



20 Redhawks receive All-Conference/Regional honors; Weimerskirch named AMCC Offensive Player of the Year

By NATE MARSH

The Allegheny Mountain Collegiate Conference (AMCC) announced their All-Section and All-Region teams at halftime during the men's basketball game on January 29. The nominations come from the athlete's performances based on the last calendar year to date.

Bryan Weimerskirch, a junior forward on the men's soccer team, received the AMCC Offensive Player of the Year honor based on his 2013 performance. On the season, Weimerskirch had 30 total points, the fifth most by a Redhawk, and 13 goals, tying the record for most in a single season by a La Roche athlete. With five more points and two more goals, Weimerskirch will break the record for both set by Reuben Jolo.

"It's a pretty special feeling," Weimerskirch said. "I never thought I could have achieved this honor. I owe all of it to the guys on my team that put me in a position to make a play. With them scoring and making plays, it opens up the defense for me to do something."

Men's head soccer coach, David Day, when asked if he expected such a spectacular performance from Weimerskirch, said, "To be honest, yes. He was voted pre-season player of the year by the other coaches in

the AMCC, and went on to win the post-season award. He handled the pressure very well and has been a consistent performer since day one. He scored 12 goals as a freshman and 12 as a sophomore with 13 this year as a junior."

Weimerskirch is quick to spread the credit to the rest of his teammates, saying, "I had zero expectations for being considered player of the year in the conference because I could name off the top of my head 4 guys that deserve this honor on my team alone."

Coach Day is persistent in noting that the team is "definitely not a one man team," nor was Weimerskirch's ego too large.

"Weimy was named as a captain this season and he is an excellent leader on the team. He has always been focused and a hard worker but he definitely matured as a young man over the past year."

"Soccer wise, I was most impressed by how he came back and helped out the midfield, won balls and played out wide when needed. He really wants to win and there is no quit in him. He does a lot of the little things, a lot of the dirty work that many people don't see."

As far as expectations for his se-

nior season, Weimerskirch said, "I'm going to go out next year and play the same as I always do. I feel some pressure in trying to improve on from what I did last year. There are a lot of things that occur throughout a season, so just staying focused and worrying about one game at a time is the only thing I can do. Since winning this award, I expect myself to take part in leading our team to its first conference championship."

Coach Day has high expectations, saying that "he could realistically put up 20 goals and 10 assists next season."

Two other members of the men's soccer team, senior forward Chad Trozzi and senior defenseman Robert Fraino, were also named to first All-Conference team.

Men's soccer was not the only sport to receive such prestigious honors. Casie Cygan, senior guard on the women's basketball team, received first team All-Conference honors. As of February 10, 2014, she is 87 points away from breaking the all-time scoring record of 1,535 set by Chantelle Jennings in the 2010-2011 season.

La Roche's women's volleyball team added two Redhawks to the All-Conference teams in Tori Pernell

and Vicky Danko. This was the first time in 10 years that the volleyball team has had nominations for All-Conference.



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Bryan Weimerskirch, a junior forward on the men's soccer team, stands with athletics director Jim Tinky, after he received the AMCC Offensive Player of the Year honor based on his 2013 performance.



Joel McIntosh, Amanda Garland, Casie Cygan, Sean Lubin, Colin Williamson, Tyler Ferguson, Shane Healey, Jesse Bauer, James Connelly, Vicky Danko, Tori Pernell, Tyler Irwin, Chad Trozzi, Robert Fraino, and Bryan Weimerskirch line up to get their photo taken. © NATE MARSH

2013 All-Conference/Regional Athletes

Fall 2013

Men's Soccer:

- Bryan Weimerskirch - All-Conference 1st Team and Offensive Player of the Year
- Chad Trozzi - All-Conference 1st Team
- Robert Fraino - All-Conference 1st Team and ECAC All-Conference 2nd Team
- Tyler Irwin - All-Conference 2nd Team
- Ryan Luffey - All-Conference 3rd Team

Men's Golf:

- Matthew Urgitis - All-Conference 2nd Team

Women's Volleyball:

- Tori Pernell - All-Conference 1st Team
- Vicky Danko - All-Conference 3rd Team

Winter 2013

Men's Basketball:

- Joel McIntosh - All-Conference 2nd Team
- David Jackson - All-Conference 2nd Team

Women's Basketball:

- Jessica Pitts - All-Conference 1st Team, Conference Player of the Year and All Regional 2nd Team
- Casie Cygan - All-Conference 1st Team and All Regional 3rd Team
- Amanda Garland - All-Conference 3rd Team

Spring 2013

Baseball:

- Shane Healey - All-Conference 1st Team
- Tyler Ferguson - All-Conference 2nd Team
- Dan Burns - All-Conference 2nd Team
- James Connelly - All-Conference 3rd Team and All Regional 1st Team
- Sean Lubin - All-Conference 3rd Team
- Colin Williamson - All-Conference 3rd Team
- Jesse Bauer - All Regional 3rd Team

Guest speaker tells students to ‘be happy’

BY MEGAN POLAND

Pittsburgh Post-Gazette’s Backyard Gardener told La Roche College students the key to having a successful career: be happy with what you do.

Doug Oster stood before seven students in the Journalism class, his shoes sprinkled with pansies that stuck out like a sore thumb. “You’ve got to be a real man to wear blue shoes with pansies on them,” he said, laughing.

Oster came prepared to give students advice they would remember. “You just have to find out what you like to do,” the 54-year-old said. “That’s all there is to it.”

The photographer reiterated the importance of having many different career experiences. “Different experiences are going to help you blossom as you figure out what you want

to do,” he said.

“Happiness goes a long way to making a great career,” Oster said, his blue eyes gleaming. He looked at ease: the sleeves of his black North Face pullover were rolled up, exposing his gold-faced wristwatch. The journalist talked with his hands, sometimes stopping to laugh or ask students a question.

