

# THE LA ROCHE COURIER

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## Construction in front of campus brought to light

BY NATE MARSH  
EDITOR-IN-CHIEF

Despite rumors of a pond or dorms, the construction in front of campus is for a water detention basin.

Construction on the detention basin began shortly after graduation in May and was completed on November 1.

Adventure Developers, owners of the McCandless Crossing shopping center, paid for all costs that went into the project. It did not cost the college anything for what they did. "This was part of our agreement when we sold the property across the street," said President Sister Candace Introcaso.

"It was property that was an asset to the college and was underutilized because we didn't have the resources to develop it ourselves or the need to develop it at that point in our history. We saw an opportunity and we seized it. But I think that having the majority of our resources consoli-

dated into a central area on campus, though parking may be a bit of an issue on campus, brings a certain energy to the campus."

According to Louis Lavecchia, a landscaping contractor, a water detention basin, as opposed to a retention basin, is a way to contain water after a storm that will eventually drain out of the basin. A retention basin is designed to collect water and keep it as a permanent body of water.

The intensity of the project was much more than Introcaso had assumed. "Honestly, I didn't know it was going to be as extensive as it was," she said. "They cut more into the hill than I thought they would."

The delay in completing the project is due to untimely rainstorms this summer. Engineers leading the project said that late summer and early fall are the preferable times for construction like this for the lowest

water table.

Further delays to the completion of the basin were due to finding and relocating communication and power lines. "A lot of those were unmarked and they didn't know what they were," Introcaso said. "It was a much longer project than even they had foreseen. But now we have plans that show everything that is cutting through our property."

Adventure Developers is taking full responsibility for the maintenance of the basin. An unspecified local landscaping company will be in charge of planting grass seed and flowers when the winter has ended.

President Introcaso said, "I think that once it is all seeded and the landscaping goes in that we will be very pleased and it will have a nice appearance. You really couldn't see the college before with all the trees that were there before so I think that it will be very nice to be able to see

the college."

The current stage of development for McCandless Crossing is phase four—the final stage. Upon completion, the development will have a CineMark Theater, a Panera Bread, a Bonefish Grill.

President Introcaso said that the new businesses going in will be a fantastic addition to the area around the college.

"There are two reasons this is such a big deal for the college," she said. "One, for the opportunity it gives our students for employment. And two, for entertainment. So I hope nobody says, again, 'that there is nothing to do around campus.' I think it's a great enhancement to our campus life. I'm looking forward to being a big tipper for all our students that work over there."



© NATE MARSH

## Attendance at La Roche sporting events dwindles

BY NATE MARSH  
EDITOR-IN-CHIEF

For a close-knit college with sport venues yards away from the dorms, low attendance at sporting events is a constant issue.

Out of the 1,481 students enrolled at La Roche, 218 are athletes and 177 of them live on campus. Yet stands at women's basketball games are consistently void of a student section.

Casie Cygan, senior on the women's basketball team, said, "Yes, this school has a problem with attendance at sporting events."

Women's basketball is arguably

one of the most successful teams on campus in recent years, yet their stands also remain arguably the most empty. "I think it will be difficult to find a solution to this issue because not much has changed over the years," Cygan said.

Especially during basketball season, the Student Athletic Advisory Committee (SAAC), headed by president Kurt Hoover, hold special events to attract fans. These plans include half-court shots at half times of games and t-shirt giveaways to

the first students to attend. However, many of the fans leave once they receive their free shirt.

Kat Golbie, assistant athletic director and 2013 graduate of LRC, is a former captain of the women's soccer team. Given her recent experience as a student-athlete and now a faculty member, she is able to see the big picture of the attendance issue.

Golbie said, "I think college is such a busy time for people and some people make better use of their time than other. I think people would like

to go to the games but they just don't have time."

"I think it is something that we in the athletic department consistently and continuously work on with events to try to promote fan awareness. I think when our student-athletes see their friends and other fans in the stands it helps them feel and play better and we would like to better our student-athletes' experience."

Golbie also says that the high number of commuters to campus add to the lack of attendance. When

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# Opinion

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## Sustainability at LRC

BY IVAN KOSTOV

A booming topic that many governments, organizations, businesses, and individuals are dealing with today is sustainability.

The idea behind sustainability is to create and maintain the conditions under which humans and nature can exist in productive harmony. That permits fulfilling the social, economic, and other needs of present and future generations.

The question is this: has anything been done at La Roche with regard to sustainability?

I certainly didn't think anything was done. It wasn't until Dr. Bellin in environmental literature took my class on a tour around campus that my view changed.

