



La Roche expels two students caught with pellet guns

BY MEGAN POLAND AND SARAH REICHLE

La Roche College expelled two students after police caught them shooting pellet guns at each other on campus.

According to the police report, Haotian Liu, 21, and Dixiaonan Zhou, 23, were firing pellet guns that looked like real guns near the book store and Bold Hall parking lot. The pellet guns' caliber looked similar to a .22 caliber gun, the police report said.

Colleen Ruefle, Vice President for Student Life and Dean of Students, said, "Neither of them are students anymore."

McCandless Police charged Liu and Zhou, who lived off-campus in an apartment complex, with first degree misdemeanor for weapon possession on school property and disorderly conduct.

According to the police report, La Roche's Public Safety department

called McCandless Police shortly before 4 pm on March 24, 2014. When officers arrived, Liu and Zhou were sitting in a vehicle in the Bold Hall parking lot. After removing them from the vehicle, officers quickly disarmed the students and took them into custody.

"The McCandless Police responded very quickly and took it very seriously," Ruefle said.

David Hilke, the Director of Public Safety, said a witness informed Public Safety of the incident.

Hilke said, "My department is trained to handle all emergency situations and incidents that may occur on campus."

A La Roche student, who wishes to remain anonymous, said he witnessed the incident. He said he was behind the book store with his friends when the two men began shooting their guns.

"They started firing but we could tell right away that they were BB guns just by the sound," he said. "Plus, they were laughing."

The anonymous student said he didn't take into consideration that they could be in danger. He said there were about six people outside when the incident occurred and none of them seemed to care.

Ruefle said that in light of the Franklin Regional tragedy, incidents like these should be taken seriously. "It shows how different people react to things," she said.

Hilke said Public Safety was prepared for a situation such as this. In February 2013, Hilke presented an active shooter seminar on campus.

"This seminar was presented in conjunction with the McCandless Police," The Director of Public Safety said.

He said the seminar discussed Public Safety's role in the event of an active shooter or weapons policy violation. At this seminar, he also presented an updated policy on the possession of weapons on campus.

"Within the last 10 years, we've probably had about five weapon violations," Ruefle said.

La Roche College's Firearms and Weapons policy prohibits all firearms and weapons on campus, which includes college buildings, grounds, and any vehicles parked on campus. School policy prohibits firearms even if you have a valid permit.

This policy affects all students, employees, and people visiting La Roche. Violation of the school Firearms and Weapons policy can result in the McCandless Police Department getting involved.

Commencement speaker and Pittsburgh hero emulates La Roche's message

BY NATE MARSH

Charlie Batch, the eleven-year Pittsburgh Steeler, will honor La Roche as the commencement speaker for the 2014 graduating class on May 3rd.

His playing career may be best known for his 2012 game-winning drive against the Baltimore Ravens in the final start of his career, but his impact on the Steel City is much bigger than a mere football game.

"It is a tremendous honor," Batch said to being chosen to speak at La Roche's graduation ceremony. "They had the choice of many, many people and they came to me."

In order to understand Batch, his story begins prior to his NFL career while enrolled at Eastern Michigan University. On February 18, 1996, a date he will never forget, his sister Danyl was murdered in their hometown of Homestead. The once bustling steel town of Batch's youth turned into a nightmare for him. However, this tragedy led Batch to want to be the catalyst for change in his community.

His dream was fulfilled when he established the Best of the Batch Foundation, an organization annually reaching out to over 2,300 youths and their families in five counties of Western Pennsylvania annually. The Foundation's mission states, "Our goal is to provide financially challenged youth and their families the purpose, desire and resources to give their best efforts in all they do

throughout their lives.

He first got involved serving the youth of Michigan through the Wolverine Human Services, an organization that directs less fortunate children toward success. He vowed that if he could help his hometown in the same way, he would. At first, that effort proved to be a challenge.

In the 1998 NFL draft the Detroit Lions selected Batch in the second round, and Batch wasted no time in establishing the Best of the Batch Foundation in 1999. Despite the 285 miles that separated Detroit from Pittsburgh, Batch knew the importance of getting his Foundation off the ground, saying, "I wanted to see it happen because I am one of those kids. This is something that, for me, wherever things take you, never forget where you're from."