“If you’re in a job that’s not making you happy,” the Emmy Award winner said, “it’s not only going to mentally affect you; it’s going to physically affect you.”

He said that people should be happy with their career even if everyone else is making more money than them. Oster told the class to avoid working a job or at a place that makes you unhappy.

The talk show host said, “It’s not

worth it.” He said he does his work happily and is happy to do it.

“I try to look at the successes,” the Ohio native said. “When you have a failure you have to look at the successes.”

Oster talked about more than happiness. He clued students in on what he said was the most important part of writing. “No matter how beautiful your story is, no matter how wonderful your prose is,” he said, “if you screw up the name, the story is going to be absolutely worthless to that person.”

The Backyard Gardener said the first question he asks a subject is how they spell their first and last name; he writes it down and records it digitally. Oster said spelling is the most important part of a story.

The Kent State University gradu-

ate said he read a story in the Washington Post and the subject of the story was a friend of his; however, the subject’s name was completely wrong.

Oster said that some people say there aren’t stories to be written, but he knows that isn’t true. “Everybody has a story and it’s your job to get that story,” the father of three said.

The avid gardener said he uses Vine, among other social media sites, to promote his professional work. “If you can tell a story in seven seconds that says something,” he said.

Oster stressed the importance of staying true to yourself and to not be afraid of failure. “You either accept me for who I am or you don’t,” he said. “That’s the way it is.”

Student Government talks outdoor basketball courts, scholarship

BY SARAH REICHLÉ

The Student Government Association, SGA, discussed their SGA gift, the senior gift, elections and past and upcoming events at their meeting on February 6th.

SGA Financial Vice President Bryan Weimerskirch made a proposal for this year’s SGA gift.

He said, “My proposal is to get two basketball hoops for behind the gym, to get two little half-court basketball courts next to each other where the pods are.”

The budget for the gift is \$3,000, he said. The basketball hoops fit within the budget and ship for free.

Weimerskirch said, the SGA members will paint the lines for the outdoor courts.

There are two lights already behind the gym meant for parking and will talk to Sister Candace about installing lights on the gym to face the court, said the financial vice president.

The courts will be closed during quiet hours.

The board passed this motion with a majority role. “Motion passed,” said SGA President Gladson Sam. “We got a basketball court.”

Along with a new basketball court, the SGA will be adding a new scholarship.

Elizabeth Smith from the Office of Admissions proposed a senior scholarship for this year’s senior gift.

She said, “What we are going to do is ask seniors students to make a donation, and we don’t expect anything huge a couple of bucks is wonderful, and we would take those proceeds and they would go towards creating a restricted scholarship. They could go to a senior student next year.”

The scholarship is open to both genders and students from any major. The scholarship would only be available to senior full-time students, Smith said.

La Roche’s scholarship committee will decide on the scholarship’s recipient, she said. The requirements for this scholarship are still being set.

Smith proposed the scholarship requirement to be set for a student with a GPA of 3.0 or above. A 500 word essay would also be required, Smith said.

The board brainstormed ideas on how to get senior students to participate and donate to this fund. The SGA decided the most efficient way to promote this was the use of social media and posters.

The goal is to raise \$1,000 for this scholarship. “Whatever proceeds we raise there is a good chance that there will be an alumni or another donor that would be willing to match your efforts,” said Smith.

“We would like this to be a sustaining tradition,” she said. The seniors who donate to the scholarship will receive red carnations to be worn at their graduation ceremony.

Every board member voted in favor of this scholarship. The motion was passed.

Each SGA member gave individual reports on past and upcoming

events.

Jessica Finke discussed the success of the Blizzard Beach Bash. She said, a student hula hooped for 40 minutes for two Penguins tickets.

Finke also talked about the date auction and stuff-a-bear activities organized by LAF and RHA for Valentines’ Day week.

Kurt Hoover talked about the success of the recent intramural activity. Matball is doing well, he said.

Looking towards the future, the board briefly discussed elections.

“I encourage you guys to really think about running for positions next year if you’re going to be here,” David Day said. “I would also encourage you talk to people that are not in this room that you would identify as having good leadership potential about running for positions.”

Elections for the executive board will be held on April 1st and 2nd and elections for the general board will be held on April 8th and 9th.

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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Opposing viewpoints: Valentine's Day

A day for love

BY MEGAN POLAND

While many people become bitter on February 14th because of the so-called Hallmark Holiday, there are also those who enjoy the day of love.

Valentine's Day is the one day a year that couples are almost guaranteed to have a romantic experience. Whether they go above and beyond with a night out on the town or a cozy evening in, Valentine's Day should be fun and memorable.

"You get to spend time with someone who makes you feel like you're the most amazing person in the world," Hollie Dickson said. The psychology major said it's a good day to relax and make your significant other feel special.

February 14th features the release of several movies appropriate for the holiday. *Winter's Tale*, *Love Is in the Air*, and *Endless Love* are all love-related movies that are sure to warm hearts. Movies that have already been released such as *Labor*

Day, *Frozen*, and *Her* are other good choices for a movie date.

With stores such as JCPenney, Macy's, Amazon, Kay Jewelers, and countless flower boutiques having Valentine's Day sales, finding the perfect gift is easy.

Chocolate, flowers, jewelry, or a gift card to a spa are always good gifts to give women on this romantic day. Don't worry if you aren't the gift-giving type or are tight on money—a night in can be fun, too.

For those who don't want to deal with crowds of couples, a night in with take-out and Netflix is a great idea. Even cooking dinner and putting together dessert for your significant other will show how much you care.

The most important thing to remember is have fun and enjoy your day with that special someone. Don't worry about spending a lot of money; it's the thought that counts.

A waste of money

BY RACHEL SPONTAK

Valentine's Day is over-rated, and let's face it, a pretty big waste of money.

According to CNN, the average amount that people spend on Valentine's Day is \$130.97. That's over \$100 just to prove to someone that you love them one day of the year, when you should probably be expressing that the other 364 days of the year. What is it that makes Valentine's Day different, aside from the restaurants being more crowded than usual? Do we really have to spend money to make our significant others happy?