"Students and staff try to make La Roche a more environmentally friendly place to go to school," Mr. Bellin said. "We have a publicity problem a lot of students don't understand the overall picture of what we are doing on campus."

Dr. Bellin has been advocating for an outdoor classroom at La Roche and the need for someone on campus to be formally in charge with sustainability.

The first place that we visited in the tour was the dining hall.

We removed all trays from the cafeteria. We are composting and recycling so there is almost nothing going into the garbage. We use environmentally sound cleaning solutions and machinery, and we source as much local food as we can.

These were just a few of the things Dr. Bellin pointed out. Director of

the SAGE Dining, Jonathan Mussitsch said, "We found we can cut water usage by almost half if we got rid of the trays. Also there were studies that found that people tend to overfill trays and throw a lot of food away. Removing of the trays was very beneficial."

"We now have a dishwasher that uses less water and less toxic detergents," Mussitsch said. "We give our employees five uniforms rather than one, this way we can do laundry only once a week. The lights in the dining and kitchen are on timers, so they go on and off automatically which saves a lot of energy."

Mussitsch said, "We were the first to implement reusable washable green boxes which staff and students can use over and over again. We strive to be environmentally friendly."

After visiting that Dining Hall we toured the beautiful landscapes on campus seeing the butterfly garden, and other gardens where Bellin talked about Earth Day, alternative spring breaks and other days where volunteering of staff and students improved the campus aesthetically by planting of plants and picking up trash.

Bellin also spoke about the ECO club ran by Shelby Weber and Colleen Ruefle, Vice President for Student Life and Dean of Students, and the Eco Council group ran by Dr. Harold Ishiyama, Vice President of Academic Affairs. Those two organizations are the primary groups pushing sustainability on campus. I visited the heads of the groups to learn

more about what they are doing.

As Ruefle told me, the ECO club was more of the student side of sustainability efforts in La Roche, while the Eco Council was more of the administrative side of things where bigger decision and spending are decided.

"The Eco Council is a group of environmentally conscious students, and faculty members who get together and brainstorm on eco problems," Ishiyama said. "We pushed to buy green products despite initial large costs back in the day. Now things are much cheaper, but we have to be conscious that things might be wrongly advertised. We always have an eye on our environmental commitments."

The single-stream recycling on campus where separation of trash takes place at the servicing company was something the Eco Council instituted. The Eco Council has influenced the purchase of more efficient lighting and heating and air conditioning units, less toxic paints, and sustainable materials for La Roche.

The administration directors at La Roche very much wanted to have the students well-informed on the subject of sustainability. Ishiyama said, "We wanted to infuse sustainability in the curriculum. Any major can take a minor in sustainability and get that sustainable perspective." The sustainability minor was designed in such a way that it could work with almost every major.

The student side of sustainability, the Eco club, was founded by Shelby Weber. "I combined the Eco

LRC club with Eco design because I wanted consistency," Weber said. She said she wanted to get things done by having people consistently being involved. Since its creation the Eco group has taken many incentives regarding sustainability.

Right now they are working on a recycling campaign involving possible creation of new recycling bins and recycling kiosks. They have already created posters that many of us see around campus.

"We proposed the idea of recycling Kiosk," Weber said. "We did a survey on faculty and students to get feedback; we wanted to see how everyone views recycling in order to adapt our ideas. We also did a study on recycling bins to find out if we had enough of those at convenient places on campus."

Weber said, "We wanted to re-brand recycling by having the posters around campus, the kiosk idea, and the idea of increasing the amount recycling bins where needed on campus." Weber stressed that more things can be done on the individual level to make our campus more sustainable, such as our choice of where we throw our garbage. Is it the right bin?

There certainly are a plethora of activities going on campus dealing with sustainability. As one may have noticed a common theme was the individual involvement in sustainability. So how are you involved? How are your choices more sustainable?

## Bamboo fiber: better for you and the environment

BY LACEY LAU

Some people see clothing as a way of making a fashion statement, but one thing they don't think about is the harm that some materials can do to your body.

According to the Occupational Safety and Health Administration, OSHA, toxins that are found in most clothing materials can cause life-threatening diseases such as respiratory diseases, dermatitis, and even cancer. Extensive research helped scientists to discover that synthetic fibers in certain clothing contain toxins that do not have to physically enter your body in order to harm you, but are actually absorbed through the skin and make their way into the blood stream.

You may not think about changing clothing when trying to live a healthy lifestyle, but to prevent yourself from being exposed to harmful toxins, switching to bamboo fiber

clothing could do the trick.

Bamboo fiber is a safer clothing material choice, not just because it is incredibly soft and comfortable, but because of all the aspects that make it more reliable than other materials.