After an injury-plagued career in Detroit, fate stepped in and his hometown Pittsburgh Steelers signed him as a free agent in 2002. Not only was Batch nearer to his family, but closer to the foundation that he created. "I never thought I would I would be there for eleven seasons," he said. Having the opportunity to play in his hometown gave him the ability to have hands-on interaction with those he helps.

He does not hesitate to attribute his success, in large part, to the NFL. By playing professionally, he acquired the means to have the kind of impact he wanted to see in his com-



2014 commencement speaker, Charlie Batch © BATCHFOUNDATION.ORG

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munity. In 2002, the foundation really gained ground thanks to the media. "They knew the kind of work we were doing," Batch said, "and they saw how long we had been doing it. That attention started growing the organization even more."

The Best of the Batch Foundation now serves the youth of Western Pennsylvania through many programs, like Batch-A Toys, and BatchPacks for Kids. His favorite of these projects, however, is Project C.H.U.C.K. (Continuously Helping Uplift Community Kids) where other Pittsburgh-area athletes, like

Dejuan Blair and Terrelle Pryor, often participate.

Project C.H.U.C.K. has the most participation in a single project, serving 530 kids for eight weeks of basketball camps with daily study halls for its members to read and have group discussions on assigned books. Believe it or not, despite being a fourteen-year NFL veteran, his favorite sport is basketball.

One of the ways that Batch involves youth is through athletics. Batch is familiar with La Roche's campus, holding several basketball clinics with kids in his organiza-

tion, some of which have played collegiately at La Roche. Batch fosters his connection and caring for the youth by frequently attending games throughout their careers.

"Having people believe in them," is the single biggest thing these different initiatives can do to help the kids, Batch said. "We continue to push these kids beyond their expectations."

Having such a big hand in bettering the situation of thousands of kids can wear a person down, but "seeing the smiles on the kids' faces" makes it all worth it for Batch. "No matter

how tired you are when you see the smiles on the kids' faces, you know it's all worth it."

"He is a real example of someone who has given back to his community," President of La Roche Sister Candace Introcaso said, "and that is why we wanted to honor him with an honorary degree and invite him to address our graduates." Through all of his unending philanthropy, he embodies La Roche's message to be the best for the world.

You can learn more about the Best of the Batch Foundation on their website, Batchfoundation.org.

Students prepare for upcoming graduation

By RACHEL SPONTAK

"It is easier to go down a mountain than up, but the view is always best from the top," said an unknown source.

College is a challenging journey, but there are plenty of students who have just about made it to the end. After four years of seeing the same people, pursuing their passions, and working hard, many La Roche students are busy preparing to graduate this May.

Dylan Thomas, a national security major, is using networking and job searches to start his career. He said he's excited for what his future holds. "My plans are to just get started on my own and start life. I'm most excited about living life, being independent, and doing my best," he said.

Tariq Shabaz said he is waiting until the last minute to get ready for graduation. "College taught me how to do that," Shabaz said jokingly. "I want to focus on learning the trades, I hate not knowing how to do or fix something so I try to learn as much as possible." He said he hopes to work in Admissions at La Roche in the future.

Communications major Andy Eisenbarth has been spending a lot

of time sending applications to potential employers. "It's a scary yet exhilarating thought that all of my fellow classmates and I will be out on our own," he said. "I have a summer job with the Pittsburgh Pirates, so I'll have some time to secure a full-time job." He is working hard to pursue a career in the sports industry.

Bethany Stercho said she's trying to get ready to graduate, but has a lot of class work to catch up on. "I really wish teachers would learn to spread out the work load throughout the semester better," she said. She also said she's looking forward to being close to her family and boyfriend when she graduates.

Education major Christiana D'Agostino is busy student teaching and building her portfolio. "I'm most excited about getting a job and starting a career. I'm not excited about the process of searching, though," she said. She is working to obtain her ESL certification soon.

"I'm preparing with all prayers since it's all I have," design student Matt Puwalowski said. Instead of focusing on the future, he's focusing on what he's currently working on. "I am focusing on doing what I need to do, because I know if I just

keep taking it as it comes, I'll eventually graduate," he said. "I'm ready to have a chance to get back to me and advancing to that next stage in life. I want to find a balance of working somewhere and developing my lawn care business."

Brandon Schrecengost, another communications major, has been working on his résumé. "I'm excited to make money," he said. He's trying to find a job in sports, preferably football. He said he doesn't feel fully prepared for graduation yet. "Nobody ever feels completely prepared," he said. "I'd say after the past couple of weeks of being very active at the school, though, I feel better prepared. Cruise control gets you nowhere, but being active does. I've been on both sides."