Let's talk about chocolate. Chocolate is arguably the best part of Valentine's Day, but why do girls feel the need to wait until now to binge eat a box of chocolates? Some exciting news: you don't have to wait! With a short walk or drive to the nearest grocery store, you can buy yourself any kind of candy you desire any other day of the year. It's usually a lot cheaper, too.

Expectations that are placed on guys are way too high. A nice dinner, chocolate, roses, stuffed animals, and cards are all pretty much expected in today's society. How are guys supposed to remember all of that, when I've had plenty of exes that couldn't even remember what day of the week it was? Girls need to calm down and remember that guys are under enough pressure as it is. Buy your own stuffed animals. Malia Ault, a graphic design major, said "girls expect their boyfriends or husbands to get them a big fancy gift, but then they don't do the same for them."

Valentine's Day is actually slowly helping to destroy our planet. According to the U.S. Greeting Card Association, almost 145 million valentines are sent out every year. We kill a lot of trees in the U.S. just to say "I love you" once a year. Why not save the cards and protect our trees? Most people just throw cards away anyway. Valentine's Day cards are a waste of money and valuable resources.

While Valentine's Day is a good day to slow down and spend time with the person you love, it's unsettling to think about how many people believe they are owed something on this holiday. We've ruined a holiday that could be really special because we're greedy and we feel entitled. Take what you get, and give a little more than you usually do.

Most importantly, keep it to yourself because single people are sick of watching couples hang all over each other in public. It makes people who are already miserable about being single more miserable about being single. No one should have to feel uncomfortable on Valentine's Day, or any other day for that matter, because people can't keep their hands to themselves in public.

Try something new this year. Cook dinner together and watch a movie at home. Tell your significant other that you love them with words instead of a Hallmark card because we all know they make enough money as it is. Spend as little as possible, and make the day about love instead of money.

"You get to spend time with someone who makes you feel like you're the most amazing person in the world."

-Hollie Dickson

Who am I?

Who do you know around campus that fits this description?

When I'm not at La Roche, you can probably find me somewhere in my neighborhood walking my Siberian Husky that I just rescued in July and absolutely adore.

I am also a very proud mom of 2 great kids-- a 22 year-old son and a 17 year-old daughter. Although the

English department is my full-time gig, I also teach part-time for the Administration and Management division, the graduate accounting program, and the La Roche Experience. Before becoming a full-time professor, I had some fun career positions in the corporate sector: in marketing, advertising, corporate

communications, and conference/events planning.

But teaching at La Roche is definitely the most wonderful job in the world because nothing could ever be as cool or fun as getting to stay in college forever! (You may disagree with me now, but you'll understand after you graduate.)

I love to travel, and I took 12 LRC students to England for an incredible Study Abroad trip last summer. This May, my daughter and I are going to Ecuador.

Find out in next month's issue!

That's so annoying

BY TARIQ SHABAZ

When you buy something and it goes on sale 2 days later

When you call customer service and you get someone in India and they claim their name is Wendy or Mike.

Driving in rush hour and you need to change lanes and nobody lets you in

People who slow down in front of you at a yellow light instead of speeding through it

When McDonalds gives you the wrong order and you return the bag and they still give you another wrong order

Maintenance man talks La Roche, future

BY TARIQ SHABAZ

For those of you who know who maintenance man Rick Tillis, you know he is exceptional at what he does, is very friendly, helpful, and approachable, and extremely well liked. This is why he is this month's lucky individual to interviewed!

How long have you been working at La Roche?

I have been at La Roche now for 12 years

You're pretty mechanically inclined. How long have you been doing maintenance?

Thank you! I have been doing maintenance for 40 years now. I enjoy working with my hands and getting things done.

What do you wish La Roche had that it currently does not have?

Well, I would love to see more graduate programs here. You see, this way the students are in a place they're already familiar with and more comfortable. And they won't have to go to another school to

achieve their master's degree.

What makes your day?

What definitely makes my day is if I can get one student to stick with school when they are on the verge of quitting. If I help at least one person, I know I did something right and it's a great feeling. I care about these students and I want to see all of them be successful.

You're from California. How did you make your way to Pittsburgh?

Yeah, I was born there. In 1992 my wife took a job out east in Cincinnati Ohio, and in 2000 we moved here for the same reason.

Word is that you were friends with Hall of Fame baseball player Eddie Murray. Can you talk a little more about that?

Oh yeah, Eddie and I were friends. We went to school together in California. He was always a well-mannered guy, grew up in a nice neighborhood and loved the game of baseball. Sports were al-

ways his thing. I remember everyday he and his brother would go to this park in our neighborhood and play ball.

Do you still talk to him?

No, the last time I saw him was in the 90s. He was playing for the Baltimore Orioles and they were in town to play the Cincinnati Reds and I had seats right above the dugout. I wrote a note saying it was me with my number and handed it to someone in the dugout and told him to give it to Eddie. He called me after that game and we were supposed to go out to dinner and catch up on things, but he was on the road and had to leave that night so I never got the chance to meet with him again.

Where do you see yourself in 5 years?

Hopefully back in California, that's where I'm from and that's where a lot of my friends and family still are.

Favorite quote?

"Live your life one day at a time."

Most memorable La Roche experience?

Probably winning the staff award, that really meant a lot to me.



© SARAH REICHLER

Tillis is always very social with students on campus.

Mayview State Hospital: memories preserved

BY GARRETT LANGER

Take a deep breath. Exhaling a white mist. The late December air is sharp on the lungs. There is a guard rail and the longest two hundred yards you will ever run. A car passes, breaking the silence of the night. Now the run. Running into a mental hospital seems rather backwards—I can't imagine the Joker breaking back into Arkham. This, however, is no work of fiction. This is real. Mayview State Hospital has quite a bit more real history.