Bamboo material is antibacterial, so bacteria don't live in the fabric: meaning that it won't start to smell after wearing it so many times. Bamboo fibers also have ultraviolet (UV) protection, butting out 98% of harmful UV rays that usual fabrics wouldn't.

Bamboo materials also tend to be lighter, making them the obvious choice of attire when it comes to hot days or physical activities. Cotton materials are one of the most sweat absorbent fibers, making the clothing unbearable to wear compared to bamboo fibers. If you're looking for a more comfortable, safe, and reliable material, bamboo clothing is the way

to go.

Another perk in the world of bamboo clothing, according to Bambooclothing.com, is that not only is it better for people, but for the environment at well. Bambooclothing.com states in their article "About Bamboo Fiber: Why is it better?" that: "Pesticides and fertilizers that are normally found in clothing materials don't exist in bamboo clothing because it's all -natural, plus 100% biodegradable."

Bamboo fiber clothing companies make it a point to keep their materials from harming the environment; the water requirement for this clothing comes from mainly just what falls, as opposed to cotton material which requires a ridiculous amount per-shirt.

Since bamboo is a form of grass, the safest way to protect this part of the environment is by cutting it for

the use of the material, not uprooting it. Uprooting the bamboo can damage the soil, but cutting it helps the soil stability. Bambooclothing.com claims that their clothing is better for everyone all around: "Clothing made from bamboo is nature's answer to our needs for everyday fabric in an environmentally sustainable form. It's just our luck that it's so much better as well!"

If all clothing material companies chose the protective aspects that bamboo clothing holds, less harmful materials would be created, not to mention the destruction of the environment would drop drastically. This clothing material is not just a way of fashion, but a way to show people there are ways of looking good without exposing themselves to harmful chemicals and saving the environment at the same time.



# Veterans visit La Roche College

Note: The following students in Journalism I contributed their reporting skills to this story: Shelby Novak; Megan Poland; Sarah Reichele; Shelby Shaffer; Rachel Spontak; Rita Vinski.

On Veteran's Day, four speakers took their audience on a journey by discussing the good and bad things they experienced while serving in our country's defense.



*"On this 11th day, 11th month and it means something special to me because I'm an 81 year old veteran. I'm still here. I thank god that I'm still here. Really no kidding about it,"*

*"But I'll tell you something, you young people, thank God for what you have. You're the future in this country. So pay attention. Take the education you're getting from La Roche. Use it. Make the world better."*

-Jimmy Dunn, Korean War Vet

*"I came over to the United States in 2005. I don't know why, I just bought a one-way flight and came over. I had no family, I had no friends. I just came over. Me, coming from a third world country being able to go to school here, driving a car, having hot showers. To me it's a privilege. I used to walk miles just to get decent drinking water. Sometimes I get really upset when the younger people complain about walking for two minutes to get to class or the simple stuff like that. Or like the food in the cafeteria sucks. It doesn't suck. I mean try living on [army food] and all of that for three straight months. Compare that to the cafeteria food and it's delicious."*

-Putu Kartika, US Navy



*"The truth is you kind of wanted to go [to Afghanistan], because we were eating lightning and shitting victory at that point in boot camp and you kind of wanted to go."*

*"There are so many stories I could tell you. You got the good, you got the bad, you got the ugly and I just don't know what I'm going to tell you. We had a lot of fun at times and other times weren't so fun."*

-Nick Yund, US Army



*"I have a lot of people ask me if you'd do it over again, would you? I had a lot of fun doing my time. I would definitely do it again. The experiences and the friends that I made while in the Marine Corps and after the Marine Corps. I feel like it's a building block. You get a passion for your country and you also learn about how the country works at a larger stand point."*

