopped the SGA from planning some exciting activities for November. One of the programs making an appearance in November is the Restyled Program. SGA is teaming up with the Eco club to have students donate their clothes to others. The event is planned for early November, so be on the lookout for posters and emails.

Also planned for early November is a dinner night and bonfire with s'mores and possibly hotdogs. There will also be Milkshake Social Night which, for the first time, will include a pumpkin pie eating contest. This event is planned for November 21st. Students can also look forward to the World Cup event sponsored by SAAC that will include an indoor soccer tournament and cultural food. A date for this event has not been set however. SGA is aiming for mid- to late-November date.

FACEBOOK, FROM PAGE 1

family members that don't approve of who you're with or jealous girls that want to take your boyfriend?"

When asked his opinion on being Facebook official, Marquis seemed confused: "What is that? Who updates their relationship status on Facebook?"

Jamie, a friend of Marquis, said that Facebook official means the relationship is legitimate. However, he said that social networking sites cause problems to escalate to real life.

"I'm weird about being Facebook official," Hillary said. "To me, relationships are meant to be private, not public. I don't want people I may or may not talk to to know my business."

"I think it's kind of pointless,"

Mitchel said. "Why does everyone have to know?"

Social media sites complicate more than just relationships; they complicate friendships, too.

"I've had one fight with a friend on Facebook," John said. "There was a miscommunication about someone not being invited to an event." The rest escalated from there.

It's almost impossible to avoid social networking sites since the majority of young adults are on them. Even schools are using them to reach out to current and potential students. If most people have bad experiences with social networking sites and making relationships public, why do they continue to be popular? Find out next issue!

Cruel meat

What we should know about the meat we eat

By SHELBY NOVAK

Editor’s notes:
*Thanks for the help of Dr. Joshua Bellin
*Michael Pollan’s book, The Omnivore’s Dilemma, was used to help write this article



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Do people really know what happens to the meat we eat? There are countless issues connected to the meat we consume: production of the meat, animal health, and personal health issues of humans.

It has been estimated that nearly 450 billion animals are factory farmed every year. Factory farmed animals from a Concentrated Animal Feeding Operation, or CAFO. These are large feed lots that hold animals until they are ready to be killed for consumption.

Cows in CAFO holding areas have been forced away from natural selections. They are placed on highly concentrated diets, mainly a corn diet, which can lead to bloating and illness. Much like humans, when an animal bloat, gas becomes trapped into their stomachs. However, when animals don't receive help and can't stop the, bloating they could eventually suffocate.

These corn diets are used to fatten animals up at a quicker pace. It helps to create more amounts of meat in less time. Animals are also injected with growth hormones to help them grow faster, also allowing for a higher yield of meat.

Chickens are put on these special diets, forced to eat high amounts of corn mix, and injected with growth hormones. Their bodies become highly disproportionate. Their chests become too large and heavy for the rest of their body making them fall over and unable to move. Many of them don't even make it to the dinner table. Once a chicken falls over they die and the bodies are left in the small holding areas with the surviving chickens.

Animal cruelty is evident in a CAFO as well. Feed lots hold hundreds of animals at a time, which creates small spaces for these animals to move around. Cows are usually crammed together all day, within confined areas, and forced to stand and move around in their own manure for days. When they are required to move, humans stab them

with electric prods. This can cause the cattle to bolt forward, hurting itself or other cows around it.

Pigs are put in holding stalls, where they develop pressure sores from the bars of the stall. The confinement of these animals along with their poor diets results in inadequate nutritive meat.

Animals on these feed lots are caged, battered and bruised, put through painful surgeries and procedures, and put through back-to-back artificial inseminations. The higher amount of artificial inseminations means higher amounts of animal births, which ultimately leads to higher amounts of meat produced.

If you look at the big picture, roughly 90 percent of the animals we eat come from a factory farm. There have been health risk connections from this meat to the people who consume it. The average person tends to eat meat around two to three times a day. Meat eaters who consume meat on a daily basis are more at risk of certain cancers, heart disease, and even cardio vascular problems.