Now on the railroad tracks only one hundred yards to go. The adrenaline pumping, and the fear of being spotted are strong motivation not to stop. Why go through this trouble to go to a closed building? In hoping to have an experience never to be forgotten. Mayview's days being numbered means those walls that hold so many stories will be turned to dust. A victim of progress. One may wonder, what is really lost? Some old buildings? We lose a link to the past we should not forget.

Now walking up to the top of a steep hill, just after the tall fence ends. Sitting atop a hill. It almost looms over the land like a sickly castle. This place is dying. It seems fitting a place with legends of being haunted will soon become a ghost itself.

The best ghost stories are ones that are as rich as the place itself—a structure whose roots stretch back nearly two hundred years. Now to watch the building wilt to a sickly end. These roots now are at risk of being forgotten. While walking through the crumbling walls of the mental hospital you get a sense of emptiness—emptiness that is haunting. A place built of good intention, a hope to help, and a hope to help ease suffering.

At one time this building was full of those people, committed

here, for better or worse. The mental patients began to come to Mayview when it was known by another name, Marshalsea. Perhaps many would like to forget a place like Mayview. Inside that crumbling dark building, quotes about the horrors of this place begin to feel incredibly real.

"Poor wrecks of humanity they are—some mental, some physical, some moral wrecks—stranded, at last dependent upon the city for enough to keep a miserable broken body and a poor shrunken soul together. [...] If there is to-day a discontented man or woman in this city I prescribe a trip to Marshalsea. The blood may flee from the face at times and pity clutch at the heart strings."—Home Monthly, 1900.

This quote was republished by the Pittsburgh Post-Gazette story about Mayview. "The name of Mayview in hopes to shake the bad feelings people had toward it" (Abandoned Online). The old name, Marshalsea, sharing its name with prison that held Charles Dickinson's father, had maybe too dark a connection. Looking at Mayview now disappearing, it seems that now it pays its penance for its past and (supposedly) good intentions.

Adventuring now through these buildings is a thrill. For the rebels, a place to experience a ghost or prove they are tough is hard to resist. The buildings have a thickness in the air. A taste of what one could only assume is asbestos. That is no deterrent for the excitement. With a blade and a skilled hand, one can have a souvenir from the night. Signs, exit signs, keys, letters, and anything else that's not bolted down is up for grabs. No one cares anymore about a sign when the goal is to knock down everything to begin development. "This

"Poor wrecks of humanity they are—some mental, some physical, some moral wrecks—stranded, at last dependent upon the city for enough to keep a miserable broken body and a poor shrunken soul together."

-Home Monthly

massive complex's new owners, the Aloe Brother, bought the land cheap due to the buildings costing so much to demolish" (Mayview now and then).

The Asylum itself is a large building that houses the most fascination. Walking through the long hallways with what felt like unending amounts of rooms, so many odd things can be found in a place like this. A cotton gin, a painting commenting on being trapped here, NFL teams painted on flags, and even a room with a heavy door and only a metal chair bolted to the ground—some things are better left unexplained. Now the only thing occupying these rooms is the moon light. You may never find any spirits in Mayview, but I promise you will find ghosts. Ghosts of a time that passed. In a place of nightmares, we may overlook what it means to the people who spent time here. In the past and now, this building has taken on many different lives for every person who entered. Now that thrill, that home, that prison, that hell, that heaven, and even that history, will all be gone.

After the asylum there are many other buildings. There remains a hospital—a very modern hospital. Venturing through this building, one's mind may be drawn to the stories of the apocalypse. Wandering through the building it seems as if patients have left only days

ago. No matter what building you walk through in this complex, you cannot remove the thought of death. This place is tainted with death. On the higher floors, where the construction has torn parts of the building away, death is one missed step away. The truth is this is a variable theme park of death. Perhaps most odd of all is now the place is dying. When the time comes and all that remains is rubble, I hope people do not forget a place like Mayview. It has its own rich history; a truly fascinating story to tell. The people who spent time in Mayview have their own stories to tell. I hope people will remember what stood there. I hope that just because we may not wish to face a place like Mayview, doesn't mean we won't. The dead can teach us many things.

Is it sad that we lose Mayview? That is a matter of opinion, but there is no way to prevent its destruction. The building is almost gone, the land is already bought, and the work is happening. The goal should be to preserve the memory of Mayview. One day there may be shops and businesses where the asylum now lies. For now, I say Mayview as a structure has reached its end. Now it is time for the dead to rest in peace... Then again, a certain other mental hospital didn't let progress come without a fight.

A 'Wicked' night in Pittsburgh

BY RITA VINSKI

Gravity has been defied in Pittsburgh as the musical "Wicked" graced the presence of the Benedum Center.

The musical "Wicked," is a beautiful rendition of Gregory Maguire's novel, "Wicked: The Life and Times of the Wicked Witch of the West."

This is a different side to the "The Wizard of Oz" as told from the eye of Elphaba, a green skinned, black hair girl with a future of becoming the Wicked Witch of the West.

The story starts with Elphaba's journey through college as an outcast because of her strange skin color. However, she excels in her classes of sorcery and learns to cast odd spells and eventually learns to fly.

Elphaba's perky roommate, Glinda the Good, also wants to be a part of the sorcery program, as well as strive to be popular and win over the affections of the pretty, party boy Fiyero.

While Elphaba and Glinda constantly compete over the attention from their professor Madame Morrible and Fiyero, the two gain a friendship.

However, through a series of terrible fates and choices made by both characters, the friendship is lost but still the minds of both Elphaba and Glinda.

Overall, with the ongoing lesson of choices and how power can make or break a person, "Wicked" shows the happiness and sadness relationships have and that things can change by the power of the choices people make.

This musical was brilliantly performed by both the cast and its orchestra.

To bring the world of Oz to life, different types of dramatic, magical elements were used. Waves of fog covered the stage as brilliantly cos-

tumed flying monkeys jumped and danced around the stage.