-Chase Warden, US Marines



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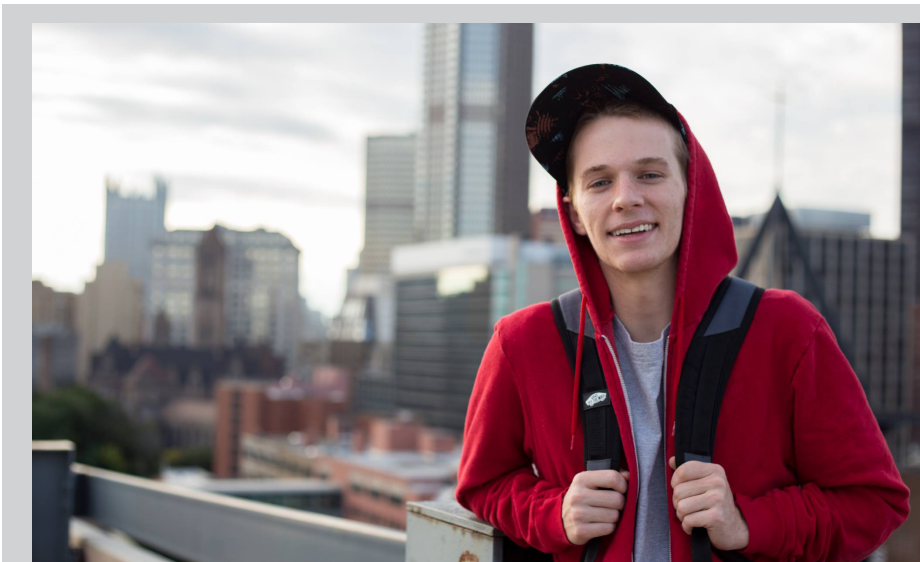


# Entertainment

The La Roche Courier ■ December, 2013

## Quinntac? Who is that?

BY RACHEL SPONTAK



Matt Quinn, aka Quinntac  
© KEVIN YACKER PHOTOGRAPHY



Time management is nearly impossible for college students. There are tests to study for, papers to type, a social life to balance, video games to play, and raps to write.

At least that's what it's like for Matt Quinn.

Instead of rapping about hate and violence, Quinntac chooses to rap about his Facebook newsfeed, Super Mario Strikers, and the struggle to make it in the music industry.

His raps are smooth, clever, relatable, and surprisingly catchy. Some of his raps have a Flobots vibe; others pay homage to Linkin Park.

Quinn, known as Quinntac, is a junior at Duquesne University. When he's not cramming for an exam, he's reciting raps and spreading the word about his talents.

Question: How did you come up with the name Quinntac? What does it mean?

Matt: I first started rapping to make joke songs with my friends and I chose the name Quinntacular. I was really into Halo 3 at the time and you could get a Killtacular if you were a skilled player. As I got more serious about rapping, I wanted a more serious name. My friends had nicknamed me Quinntac and I thought it sounded

really cool, and really different, as a rap name. It stands out.

Q: How would you describe your music style?

M: Right now I would say it's experimental rap. I'm trying to create something no one has ever heard before. Lately I've had a very underground vibe, but I've got some really sick dubstep tracks I'm planning on rapping over, so who knows where my style will end up.

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

M: Every rapper I've met in the area seems the same to me. They're all rapping about how cool they are, how many girls they get, how much money they have, etcetera.

In my opinion, rap has lost a lot of its creativity, turning it into a bragging contest... and it's all fake. The songs don't represent the artist. When I rap about my life, I talk about how sometimes I have nothing to do on the weekend and I end up sleeping all day or playing video games. It's kind of nerdy but it's real and it's something people who wouldn't normally listen to rap can relate to.

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

M: It's pretty tough. I've performed three shows already and I thought I'd blow up after the first one. After talking to some people with experience in the music business, they said I would have to perform at least 100 times if I want to get anywhere. So I guess that means 97 shows left until I'm famous.

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

M: I could tell someone to go listen to my music myself, but if a fan tells someone, it shows that I've made progress and gives me way more credibility.

Drop out and rap.

## Ask Zee

Dear Zee,

All my friends always want to go out and get their nails done, but I always tell them I don't want to go or have to make up some lame excuse. I have one tiny problem and that is I can't stop biting my nails! I try to hide my hands all the time because I am so embarrassed of them. Every once in awhile I try to stop and it works for bit, but then I get stressed or anxious and start chewing them down like a beaver on a piece of wood! One of my friends even told me because I bite my nails I am developing an anxiety disorder. Please help me break this bad habit so I can finally get a manicure without feeling embarrassed!

Sincerely,  
Manicure wannabe

Dear Manicure wannabe,

You are preaching to the choir when you say you have a habit that is hard to break. Even though we don't want to admit it, we all have a habit we just can't seem to break. The habit can range from something such as smoking all the way to nail biting. Nevertheless we all have one problem—building up the will power to stop. We have all been in the scenario where we will say we are going to quit these habits, and everything goes well for a while. Then, just like clockwork, we go back to the habit we tried to stop. There are many self-help books and articles online to help us crack these habits, but what really works?

After talking to Dr. Markowitz I can tell you the secret on how to get rid of your habit. Dr. Markowitz explains that we use habits as

shortcuts because we like to make life easier. They are something we do so we don't have to think about our problems consciously. The way to get rid of habits is to use a relaxation breathing and mindful exercise. This technique is used mostly for substance abuse, but can also be used for small habits.