Even though most students are looking forward to graduating soon, they've expressed how much they will miss their fellow students and professors. Tariq said, "I will miss everything and everyone."

Students like Jeff Kustra took some time to reflect on their memories of the time they spent at La Roche. "I liked the smaller classes, some of the great teachers, and the closeness

of the campus to my home," Kustra said.

Puwalowski said his best memory was working on the Shared Borders, Shared Dreams project with his fellow graphic designers. He also said that having an internship has helped prepare him to join the workforce.

"I think I will miss the friends I've made and the professors and other staff. It's wonderful how close everyone is at La Roche. I love small schools because you definitely get to know your classmates and professors personally. I think it's extremely helpful to have that," D'Agostino said.

Schrecengost has a few memories with friends he's fond of. "My best memory is either cross country or Whose Line," he said. "I will miss my friends," Schrecengost said. "I'll miss being on stage with the guys making people laugh." He said he hopes to keep in touch with his friends from school once he graduates.

Every student has had their ups and downs throughout their time spent at school, but most are ready to close the chapter of their college lives and move onto the next one.

Student athletes have to say goodbye

By NATE MARSH



The lacrosse players takes a team photo.

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Graduating college is one of the biggest transitions in a person's life. All of a sudden the real world comes knocking and there isn't much anyone can do about it. A life dedicated to school is over and friends go their separate ways. This is the life of every college student, but imagine if the end of undergrad could be scarier.

For NCAA student-athletes, it can be. While non-student-athletes have to give up their school friends, their routines, and the area they have called home for four years, student-athletes give up quite a deal more.

A sport that they have sacrificed for and dedicated years of hard work towards is suddenly taken away from them. Their teammates who have become members of each other's family are not around anymore. The coaches who have been pillars to their development, both on and off the field, take on new young minds to mold, and the graduates brave the world on their own.

"I think student-athletes have a harder transition after graduation than non-athletes because athletes are used to a team environment," Domenic Sacco, a senior on the men's lacrosse team said. "They are always with each other, so post-graduation can be tough without them."

This fundamental piece of life for many can leave quite a void. For years these student-athletes' lives have revolved around their sport, often acting as an escape valve from the stress of their normal lives.

"Becoming an NCAA student-athlete was a major factor for me when searching for schools," Sacco said. "Coming out of high school all I wanted to do was play lacrosse in the NCAA."

Sacco is going into his last week as a lacrosse player. Sunday, April 27 will be his last time throwing on his helmet and gloves in a school-sanctioned event. Sacco played his high school ball at Schaler High School almost nine years ago. He was a member of the inaugural season for the men's lacrosse program, so connections with the program he helped build are certain to make the transition after college more difficult.

"Going into the last week of my career my emotions are mixed," Sacco said. "My thoughts are that I need to play my best each game and just have fun and enjoy the ride. It's going to be sad once it's over." For Sacco, dwelling on the end of an era serves as a distraction. He wants to take as much in of his time as an NCAA student-athlete as he can before the dream is over.

"It's going to be hard not being a part of team that you have been with since the start of my college career," Sacco said. "Come September, it will hit me that I'm not going back to school. In January it really will hit me that I won't be playing another season."

"To fill the void of not having lacrosse anymore is going to be difficult," Sacco said. "It's been a part of my life for so long that it is going to

be very hard to find something to replace it. But a start will be to coach the game so that others can enjoy it."

Besides having the opportunity to represent your school and your family in college athletics, Sacco noted that another benefit of belonging to a team in college being that "I already had a group of friends and a support structure. Also being on a team kept me out of trouble and kept my grades up." Student-athletes have a reputation for being jocks, not caring about school and acting superior to others.

Sacco also finds that his time as a student-athlete has benefits in the real world "Going into job environment," he said, "I believe we are better prepared because we are used to working together as a team."

Looking back over his career at La Roche, Sacco has a few regrets. "When I was a freshman," he said, "I wish I would have taken it more serious and prepared my body more. Four years of college lacrosse is rough on the body."

Chloe McGinnis, a freshman on the women's soccer team, has three more years of eligibility left as a student-athlete. "I feel like post-graduation life will be twice as hard for athletes because not only are you leaving behind the leisure life of not having a serious job/career, but also the intensity and beauty of the game," she said.