Clock gears frequently move about and turn on the stage as scenes change while a giant dragon sits at the top of the stage and pierces the audience with angry red eyes. Finally a map of Oz with a glowing emerald city covers the stage as the curtain.

The music and lyrics of Stephen Schwartz, were performed beautifully by both the cast members and the orchestra and kept the audience entertained from beginning to end.

The main characters, Glinda and Elphaba, were played by actresses Gina Beck and Alison Luff.

Gina Beck triumphs in her role as Glinda with her crystal tiara and the array of brightly colored outfits and shoes to portray a perky, rich girl that strives to be the one everyone looks at.

She uses this perkiness to perform the song "Popular" and in teaching Elphaba how to get attention from others by using the famous "toss toss" method, or the art of tossing one's hair over their shoulders.

While, Beck was perfectly costumed as Glinda, and looked radiant ascending from the stage in a medal device used as her traveling "bubble," her perkiness and the giggles that make Glinda's character needed to be toned down.

However, her operatic voice made her shine as she sang "No One Mourns the Wicked," and the upbeat songs like "Thank Goodness" and the famous song "Popular."

Playing the role of Elphaba, Alison Luff was by far the star of the show. With her perfect laugh as the wicked witch and outstanding acting, Luff succeeds in becoming her role as the green-skinned outcast.

Luff's voice could be heard throughout the Benedum as she sang



'Wicked' draws a crowd at the Benedum Center in Pittsburgh. © RITA VINSKI

songs including "The Wizard and I" and "As Long As Your Mine."

However, Luff's shining moment was at the peak of the musical as she was raised into the mist of fog and lights singing "Defying Gravity."

Her performance of this most famous song was outstanding and left the audience silent until the end. This song earned her a standing ovation and had the audience talking about it well after the musical concluded.

At the end of the musical, both girls came together to sing the final song "For Good." The song, like many of the others, left the audience in amazement.

As a whole their last performance of the night was strong and beautiful. However, Beck could have harmonized better with Luff to make the song even stronger.



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Beating the winter blues

BY MEGAN POLAND

During winter it's not uncommon for people to be lazy and sleep more; however, this may be more serious than it seems.

Seasonal Affective Disorder, or SAD, is a form of depression that affects people during winter months. It is similar to depression in the sense that an individual loses interest in activities and is grumpy, sad, or anxious.

Dr. Janet Gates, a psychology professor at La Roche, said that individuals with SAD always want to sleep and eat a lot of carbs. "Basically,

you're looking for a change in eating patterns," she said.

The professor said that Pittsburgh, Seattle, and other places that tend to be cloudy have higher rates of SAD. She said it's not the cold that makes people feel depressed, but the lack of sunlight.

She said the brain produces melatonin, which is the chemical that makes people tired. "The thinking behind Seasonal Affective Disorder is the decrease in light, because of it being so cloudy, makes us start to create more and more melatonin,"

Dr. Gates said.

Dr. Gates said there are several ways to improve the mood of individuals suffering from SAD or a minor case of the winter blues.

The University of Pittsburgh graduate said a light box can be used to improve one's mood; however, they can be costly. "They recommend you sit in front of your light for 4 hours a day," she said.

Gates also said exercise is important; although motivation might be hard to find. "If you can force yourself to go get exercise on a regular

basis," she said, "that really helps a lot."

Dr. Gates said going outside on sunny days is beneficial. "This is actually my favorite treatment: vacation in a sunny climate," she said.

Winter 2013-14 has given Pittsburghers a taste of bitter weather that hasn't happened in 20 years. Stay bundled up, but don't shy away from the sun's rays. Just remember: only 5 more weeks until spring.



Days after a winter storm, the college remains covered in snow and salt.

© RACHEL SPONTAK

What people love and hate about winter

BY TARIQ SHABAZ

Love

Kevin McCarthy	The long break from school
Brian Mertz	The holidays
Dr. Janine Bayer	Drinking Kahlua & Cream by the fire
Prof. Mark Dawson	Having Kahlua & Cream by the fire with Dr. Bayer
Jessica Seidl	Sledding and playing in the snow
Jonathan Mancuso	The Christmas and Thanksgiving themes
Kurt Hoover	Holidays, the snow and seeing and being around family
Julianna Sacco	Sledding, snowboarding, hot cocoa, and having fun
Barbra Bensics	Snow covered Saturday mornings
Doctor Abbot	The snowy scenery
Rachael Duffalla	My birthday is the first day of winter, Christmas is my favorite holiday, being with family, and the scenery

Hate

The cold weather
The snow, the cold, too windy and too long
The biting cold wind
Driving on nasty roads
Driving when it's icy
The cold weather
Having dry hands
The wind
Icy roads
Driving on ice
Driving on the icy roads

Student reflects on combat experiences

By ROBERT ZIMMERMAN

A faint bark is heard in the distance... it's obviously the bark of a dog, which is something that wouldn't bother any normal person. Nonetheless, there is a speedy shift to the noise through the NVG's (Night Vision Goggles). Nothing out of the ordinary. Here we are... pulling watch on a mountain in Afghanistan.

To this squad of soldiers, a simple bark of a stray dog, or even a mere unsteady rock slipping down the mountain in the distance, is a worry. Any noise is a concern, seeing as it may mean life or death. Think about that—this is serious stuff. Pure darkness besides the stars and moon in a cloudless night makes the circumstance quite unpredictable. The stars look more beautiful than any ever seen before. It's strangely beautiful considering the dangerous territory, for the appreciation of beauty is still a back thought.

Closer to us, however, we are surrounded by rock, dirt and trees. When not looking into the sky we are peering into the valley and foreign mountain ridges. This doesn't seem so bad when you're bounded by the closest friends you will ever have in your life; people you trust with your life and consider your brothers.

Yet, besides the paranoia, our only other worries are the snakes that sneak their way into the vicinity. Deadly by strike, these snakes just so happen to be quite more stealthy and inconspicuous in comparison to our enemy. But in regards to the enemy, this isn't our first scenario

like this.