The main goal of this exercise is to passively observe your thoughts without acting on them. So what you want to do is focus on something that is happening in present and just breath in and out. This will help you build up a tolerance to your habit. The next time you want to bite your nails, all you have to do is this breathing technique for 5 minutes. And if you feel the urge after those 5 minutes, then you can bite your nails. Each time you feel like doing it again, build up your tolerance by waiting an additional 5 minutes until you no

longer want to bite your nails.

The next time that you want to bite your nails, think about this exercise. I know it may sound silly that a breathing technique will help you cure your habit, but give it a try it might surprise you. Also remember that a habit will not disappear after a day of doing this technique. You know what they say: "Noah didn't build the arch in one day."

Yours,  
Zee

# Social media and personal development

BY MEGAN POLAND

Three La Roche College professors agree that there are both good and bad things about social media.

While you can search for just about anything on the internet and instantly talk to people across the globe over Facebook chat, most get more than they bargained for with social media sites: drama. Luckily, Facebook drama generally stays with teenagers and college-aged adults.

Dr. Janet Gates, a psychology professor, said, "I think access to so much information and being able to communicate with many people, for example, grandparents or family members that live outside of the area, is incredibly important and valuable."

However, Gates sees the problem with young adults using social me-

dia. She said that adolescents and young adults are very selfish and get caught up in their emotions.

Dr. Barbara Herrington, a psychology professor, said, "Social media users do not have visual feedback from their target which might curtail angry or sexual expressions." She said that face-to-face interactions are important because you can physically see their reactions.

"High school and college students are going to get better and better at thinking about outcomes," Dr. Janet Gates said, "but they're not better at the end of high school or at the beginning of college."

Sociology professor Dr. Azlan Tajuddin said, "When there's an outlet to do things you wouldn't do otherwise, people mistakenly think the internet and electronic media is

a good way to do those actions."

"It really detaches people from other people. Society becomes increasingly dehumanized," Tajuddin said.

"Adolescence is a time when you are developing your identity, your sense of self," Dr. Gates said. "Think about what a Facebook page does: you're putting pictures up, you're stating these are things I like and things I don't like. It really is a wonderful tool for adolescents to explore who they are. They are learning quite a lot about interpersonal relationships."

Dr. Gates also said that social media presents many opportunities for things to be misinterpreted. The psychology professor said that people may get the idea that they can make someone jealous over the internet

and that will make the person like them more.

Herrington said that adolescents are vulnerable to social pressure and use social media because everyone else does.

"I think an interesting study would be to look at pages of people who are in their 30s and what they post opposed to people who are 15," Gates said.

Teenagers and young adults may get caught up in social media and technology, but it's hard not to when you consider peer pressure and trying to establish one's identity. Before you post on any social networking site, reread your comment and think about the consequences.

## Student spotlight: Jonathan Mancuso

BY TARIQ SHABAZ

For this month's interview, the lucky individual is Jonathan Mancuso. Unless you live under a rock, you most likely know and love him. He is currently on the Student Government PR Chair, President of the Marketing Club, a Redhawk Recruiting Officer, works in the Office of Freshman Admissions, is a peer counselor with student Academic Support Services, and a Red and White Society Ambassador

Here are some things you might not know about Jonathan D. Mancuso

Question: What class are you?

Answer: I am currently a senior in the class of 2014. Born in 1992

Q:Major?

A: I am a marketing major

Q: Sport played?

A: Soccer

Q: Where from Italy are you from?

A:Vibo Valentia, Calabria

Q: What do you miss most about Italy?

A: My friends and family, the food, the beach, and my Vespa

Q: What do you like most about Pittsburgh?

A:The city, and the many available job opportunities

Q: Do you plan on staying in Pittsburgh after you graduate college?

A: Yes.

Q: 5 year plan?

A: Graduate from college; find an entry level job; buy a car; buy a house; and by the end of the 5 years hopefully move up into a good sports marketing organization.

Q: What do you love most about

La Roche?

A: The people; the size; and the courses offered.

Q: Best player on the soccer team?

A: Tyler Irwin; Senior; Center Midfielder.

Q: Best player you played against in college?

A: Pablo, Senior from Medallie College.

Q: Pre game ritual?

A: Locker room music; team huddle.

Q: What clubs and organizations are you apart of?

A: Marketing Club, SGA.

Q: How do you say Tariq is a legend is Italian?

A: Tariq e' una legenda

Q: Miley Cyrus is?

A: Out of her mind.