"I love playing soccer; it's one of the best parts of my life. Not having

a team to play with or a game to be in officially is a rough thing to think about, and I know almost every college athlete feels this way. Leaving behind something you put so many years of hard, determined work into is rough."

Like Sacco, McGinnis had a burning desire to continue playing soccer at a higher level. "I had sent emails to about 30 college coaches seeing if they would come see me play," she said. "I spent months and a lot of hours traveling to meet with different coaches and visiting different teams. I just really wanted to play soccer. I was more excited to commit to a team than actually being accepted to enroll in a college."

Only in her freshman year, she has already seen the benefits of being involved in college sports. "It was easier to make friends, because the first week of school I already knew the entire women's team. It also helps me manage my time, but it mostly helps with stress. For my major, I have absolutely no wiggle room for classes, so I will always have exactly enough credits, or a credit over load every semester."

"As a freshman, I have a lot of work to do, which often leaves me stressed. Playing soccer is my best form of therapy, so it always makes me feel great, and having the opportunity to play it every day just makes the whole college experience even better."

For some student-athletes, the realization that eventually their careers will come to an end doesn't hit until the start of their last semester. Others, like McGinnis, look a little bit ahead.

"I started to think about my tenure as a student-athlete coming to an end right after the fall season ended," she said. "It terrified me a lot because playing soccer is one of the best parts of my life and thinking about not being able to play is very upsetting. However, it also makes me want to work twice as hard and make the time that I'm able to play really count."

To other student-athletes that have a few more seasons left before the college dream runs out, like McGinnis, Sacco says to "use your time wisely. And that goes for homework, sports, family, friends, and just enjoy the college experience. Because it only happens once and it's over in the blink of an eye."



Matthew Puwalowski poses for a photo during the Letterpress Workshop hosted by Big Press Little Press and the AIGA Student Group. © MARIA VUJEVICH



©RACHEL SPONTAK



Bethany Stercho poses for photos for her LinkedIn profile. ©MARIA VUJEVICH

"I am focusing on doing what I need to do, because I know if I just keep taking it as it comes, I'll eventually graduate"

-Matthew Puwalowski

Faculty Marshal selected for Commencement

By RITA VINSKI

Psychology professor Doctor Janet Gates has been selected to be Faculty Marshal for the second time at the May 2014 Commencement ceremony.

Gates was Faculty Marshal in 2005.

Faculty Marshal, chosen by the year's senior class, is selected to represent them at the Commencement Ceremony in May.

She was chosen out of the faculty members at La Roche College.

"The fact this came from the student body is so meaningful and this is such an honor," Gates said.

Gates explained that she will carry a mace during the procession of the students and will give a speech that represents the faculty during the ceremony.

"They have this big mace that I have to carry during the procession," Gates explained. "It looks like something you would kill with in 'Game of Thrones.'"

Gates explained that it is such an honor to receive that recognition from the senior class.

"To me, the reason I do this work is because I love working with students," Gates explained, "and I take a lot of time trying to mentor students

and the facts that students chose me... I'm totally thrilled!"

Gates has been teaching psychology at La Roche College since 2000.

The psychology professor received the Brother Gregory Nugent F.S.C. Award for Teacher Excellence in 2004.

Gates is a member of the APS or the Association for Psychological Science.

The professor is also a member of the Society for Research in Child Development, the American Psychological Association, and the Society for the Teaching of Psychology.



2014 Faculty Marshal, Dr. Janet © LA ROCHE.EDU

Meet the senior writers

Nate Marsh, Editor-in-Chief

BY TARIQ SHABAZ



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Nicknames? Muscle hamster, intellectual muscle hamster, Rainman, Wikipedia, Bam Bam, Ellen (don't ask), Rege, Rudy, Bandaid, Turk.

Favorite thing about your time at La Roche? Being able to build a lacrosse program from the first year. That's something not many people get to say they did.

Why do you enjoy writing for the Courier? I think the biggest reason is because it gives me the opportunity to get out there and meet new people and gather all the information I can. I never want to

Tariq Shabaz, expert interviewer

BY TARIQ SHABAZ



© TARIQ SHABAZ

Any nicknames? Garland

Favorite thing about your time at La Roche? Everything!

Why do you enjoy writing for the Courier? I just find it relaxing and fun and a great way to meet people and make people realize that others are interested in what they have to say.

5 year plan? Learn all the trades because my goal is to someday build my own house.