We understand our enemy. We are experts. We are Sappers; Combat Engineers who have mastered the art of patrolling, demolition, and other styled tactics. The first in clearing the way and last to leave. And here we are. Nonetheless, we understand we are human, not invincible, and have come to terms with the fact that this could be our last sight, right here in Afghanistan.

Mindful of all noise, light, and movement, not for the sake of our lives, but for possible detection that would risk the mission. But prepared we are: the M249 SAW with 600 rounds is mounted up on a dirt stoop, as well as all personal weapons carried by everyone individually; M4's, M240's, C4 explosives, and grenade launchers. That will do.

We are split up into two groups: one group sleeping against nearby trees (some of them intact while others blown apart), as the other group, including myself, keeps watch, always having an earpiece to monitor the radio for mission alert and variation. This ensures that a fresh set of eyes are always scanning the area. In an hour's time, we are to switch groups already having been 3 hours at this point with bare minimum talking.

And here we are... sitting in the darkness, scanning the area. Silence only broken by dogs from nearby dwellings with a sporadic bark. Every time this happens we scan the area where the noise came from. But

at their best, NVGs cannot provide the normal vision of 20/20, but instead only 20/25 to 20/40, and again, this is at their best.

We rely on optimal illumination and high-contrast targets or scenes. It's a green, fuzzy image, almost like most of those Call of Duty games but not so clear, but it doesn't matter. We make due being equipped with night vision goggles, helmets, sighted and highly accurate weapons, and soldiers, so that we can operate 24 hours a day like the true Sappers we are.

We are in the Paktika Providence and, even by Afghan standards, it's an impoverished part of the country. We are in tracts that have stories and blood behind them. These previous soldiers obviously have endured enemy contact and more casualties from enemy fire than any other location in the country. But we didn't need to learn that prior to being here like we did. Even in darkness with just the moon, the visual is enough.

The damage that's been placed here is visible and, believe me, you can feel it in your stomach. On a border of Pakistan, it is said to have the most contact with enemy forces, and not just in the form of IED's (or improvised explosive devices), but also in form of its actual direct fire contact with the enemy. Craters in the ground, trees and branches blown apart by RPG's and AK47 rounds, empty shells and magazines, too, lie on the ground, all with a horrific story to tell. But these are things no one

speaks of, though we all visualize the hardship of our battle buddies. We take our time to sleep. For us not doing so and on watch, we cannot talk. We can only take our time to think.

There are thoughts of family, friends, good food, baseball we used to play at the field growing up while chewing Big League gum by the bag, and thoughts of the ironic freedom we no longer have, but currently fight for.

But what if I went to college instead? The beer pong and the parties and girls. Thirsty Thursday would be nice, seeing as this Thursday night I'm sitting in a ditch in currently one of the most dangerous parts of the world. Even reading a book besides the Bible (which is all I read these days) would be special to me right about now. Maybe that would be nice...

In mid-thought, we take fire and tracer rounds are seen shooting into the valley which is no longer lit up by just the moon, but now also by the explosions and firepower. Flares that are used to see the enemy better, brighten up the sky that was once just full of magnificent stars. Terror reigns and yells of men are among the group now.

"Enemy 300 meters, 1 o'clock", someone yells.

Coordinates are transmitted over radio by roars.

Back to reality. Again... Here we are.

La Roche marketing club hosts memorial pool tournament

By TARIQ SHABAZ

Don Treser was a counselor who worked at La Roche for eight years and had a remarkable likeness about him that drew countless people who needed help to go see him as all sorts of guidance. Those who did know Don, or at least played pool with him, knew how lucky they were to know him. They cherished those times when he sadly passed away on August 9th 2011 after he fought a long, hard battle with cancer. Although Don is no longer with us, he is certainly not forgotten.

There are stories upon stories upon memories upon compliments that can be stacked a mile high about Don. Perhaps his best friend, soccer coach David Day, explains Don best. "I loved him, I really did, and I miss him every single day that goes by. I'm always reminded by him—I feel like he is still here."

"To this day I still talk to his memorial plaque, and I have his basketball hoop at my house and every time I'm shooting baskets I think of him. And seeing his daughter is really cool, they look so much alike. We had so many fun times. I'll never forget the time he took me for a ride on his motorcycle. It was the strangest thing but it was so much fun and something I look back on with a

smile. He was great guy—very down to earth and very accessible and he got the students to really open up to him."

Fellow counselor Laurie Arend said, "He was a super great boss; he cared about everyone he came in contact with and was always willing to teach and guide others. I'll never forget that year he passed because we had so many deaths who were so well liked and who meant so much. It was really hard to go through all that in such a short time."

Vice President Colleen Ruefle said, "I thought the world of Don, he was such a great man, and his passing was so unfortunate. He had great ability to get students to open up to him."

"I'll never forget years ago we had a student who was suspected of stealing from the college to buy drugs. I called him into the office and asked him if he was the one stealing for drugs and he denied it up and down and was very sincere. I believed him completely, but then the student went through a second questioning with Don and the next day he came to me and said, 'Colleen, he's lying through his teeth. I've been there, I can see right through him.' The next day the student came in my office

and admitted to everything. That was Don—he had such skill in what he did and I'll never forget that."

When it comes to dealing with the students, everyone knew he loved pool. It was his life. He connected to them through that pool table. This is why Marketing Club president Jonathan Mancuso created the Annual Don Treser Memorial Billiards Tournament.

"I created the tournament in his memory because he loved playing pool with all the students," Mancuso said. "I always felt as if that was the perfect way for him to get to know more about you. He was always positive and very friendly with everyone, and always encouraged students to remain proactive during their college years because their hard work will someday pay off."

"Along with being an inspiration he was an incredible pool player. He was what you would consider 'the one to beat' to prove you were just as good. The Marketing Club made the Don Treser Memorial Billiards Tournament a yearly event in memory of a great man who was a counselor, inspiration and a great friend."