There is also a high risk that a human may become resistant to some antibiotics given to such animals. When we eat animals that are injected with certain growth hormones and medications, our bodies become immune to them. When this happens, it becomes much harder for us react effectively to medications. Other risks that can be connected to factory farm meats can include excessive weight gain and even excessive hormone intake.

The best type of meat to eat would be grass-fed animals. Local farmers use traditional farming methods and pay close attention to how the animals are fed, treated, and even slaughtered. By eating grass-fed animals your body intakes nutritive meat that is much healthier—this helps cut down on the risk of being diagnosed with life threatening diseases. Not only that, it also creates less of a demand for factory farmed animals.

Tips for better sleep habits:

- * Turn off all electronics an hour before bed
- * Keep track of wasted time
- * Don't do homework in bed
- * Learn how to manage your time
- * Make sleep a priority

SLEEP, FROM PAGE 1

been linked to insufficient sleep. The body is also more susceptible to more common illnesses such as the common cold during periods of inadequate sleep.

Even though some students get the right amount of sleep, they may not feel rested, Gates stated. This can be caused by a number of factors; commonly the culprit is the use of electronics before bed.

Our bodies have developed our current sleep patterns over thousands of years of evolution. The technology we have today became readily available to us within the past 15 years, and our bodies have not yet adapted. Dr. Gates says our bodies are now trying to work on a “machine schedule” rather than our natural one.

Staying up late texting, doing homework on the computer, and watching TV are major causes of not getting enough restful sleep. When people stay up at night focusing on screens before going to bed, they are preventing their brains from going into the restful state. Instead of getting drowsy before going to bed, the brain is kept in an active state, preventing the body from going into the deeper sleep stages throughout the night.

Reasons that students do not get

enough sleep include: too much homework; not enough time; too busy for sleep; and not being able to fall asleep.

Dr. Gates has suggestions on how to solve sleep deficiency.

She said that students should start by making sleep a priority. While it may not seem as important as school work, hanging out with friends, or watching your favorite TV shows, it is a vital part of each day.

She also suggested keeping track of all wasted time such as texting, talking on the phone, and playing video games throughout the day. Once students see how much time they could be using to do homework instead of time consuming tasks, she said they will have a better sense of time management.

Gates cautioned that, while many people believe they can “make up” missed sleep on the weekends, there is no way to catch up on lost sleep. Memories and learning consolidate while the body sleeps, and if you don't sleep during the week, it cannot be gained back at the end of the week.

The professor also stresses that phones and computers should be put away before bed to allow the brain to enter the restful state.

Workout songs

By TARIQ SHABAZ

Well, the cold weather is starting to move in, and that means it's time to start hitting the fitness center. Until scientists can come up with a way to get a good workout in without music, you're going to need some tunes to get your pump on. Without further ado, here is a list of some songs to really get you going in the Kerr.

1. Bad Girlfriend-Theory of a Deadman
2. Johnny Cash-Jason Aldean
3. Bleed it Out-Linkin Park
4. The Boys are Back-Dropkick Murphy's
5. Can't Touch This-M.C Hammer
6. Lose Yourself-Eminem
7. Going Out in Style-Dropkick Murphy's
8. The Good Left Undone-Rise Against
9. P.I.M.P-50 Cent
10. She Cranks My Tractor-Dustin Lynch

That’s so annoying!

By TARIQ SHABAZ

Did you ever hear a phrase or word that came out of nowhere that all your friends are saying and it just annoys you? Well here's a list of them in this month's issue of “That's so annoying!”

1. “No worries”—You're not concerned, or telling someone that the issue is no big deal.
2. “That ... doe”—As in “that sky doe”; “that view doe”; “I'm butchering the English language doe.”
3. “I know, right?!”—Interchangeable with “I can't agree with you more!”
4. “Happy Happy Happy”—A quote from Duck Dynasty.
5. “Meh”—Expressing a lack of interest or enthusiasm.
6. “About that life”—As in “the style of life is does not appeal to me,” or “that lifestyle seems quite amusing.”
7. “K”—As in “I'm going to reply to your long text by responding with ‘K.’”
8. “Just say’n”—Indicating your opinion. (I actually don't mind this one!)
9. “Awesome Sauce”—As in “this is most excellent.”
10. “Preach”—Agreeing with what someone says and not adding any more input.