Favorite band? Theory of a Deadman, Blink 182, Dustin Lynch and too many others to count!

stop learning and writing.

5 year plan? If international travel somehow becomes affordable, I'll be traveling everywhere I possibly can. But realistically, I would like to have a food or sports writing job somewhere.

Favorite band? There's too many, but The Clarks are always near and dear to my heart. They're an amazing Western PA band that has been around forever with no sign of slowing down.

Favorite movie? Star Wars.

One thing you wish La Roche had or could improve on? Since they already started a turf field, I wish they would intensify their study abroad programs where you can study a whole semester abroad.

Rachel Spontak is? A God-send.

Tariq Shabis is? Fishing or compliments (just kidding) but he is a great contributor for The Courier.

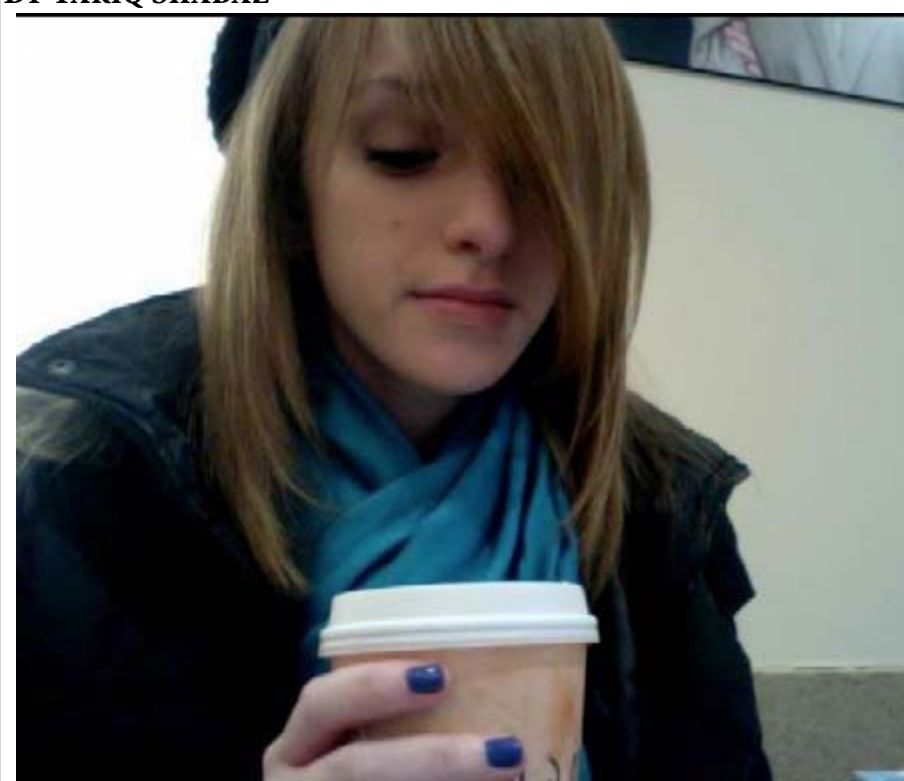
Ed Stankowski is? La Roche's most interesting man.

Best advice ever given? Never stop.

Best advice to give to underclassmen? Take advantage of every opportunity you can. You may think college should be like Animal House, but trust me, it shouldn't.

Rachel Spontak, layout designer

BY TARIQ SHABAZ



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Nicknames? I don't really have many nicknames. I have a few friends that call me Intern because I met them while I was working my internship. Some people call me Trash Boat because of the show "Regular Show." I started calling myself Trash Boat first because I really connected to that episode, and now a few (very few) people refer to me as that sometimes.

Favorite thing about your time at La Roche? Switching my major and being greeted with open arms by the English department was one of the best experiences I had. I've enjoyed my last year and a half here more than I ever thought I would.

5 year plan? I plan on getting a full time job and moving out in June or July. I'm going to get married and just work on working my way up the ladder until we can afford a house. I just want to have a good job, cats, and a place to live.

Favorite band? When people ask me what my favorite band is, I freak out a little bit. I love so many bands. Music is kind of my thing. I guess Iron Maiden is tried and true, and they'll always be my overall favorite. Right now I've been listening to a lot of Aesop Rock, though.