Proceeds of the event are donated to the American Cancer Society in honor Don.

Currently in its third year, the first year \$250 and the second year we raised \$400 and the marketing club hopes to double that this year.

All students, faculty and staff members are welcome to participate, attend and help raise funds for the tournament and the American Cancer Society.

The Marketing Club will have several emails sent to everyone with additional information about the Don Treser Memorial Billiard Tournament all throughout February and March

Veteran Spotlight: Robert Zimmerman

Student has high hopes for the future after combat and college.

BY NATE MARSH

You'll see him walking to class braving the bitter Western Pennsylvania in a hoodie and a pair of shorts. "Is that guy crazy," you may think to yourself. The answer is no. He is a battle-hardened veteran, now a sophomore psychology major and member of the men's lacrosse team.

Robert Zimmerman is a graduate of Seton-La Salle High School and enlisted in the army directly after graduation in 2009. "I enlisted because it was something I had always dreamt of doing," he said, "being a soldier. I felt as though if I didn't do so, my life would literally be incomplete." After basic training, advanced individual training (AIT) in combat engineering and airborne school, Zimmerman was then assigned to the 82nd Airborne Division. It was then that he enrolled in Sapper School where he learned advanced combat engineering and was assigned to the 326th Engineer Battalion.

"A Sapper," Zimmerman said, "is a military engineer who specializes in field protection specifically involving demolition. They lay, detect, and disarm mines and clear the way for infantry groups." He takes great pride in his former career.

While enlisted, Zimmerman also became a member of the Army's combative team, exercising his will upon others in hand-to-hand combat, something many civilians think to be obsolete in today's modern combat.

There are four levels: level 1- 40-hour, one week course; level 2- 80 hour, two week course; level 3- 160 hour, four week course; level 4- Instructor course to instruct a master's level. "If all 3 levels are finished," Zimmerman said, "there is a chance to instruct/compete within the military on a competitive level within an intermediate/advanced level," which he, in fact, did. Friends of his on the lacrosse team have learned the hard way that, even after already being discharged for two years, he is lightning fast and an expert strategist in a friendly wrestling match.

Sometime during his military career, Zimmerman was deployed to the Paktika Providence in Afghanistan, a subject he is reluctant to speak about, and understandably so. One would be lucky to find a more humble person, es-

pecially considering the military résumé he has. He is not one to brag or show off, or even let people know he has been deployed—something many of his friends deem an endearing quality.

Zimmerman learned some valuable lessons while serving, a key one, he says, being "that family and friends are not appreciated enough."

"Little things like just driving around on a nice summer day with a girl in the jeep, or going fishing in peace. Be more appreciative, even if what you have is 'not a lot.' Everything has value. Everything means something and even the 'bad' things aren't so bad in comparison to war."

Freedom in the army is also something Zimmerman felt people took for granted before enlisting in the army. "There's not much freedom for a soldier," he said. "You're on someone else's orders and time."

Good food was hard to come by while in Afghanistan, Zimmerman notes, MREs, or Meals Ready to Eat, being the main staple for soldiers on the front lines, which are none too tasty. Zimmerman couldn't wait to gorge himself on his grandmothers cooking and candy when he got home.

There are obvious positives to be taken away from his enlistment, however. "My favorite thing about the Army would have to be the knowledge acquired," he said. "The opportunity to meet new people, learn how to be a true survivor, how to truly appreciate life and freedom, traveling and the chance to do things I will never be able to do again the rest of my life" were specifically important in his time in the Army.

"Lessons on loyalty, duty, respect, selfless service, honor, integrity, and personal courage are the Army values that I take very seriously even in the civilian world," Zimmerman said.

For the avid gamers who wonder how similar the Call of Duty franchise is to real-life combat and military conduct, Zimmerman said, "it seems that the basic respect and principle of the military lacks true meaning. Soldiers and teams do not move as one group and experience the comradery, and there is a 'respawn' that can take you to any predicament not realistic once you have



Zimmerman learned to appreciate friends and family while serving overseas. © FACEBOOK

died kind of disregarding how serious war can be. Health obviously works differently as well. Equipment is different (such as claymore mines that are actually always monitored once placed) and the simple things as to reloading a weapon even varies. Most things are not accurate in that game."

A subject that many people are concerned about in light of our reliance on our armed forces is how they are treated when returning to civilian life. It would seem for Zimmerman that there are few places better than La Roche for veterans to pursue higher education.

"Sheryl Lisco was my Veteran Advisor initially and she had been awesome and as helpful as I could have asked for her to be," Zimmerman said. "She was so awesome I was quite disappointed to have been forced to change to another advisor in accordance to my major. She informed me more than anyone else staffed at La Roche and knew everything quite well to relay information. She is why I chose La Roche, ultimately. She cares about the veterans and makes them know that she personally appreciates everything we have done. Not just because of her job position."

"Sharon Platt, the Director of Financial Aid happens to be one of the most patient, helpful, and friendly people I have ever met in my life. She sets aside time to always explain everything to me in depth so there is no confusion on my end to take care of school in the financial aspect of things. Understanding that I am a veteran, she always has amazing things to say in that regard, but it's not brought up much to be honest. She sincerely just cares about every single student with no bias. She knows times are hard for students whether dependent, independent, or veteran students and for that, there is always time to help anyone she can."

"I'm always sure to say hello to these two women. They are why I am here at La Roche, and not at another school. They have, in a way, changed my life and are why I have decided to graduate from La Roche."

Zimmerman is currently a contributing member of the men's lacrosse team in only his second year of participation. Upon graduation he plans on pursuing his master's degree in behavioral psychology, and eventually a career to work alongside troubled families and individuals with behavioral issues.



Zimmerman plays for the La Roche lacrosse team.

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"Lessons on loyalty, duty, respect, selfless service, honor, integrity, and personal courage are Army values that I take very seriously."

-Robert Zimmerman

Native poet visits La Roche College

BY RITA VINSKI

On January 23rd, La Roche College welcomed Pittsburgh born poet Joseph Bathanti to read some of his favorite poetry.