Teacher Q&A with Joe Puglisi

By TARIQ SHABAZ



Professor Joe Puglisi
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Joe Puglisi is the head of the Marketing department

How long have you been teaching?

I have been teaching since 2004. I was at the Community Colleges of Beaver and Butler County and at Waynesburg and have been at La Roche since 2005.

What do like most about La Roche?

I enjoy the small school atmosphere, the people, and the surroundings.

What do you like least about La Roche?

Just parking really, it's always difficult to find a space.

Have students changed since you were a student?

I think that students today are more aware of community service,

and more active in it. It's part of La Roche's mission, and I see that more students are more aware of what is going on in the news. In my day you never saw anything like that.

You're From New York. What do like better about Pittsburgh?

That's a tough question, but I would have to say that Pittsburgh is a big small city; it has everything that a big city has without all the hassle such as traffic.

What is the best part about being Italian?

There are a lot of things that are great about being Italian. Obviously I'm very proud to be Italian, but I would have to say the food without a doubt!

Would you rather live blind or deaf?

That's a great question; personally I would prefer to be deaf. I would hate to not be able to see all the beautiful things in life.

Funniest faculty member/jokester?

I can think of several however I will not say who. (Mark Dawson then enters room and says we're not here to be funny, but Harry Strickland hands down.)

Where do you see yourself 5 years from now?

Hopefully still teaching at La Roche because I love it here.

What's your opinion on speed bumps?

(Laughs) I feel that life is full of speed bumps, and that they are great learning experience.

I think you might have misunderstood the question?

(Laughs) No I know what you meant. Am I for or against speed bumps? I feel that you have to take your time going over them, and they are necessary to stop potential hazards.

Ask Zee

Dear Zee,

This is my freshman year at college and I'm enjoying everything about the new experience except one thing –my roommate! At the beginning of the year everything seemed swell. We had all the same interests and we worked around each other so well, she had become one of my closest friends. But as the days went on, the interests began to fade and the fighting began. We can't stand being in the same room together; the tension is so thick you can cut it with a knife! Help me! What can we do?

Sincerely,
War World Roommate

Dear war world roommate,

I don't think that roommate problems come with just your freshman year. I think I can speak for many college students and say it can happen any year. Conflict is something that is inevitable in life –it is always going to happen no matter how good of friends you are or how many things you have in common. When I first started having roommate problems, I thought it was best to ignore them. I thought, “Well if I ignore them long enough they will disappear, right?”

No, that is absolutely wrong. Ignoring the problem only makes matters worse. When you ignore issues they tend to become more annoying and it makes the problem bigger than life. What you need to do is confront your roommate. Don't try to confront them through a text, email, or letter –those options tend to make it less personal and they come across

as you avoiding the problem and making it seem unimportant. The first step is to talk to your roommate and tell them how you feel and LISTEN to what they have to say, don't act like your problems are the only ones that matter.

After talking to Dr. Markowitz, one of the school's psychology professors, he was able to give me some advice on how to handle the situation. He said conflict will always arise because it is something in this world we cannot fight against and it is not something that we can ignore. What you should or can do is sit down with your roommate and set some ground rules each of you can follow and abide by.

This is my advice to you. What you first need to understand is conflict will always arise whether you are with the roommate you have now or a different roommate. Just because you get a new room-

mate doesn't mean that your problems will automatically disappear. Secondly, you need to sit down with your roommate and talk. You two need to talk about why you are upset, because we can't read each other's minds. Also remember no cheating; it has to be face to face. If you can't resolve the problem by talking then come up with a list of rules that each of you can follow to help cut down some of the tension. Both of you need to compromise. Then your last resort should be trying to find another roommate. If you two talk through your problems and try to make ground rules and the situation is still full of tension then you can take the next step in finding someone new. Good luck and play nice!

Yours,
Zee