Favorite movie? Another one of those questions I never know how to answer. I guess Hot Rod with Andy Samberg is definitely up there. I love Lord of the Rings and the new Batman movies, but I think I've seen Hot Rod about 50 times

One thing you wish La Roche could improve on? If I had to pick

one thing for La Roche to improve, it would have to be offering more classes at more times. There were some semesters where, being a commuter, it was a pain to schedule my classes close together. I'd be at school for almost 12 hours and only have two classes, but I couldn't leave because it would be a waste of gas. I just had to sit there and wait for my night class to start.

Nate Marsh is? Awesome. He inspired me to work for the Courier, and without him, there wouldn't be a Courier anymore

Tariq Shabis is? Cool as well. It's awesome that you can get to know someone just by reading their articles that they submit to the paper. I think he has shown more enthusiasm for the paper than most English/professional writing majors do, and I applaud him for that.

Ed Stankowski is? One of the best professors I've had while at La Roche. He pushed me to do more, and without him I wouldn't have had the amazing opportunity to work with the school newspaper!

Best advice ever given? I'd have to say some of the best advice I've ever been given is to believe in myself. It's really important to have goals and to believe you can reach them, otherwise you just get stuck in the same spot and never move forward.

Advice for underclassmen? Do what makes you happy. If you aren't happy with your major, drop it! Seriously. If you graduation from a program that you hate, how happy do you honestly think you're going to be working in that field?

People

The La Roche Courier ■ April, 2014

A nun's journey; meet Sister Karina

BY SYDNEY HARSH

This is not a story about your stereotypical nun's journey through life, but rather a story about a nun who refuses to let that stereotype prevent her from pursuing her dreams.

Sister Karina Conrad is passionate about helping the community, working for the Mission and Ministry department on campus, praying, and going to church. However, she still lives a life of her own just like the rest of us.

Who would have ever thought that a group of Sisters could inspire someone to commit most of their life to God? For Sister Karina this was just the beginning. At the age of 17, she met with her very first group of Sisters, who inspired her to become more at peace and closer to God. The Sisters she met with were beyond joyous. She asked herself, "How could they be so joyful all the time?" As she became closer with that first group of Sisters she said, "They wanted to help people all of the time. It made me want to also make a better place out of humanity." With such a commitment ahead of her, Sister Karina continued her journey to becoming a nun.

A few days before her first profession of vows, Sister Karina knew that she would be faced with many obstacles. Some of those obstacles were harder than others, but that did not stop Sister Karina. Two days before her vows her mother decided to visit. However, tragedy struck. Upon her arrival, her mother fell in the airport, breaking her back. Fear, panic, and shock formed an expression so deep on Sister Karina's face. And her big brown eyes grew in size, due to the shocking tragedy she witnessed. The thought of whether or not her mother would make it to the ceremony crossed Sister Karina's mind several times. Her mother wanted to be there for her daughter's big moment. Not even a broken back would stop her mother from missing her daughter's first profession of vows.

She had support from her family, especially her sister Jenny, who stuck by her side from the very beginning. Sister Karina is very grateful for her sister. Today, they are extremely close. She said, "Our relationship continues to grow as each day goes by. We eventually began to realize that it would be just the two of us when our parents die, so we need to be able to support each other all of the time." With the help and support she received from her family, she began her journey to becoming a nun in the community of Sisters of Divine Providence.

The feeling of nervousness as well as peace raced through her 5 foot 5 inch tall body. There were three stages to becoming a Sister. The first, was to meet with a candidate. Here, she got to know a candidate from her community of choice, learning about life as a nun. One thought kept

crossing her mind, she asked herself, "Am I making the right choice?" The novitiate, a two year process as well as the second stage of nunnery, was where Sister Karina learned the most. "It is a time of learning, a time of developing an even closer relationship to God," she said, "it is also a time when you learn more about the Sisters and their history." It was all happening so fast. It was time for her to start the third stage, temporary vows or better known as her first profession of vows.

Sister Karina started to piece together all of the thoughts in her head, eventually coming to the conclusion that becoming a nun was her calling. She said, "It felt good to be called Sister. It was me." Being a nun is a big responsibility, but it brings her joy to her pale complexion to know that she can be sisterly to almost everyone. She knew that being a part of the Sisters of Divine Providence was a good fit for her. She was happiest in the environment of the Sisters of Divine Providence. "I get to enjoy what I do all of the time," she said. Living in an environment with other Sisters creates a loving and caring environment for Sister Karina to live in.