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# THE LA ROCHE COURIER

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# Fall into winter fashion

By SHELBY NOVAK

Weather is changing, and with that so is the fashion. La Roche students are dressing to prepare for the Pittsburgh winter weather that is quickly approaching. Some students, however, are not ready for the warm weather to be gone for the next few months.

These two students show off their Hawaiian shirts. Darrick Scott and Brian McMahon said that they participate in "Hawaiian Shirt Thursday" where they wear a fun and vibrant Hawaiian shirt every Thursday.

What is in for winter wear? Knit cardigans, down-filled jackets trimmed in fur, knee-high boots, sweater dresses, scarves, sweaters over a dress with tights, button up and collared shirts layered with a sweater, and fun embellishments and accessories.

When dressing for the current weather, the most important consideration for winter style is the function of clothing. Winter clothing should not only be warm, but it should be comfortable as well. Layers are great for this time of year; they provide the versatility to be able to adapt to the changing climates.

It is hard to know what to wear to stay warm while outside walking to and from class, and just as hard to know what each class room temperature will be like as well. It seems like each class room has a mind of

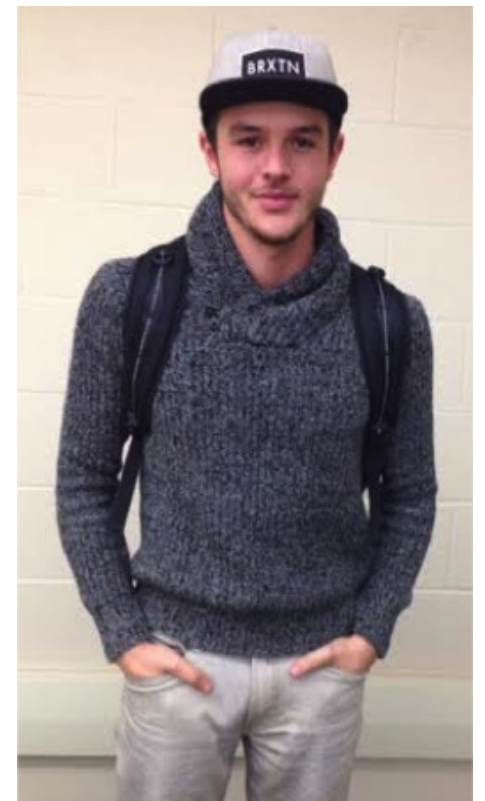
its own. One room will be too hot, another room down the hall will be ice cold, and yet the room right next door is comfortable. Layering clothing items is the best solution to deal with the never ending temperature changes students may face throughout the day.

Long sleeves or sweaters, along with a pair of leggings, are the basic items for winter layering combinations. They can be combined with boots and a warm fur lined coat. Knee-high boots look great when tucked into jeans and can even add a fun touch to leggings or even a dress.

Student Amanda Worsley is wearing the perfect outfit. She is wearing a loose fitted shirt, skinny jeans that are tucked into dark knee-high boots, and a knitted scarf.

Co-president of Sigma Tau Delta, Grant Wentzel, is wearing a comfortable sweater, with a high neck, a fitted hat, and casual khaki pants. Both outfits are great examples of how students can not only look good while in class, but also how to stay warm during the cold weather. Not every college student "bums it" to class—especially with outfits like these that don't take long to put together and head out the door.

Clockwise from top:  
Grant Wentzel, Brian McMahon, Darrick Scott, and Amanda Worsley



© SHELBY NOVAK

## Why you, yes you, should write for The Courier

By TARIQ SHABAZ

- You don't have to be an English or Journalism major to join; anyone can be a part of the team.
- All the cool kids are doing it!
- It looks great on your résumé.
- You can state your opinion and not start a war like on Facebook and other social media.
- It's always important show what's going on around school.
- It conveys an image of the school to the community. You receive great connections.
- Leads to more job opportunities.
- Most importantly again ALL THE COOL KIDS ARE DOING IT!

## Annoying Christmas songs

By RACHEL SPONTAK

It's the most wonderful time of the year. But it can also be the most annoying.

There's always that one song that you wish the radio never played. The song that causes you to wish the Christmas music season was over. The one you wonder how anyone could possibly tolerate.

Students and faculty shared their cringe-worthy classics as the season draws near.

Molly Elisabeth can't stand "We Three Kings." She said "The version my family has is super dreary and boring, so it's ruined all the other versions of the song for me."

"Dominic the Donkey" drives Katie Wilson crazy. "I find it obnoxious with the heehaws," she said.

The inaccuracy of "The Little Drummer Boy" is enough to make Pubs Puwalowski change the station. "And it's too slow," he said.