The reading was put together by La Roche College's Dr. Michelle Maher, a friend to Bathanti.

Dr. Maher met Bathanti in January 2013 when she attended Carlow University's week long MFA poetry workshop.

"Joseph was one of the teachers in the program," Maher said, "and he and I talked, he was just great—warm and open-hearted to everyone, plus a marvelous poet."

Dr. Maher explained that Bathanti had contacted her a few months back asking to do a poetry reading at La Roche College.

"He contacted me a few months ago and said that he would be coming back to Carlow in January to teach and then staying on in Pittsburgh for a few weeks to be the first scholar-in-residence in the Italian-American program at the Heinz History Center," Maher said.

"He wanted to know if we would be interested in having him come to La Roche to give a reading, and I jumped at the chance," she said.

Bathanti was born in Pittsburgh on July 20, 1953. He attended Central Catholic High School and from there attended California State College.

He eventually transferred to the University of Pittsburgh where he received a Bachelors Degree in English as well as a Masters.

Bathanti is currently the Creative

Writing professor at Appalachian State University.

The scholar said that his love for writing began in high school when the teachers were giving the students books to read.

"We had great teachers that started putting great books in our hands," Bathanti said.

Bathanti said that other things that inspired him were the "poetic music" that was coming out as well as the Literary Magazine that Central Catholic had begun to publish.

While at La Roche College, Bathanti read a variety of his work including short stories and his works of poetry.

Much of his work involves the life of a typical Italian American family.

While most of his work is fiction, Bathanti adds his personal touches to his work using the Italian American lifestyle he grew up in.

The work he read was a variety of subjects from family, religion, and inspiration from personal events.

One of the poems he read was entitled "Sainthood."

Bathanti said that the inspiration for this poem came from his growing up attending Catholic Schools.

"I wanted to be a saint," Bathanti said, "but the avenues that one had to course to achieve that were kind of disastrous because it seemed that something bad had to happen to you."

With laughs from the audience, Pittsburgh poet explained that after hearing the things that often happened to people that became saints

"I wanted to be a saint, but the avenues that one had to course to achieve that were kind of disastrous because it seemed that something bad had to happen to you."

-Joseph Bathanti

and went to heaven, were not appealing to him.

"I wanted to go to heaven," he said, "but I didn't want to get my head chopped off."

Another subject that Bathanti read during the event was basketball. He explained that he wrote a lot about sports, a subject many don't see in poetry.

"Poetry is congenial to all subjects," he said.

To conclude the reading, Bathanti was asked questions about his life as a Poet Laureate.

As a Poet Laureate, Bathanti visits many different places including colleges, nursing homes, and prisons to read his poetry and short stories.

One of his joys as a Poet Laureate

is working with returning veterans and combat soldiers in order to write about their stories of war.

"They give me so much more," Bathanti said. "That's a gift to me."

Many of the writers that inspired Bathanti include: Robert Lowell (whom he felt a strong kinship to), Jim Daniels, Sharon Olds, many of the Beat Poets, and of course Dr. Maher.

Alan Catozella, a student at La Roche College, found Bathanti's reading entertaining and personable.

"I found Joseph Bathanti to be very warm and humorous," he said, "and his reading of his own work was thoroughly entertaining, and it reminded me a bit of listening to the late, great Gene Shepherd."

Pittsburgh retains strong love for art

BY ALEXANDRA SETCHENSKA

The appreciation for art has had its highs and lows throughout recent years. Many college students turn away from art professions in favor of expanding majors such as accounting, marketing, and communications. Pittsburgh, however, has kept not only its appreciation, but also love and cultivation of the artistic talent.

On January 18, inside the Duquesne Club—an aristocratic 1873 building at the center of downtown Pittsburgh—Michelangelo Celli unveiled a stunning portrait of his father, made by Bulgarian artist Anastas Konstantinov.

Michelangelo Celli, Pittsburgh-born son of the internationally-recognized architect Thomas Celli, has a strong love for art. He discovered Mr. Konstantinov's work while on a business trip to Bulgaria, and was immediately taken in by the color and symbolism he saw in those paintings. Mr. Celli is an avid art collector and a management consul-

tant. After seeing the works of Anastas Konstantinov, he says he felt compelled to bring this treasure to the United States. Mr. Celli drew up a plan on how to bring the Bulgarian artist to the U.S., and in 2012 Anastas was painting at the Ice House Studios in Lawrenceville.

Those familiar with Mr. Konstantinov's work can recognize his style from afar—his paintings are surrounded by symbolism, and veiled in mysticism. The colors accentuate the images, which are never simple or straightforward. His work is abstract, but he was trained in the classical arts. Thomas Celli's portrait has all of those elements, but it only takes one quick look to know that it is indeed his own image.

During his stay in Pittsburgh, Anastas became close friends with Mr. Celli and his family. It was, and continues to be, an unusual friendship; when they met, Mr. Konstantinov barely knew any English, and Mr. Celli knew nothing about the

Bulgarian language. With few interpreters, the pair eventually started understanding each other on a different level. Having Anastas paint in Pittsburgh, Michelangelo felt inspired to start his own paintings. Mr. Konstantinov painted for three months in Pittsburgh before returning home.

During his stay, Anastas produced a number of works, which he says were inspired by the move to America. Other elements that inspired him included the bridges of Pittsburgh, the buildings, and the overflowing diversity. Mr. Konstantinov admits that he was surprised of the city's appreciation and cultivation of art.

Michelangelo Celli says, "When I asked Anastas to paint a portrait of my father, he laughed and told me 'If you were asking me to paint you, I would make something so crazy—but for a man such as your father, I will paint something classical'"

Currently, Mr. Konstantinov is in Bulgaria, and continues to work

with Mr. Celli on returning to the U.S. to continue their project.

Anastas' American collection

of paintings can be viewed at

anastasgalleryusa.com.