However, sometimes she needs to take a break from her hectic life as a nun. Luckily, the Sisters of Divine Providence do a week long retreat each year. During this retreat, each Sister takes a week off. She said, "It's like a mini vacation. You get to take a break from your life and actually take time for yourself." Praying in silence and reading scriptures as well as spiritual readings allows Sister Karina to fully relax, taking time for herself.

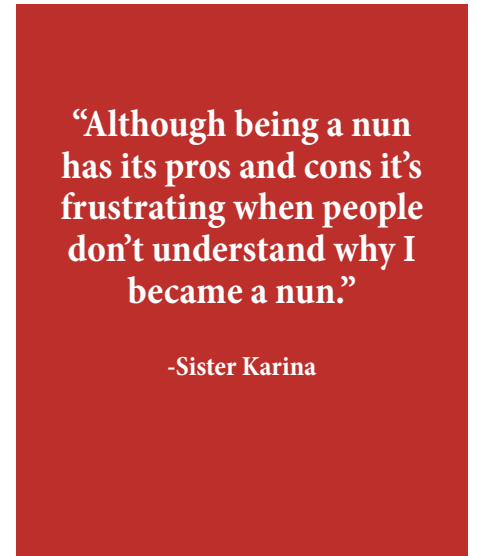
"Although being a nun has its pros and cons it's frustrating when people don't understand why I became a nun," she said, "but, everyone at La Roche seems to get it. They understand." When she becomes overwhelmed and frustrated from people misunderstanding her life as a nun, she knows she can always look to her support group for a shoulder to lean on. Her support group consists of three to four nuns who meet with her daily. They are always there for her through thick and thin. "I can share my heart with them and they get what I'm going through," she said, "they mean the world to me. They are my best friends."

Even though, there are a few cons to being a nun, such as not having a car or house of your own. Sister Karina makes the best of what she has. "Sometimes I wish I could have a house or car of my own, but that takes payments," said Sister Karina, "When you live in a community everything is in one big pot. If a sister needs money for medicine, a haircut, etc. they just take it out of the pot, whereas with a family everyone is pretty much on their own." It is clear to Sister Karina that these so called cons are not really cons. Instead,



From left to right: Sister Karina, Sydney Harsh, Stephanie Wizorek, and Sister Elena Almdarez.

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"Although being a nun has its pros and cons it's frustrating when people don't understand why I became a nun."

-Sister Karina



Sister Karina ©SYDNEY HARSH

they are more of a benefit to her.

Looking back to her younger days, she sees what really benefited her. She benefited greatly from working with a variety of different youth groups. The children in the youth groups made a difference in her life. Those children still keep in touch with her today, allowing her to remember why she became a nun in the first place; to make the world a better place and to help those in need. She said, "It's the small things in life that make a difference." Knowing that she made a difference in those children's lives makes her feel beyond appreciated. That feeling of appreciation allows Sister Karina to forget all of the negatives, and focus more on the positives.

For Sister Karina, those positive moments impacted her. She would never go back and change anything in her life. "Those moments changed me, making me who I am today," she said, "why would I want to go back and change what made me who I am today?" But, there is one thing that Sister Karina would love to change. Since her entire family lives in Florida, she wishes that her family were a lot closer to Pittsburgh. However, she tries to not let the distance between her and her family bring her down. Yet, sometimes she wishes she could have a family of her own.

"The thought of having a family and children of my own crossed my

mind," she said, "but I don't believe it is my calling." Nevertheless, Sister Karina is still very mothering when around babies, her nieces, and the people on campus that she associates with. If you were to ask anyone on campus, who has ever volunteered with Sister Karina they would tell you that she is motherly, extremely kind, thoughtful, big hearted, loving, and welcoming. These characteristics would make for a great mother, but she still has no regrets and is happy with the life she has chosen.

Therefore, having no regrets allows Sister Karina to live a happy, social, and engaging life. We all know that life is full of ups and downs, but that does not stop us from pursuing our dreams. Pursuing our dreams is just the beginning. To pursue our dreams, we need to commit ourselves fully to them. It was not always Sister Karina's dream to become a nun, but she realized that it was her calling after meeting with her first group of Sisters. Once we begin to follow our calling, we will then become the person we always wanted to become. For Sister Karina, that calling was to be a nun. It took a while for her to find that calling, but that did not stop her. "For me, life as a nun allows me to become all that I can be," Sister Karina said, "and I am happy with the life I have chosen. No one can make me think otherwise."