Sarah Cassidy doesn't like most Christmas music, but her least fa-

vorite is "Baby, It's Cold Outside." "It's pretty much about date rape," Cassidy said. "The girl just wants to go home and the guy is like 'No, it's cold outside.' At one point he says that she might catch pneumonia and die if she left. I am just really creeped out that this became a popular song."

"The Christmas Shoes" is too much of a tearjerker for Brittany Conley. "It's just too sad," she said.

Nancy Collette doesn't like the idea of being run over by a reindeer. "I'm a grandma. I don't want to get run over by a reindeer. That sounds painful." "Grandma Got Run Over By a Reindeer" isn't a song she'll be singing along to any time soon.

Which songs take the merry out of your Christmas? Whether it's a classic or a re-make, you're almost bound to hear it at least once this season.

Have your finger close to your radio buttons, just in case.



# Memorable Christmas gifts

BY RITA VINSKI

So, what did Santa leave you under the Christmas tree?

Many people every year receive Christmas gifts under their Christmas trees. These gifts can range from the smallest of items such as a toy or clothes, to bigger things that can't fit under the tree.

At La Roche College, students, faculty, and staff members were asked what the coolest gift they have received on Christmas was. All of these gifts fit into three categories: Pets, miscellaneous items, and things too big to put under the tree.

Many of the gifts students have received were too big to be put under the Christmas tree.

Alex Lambert, sophomore, said he received a car for his Christmas gift when he was 16.

"I had no idea it was coming," he said. "My parents played it really well too. My brother was opening tons of big gifts and I got the usual clothes. Then, they handed me a small box with a key in it! I had absolutely no clue that was a gift!"

Jess Seidl, sophomore, received a present way too large to be wrapped and put under the tree she said.

"The coolest gift I got would probably be my swimming pool," she said.

Abby Fisher, junior, said her most favorable gift she received for Christmas was concert tickets.

"My mom bought me tickets to the George Strait: The Cowboy Rides Away Tour in Ohio," the junior said. "It's the last leg of his touring career, and this man has always been (and will always be) my country music idol!"

So, we have the gifts that can't be wrapped. Another popular gift among students was pets.

Tyler Ferguson, junior, received his dog as a gift for Christmas.

He said, "My coolest gift: definitely my dog."

Garret Grainsy, junior, also got a pet for a Christmas gift: his cat.

After the huge presents and pets, miscellaneous items, such as toys, clothes etc., were the other common gifts among La Roche.

Brady Hamer, a sophomore, ex-



Christmas display in CC Square

© NATE MARSH

plained that the coolest gift he received for Christmas was a Pokémon Pikachu plush toy.

"It lit up and it talked," Hamer said. "It was the coolest thing!"

Greg Ceravolo, an admissions counselor at La Roche College, said that the coolest "and most appreciated gift" he ever got for Christmas was his paintball gun and equipment when he was in seventh grade.

"I loved it because all of my friends had one and we always played it," Greg said, "so it made me so happy to have my own paintball stuff." Ceravolo added that he still has the paintball gun and equipment.

Sister Rita Yeasted, Department Chair of English and Speech, said that her most memorable gift was receiving a statue of Saint Rita when she was ten years old.

Sam Kamphaus, a junior, explained that she always liked getting Hallmark's yearly holiday Barbie ornament.

Cheryl Stewart-Miller, the Associate Director of Admissions at La Roche, had two gifts that stood out to her that she received for Christmas. The first was a life-size, laminated Shirley Temple paper doll.

"She came with paper clothes that adhered to her with colorful plastic buttons," she said. "Shirley Temple movies were very popular when I was growing up."

Stewart-Miller explained that another present she got and loved was a cassette tape recorder when she was in sixth grade.

"I still have the cassette tapes of my brother and my three sisters and I singing songs... from 43 years ago," Stewart-Miller said.

Zach Williams, a sophomore, was excited when he opened a pair of Jordan 23 shoes.

"This was cool because they are very rare shoes and I had my eyes on them for a few years prior," Williams said.

Professor Harry Strickland had his own favorite Christmas gifts.

"I can't recall any gift interesting enough," he said, "except that most were in bottles (and not milk bottles)."

## 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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## ATTENDANCE, FROM PAGE 1

commuters are on campus, it is typically for school and they leave right after to go home or to work. Their time and spatial restrictions hinder them from attending games, as opposed to residents on campus who at least have a much closer proximity to the athletic events. Many residents also go home over the weekends as well, making weekend games want for even more fans.

The lack of attendance does not stop at sporting events either, Golbie said, but to many of the other school sponsored events as well. "Some years the school is really into everything and you will see a ton of people at Festival of Lights, the sporting events, and other events on campus," Golbie said. "The next year it will be the complete opposite where no one wants to leave their comfort zone and try new things."

Kurt Hoover, senior captain of the men's soccer team, says there is a definite attendance problem at sporting events. "I think attendance may be low because other students don't care as much to go out of their way to support the school and take time away from doing their own things," Hoover said. "I also think a lack of organization among the upperclassmen is a reason for low attendance as well."

"I remember my freshman year, attendance was much higher because we had a few upperclassmen

that organized us getting together and having more 'school spirit' so to speak. We would do body paint from time to time, and also have chants throughout the game. It made going to the games much more fun, and exciting to see what would happen next game too."

Dustin Reykdal, senior captain of the lacrosse team has different feeling on the subject. "I wouldn't consider it a problem," Reykdal said, "simply a consequence. The values of the school are indicative of the attendance and participation in sport. Although there is a large portion of students that are athletes, these athletes are busy and dedicated to their own sport and personal endeavors."

"If we expect people to attend games, there must be support of athletics at the school. It starts from the top, and the actions of the institution speak for itself. With a large commuting population, the network of La Roche exits as more of a cyber-community rather than one that values support. People are unwilling to stay around campus for activities and sport. If attendance and support really is a priority to the institution, they would reach out to the community in the area. For this to happen, sporting events need to be promoted through the school as events. People will not attend an event that is not enjoyable."



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Low attendance at sporting events

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# International Christmas

BY SARAH REICHLER

People celebrate Christmas in different ways all over the world.

A few international students recounted the tales of their most memorable Christmases.

Jessica Mancuso, one of our Italian international students, said, "The most meaningful Christmas was when my whole family came from America for Christmas to Italy to spend it with us. That was when I was probably 5; I was really young. And my aunt died the year after so that is why it was so important. It was our last Christmas together and everyone was there. The whole family was there."

Ana Paula Teixeira from Brazil also said that her most memorable Christmas was the last one spent with her grandmother.

A different memorable Christmas involved service in Ethiopia.

Chan Cho, born in Korea, moved to Ethiopia with his family when he was young. The black haired, dark-eyed man said he got to help kids who had HIV/AIDS.

He expressed delight in helping the children, commenting that it is fun helping those less fortunate than himself.

Ethiopian Christmas is very different than it is here Cho said. "Whenever I think of Ethiopian Christmas there's a lot of celebrations around the church and I see a lot of Ethiopian people wearing their special clothes and women dressed in white. That reminds me of Christmas. Not like Santa Claus and all of that, like you guys."

Cho further commented that he has not gotten the chance to ever decorate a Christmas tree since it does not exist in Ethiopia.

In Italy people put their trees up on December 8, the Feast Day of the Immaculate Conception, said Mancuso. Brazilians traditionally take down their trees after the Epiphany, said Teixeira.

In India Christmas trees exist but there's another more prevalent tradition, said Gladson Sam. The student government president said, "In India everyone lights a

star and puts it outside their house. Everyone. Regardless of religion, race, anything. Everyone."

Other than stars, food brings a lot of people together.

Ethiopians are poor, said Cho, so to them, "a lot of food means a lot of fun." His favorite holiday food there is the popcorn they melt with sugar and coffee beans.

In Italy, Mancuso said they make different types of homemade pastas for the holiday. She added, "I know here for Thanksgiving and Christmas you guys use a lot of pies. We do not. Not many people know what a pie is."

The most dreaded Christmas gift here, the fruit cake, is very popular in Brazil and India. Teixeira said, "Fruit cakes are really big." There are two different fruit cakes: ones with fruit in them and others with chocolate in place of the fruit, she said.

In Brazil, they celebrate Christmas in the summer. There will more than likely never be a white Christmas there. "It's just a com-

pletely different atmosphere," Teixeira said.

It rarely snows in Italy, India, and Ethiopia all depending on which part of the country you are in, they said. Cho said he experienced his first snow in 11 years in the past month. He said he made snowmen, commenting that cartoons make it look so easy.

In Saudi Arabia, they do not celebrate Christmas, said Abdulaziz Al Mutib. "Most people don't even realize when Christmas is," he said.

He said that it snows in the northern regions of Saudi Arabia, but usually not in Riyadh where he is from. For this Christmas, Al Mutib said he plans on traveling.

Mancuso said she plans on spending Christmas with her family here in the United States. Teixeira plans on spending Christmas with her friends' family, she said. Sam said he will be traveling with his family.

Sam said, "My family travels or I travel. We make it a point to somehow make it together."