Meet a familiar helping face

BY ALEXANDRA SETCHENSKA



Rose sits and poses for a picture at her desk © ALEXANDRA SETCHENSKA

Rose sits at the reception desk every Wednesday. Her day starts at 8 a.m., and ends at 4:30 p.m.; it normally consists of answering the phone to answering questions, and directing lost students or visitors to their desired location on campus.

She will greet you with a genuine smile as you walk past, and if you have the time to stay and talk, she will lighten up your day. Rose is always uplifting, and goes out of her way to help and understand people.

Rose Cheriton is from Maryland, though she was born in North Carolina. She graduated high school in Maryland, and won a scholarship to go to college. "But," she remarks, "I met a young man, and we fell in love, and got married a year later, so I cancelled my college education."

"I love college, and learning, and growing, and I always say I'm going to go back, but then the children came, and grandchildren."

Rose talks fondly of her life before

coming to La Roche College. "My parents both worked, but my mom and dad both gave me responsibilities at age 12, which I think is the best thing that can happen." She recalls how she had to go out on Saturdays, "shopping for my three sisters, my brother, and myself, and my parents."

After she graduated, Rose says, she got a job working for an employment agency after 5 p.m. on week days, answering the phones and doing all the typing. Rose would work until 7 or 8 p.m., until she had to close the office for the day. "So," she says, "I have always had responsibility."

"It's good for young people to have responsibility," she says. Rose remembers what her father used to say to her—"You're smart, and you are intelligent, but I felt that I was an average person." However, "I always strived to be smart and intelligent, because that's what he used to say to me."

Before coming to La Roche College, Rose worked as a clerk for a social security agency. "Within a year," she says, "I worked myself up to a telephone operator, and from there technology cut down on that, so they only needed two of us rather than the ten."

"They transferred us to claims,

where we did arithmetic and math around the incomes of everybody who works in the United States."

"And then, my supervisor said to me that someone has been watching me, and they want me in supervision." Rose was sent to supervision school to get educated, where they learned how to write and how to deal with people. "But I moved to Pittsburgh, and I did not want to be in supervision, because I am a person from the old world, where you come in and do your job—I did not want to babysit."

Rose came to La Roche College in 1990. In 2002, she won the Employee of the Year award. "I enjoy working here, I enjoy being around the young people...I get along with everybody here." Rose is 82 years young, she laughs, but says that she does not feel old; "I look forward to coming here every Wednesday and learning something new."

"I tell young people today, do not be afraid of work, even if it is not part of what you want to do... It might benefit you down the road."

"Looking back on my life," Rose says, "I feel like I have had a blessed life. I am thankful for having had the upbringing that I did."

Rose was also a freelance writer for the North Hills News Record, and she writes poems at home.

La Roche, a second home

BY ANGEL G. SANCHEZ

In La Roche College's gym, located in Pittsburgh Pennsylvania, you can find many student athletes training for their respective sport. Walking and looking around, you will find someone else that at first sight you will know is not an athlete. This person is an 83 year old man named Russell Edward Short. Many people think that he works there or something related to that, but the fact is, he just enjoys being there and interacting with all of the people that are there. He has made the gym his second home.

He always introduces himself as Russ, because he prefers to be called that. Russ was born in August 24 of 1930, and spends all of his childhood in Garfield. Currently, he resides in Knoll Street, which is nearby the La Roche College soccer field.

Russ always wears his green coat. Smiling and showing only a couple of teeth, which are the 3 central incisors and 5 molars to be exact. His bald head filled with skin blemishes are a clear evidence of his age. His deep brown eyes are proof of all the experiences that he went through in his life. He walks perfectly fine and you can tell that he was an athlete during his youth. He has so much energy that he can change your mood in a second.

Since his youth, he has been playing sports. When he was ten years old, he used to play golf all day. The

other sport that he loves to play is baseball. He used to be so good that he earned a baseball scholarship from PITT (University Of Pittsburgh), but he could not go because he didn't take the right subjects in high school. He played professional baseball with Kingsport Tennessee, a Cleveland Indians baseball farm in 1951.

After playing professional baseball for a couple of months, he joined the military for four and a half days. Why so short? He had an honorary discharge because he got hurt wrestling and had to leave. He began to work for the Postal Service, where he continued to work very happily for the next 40 years. He's currently retired.

Russ never got married or had any girlfriends or a child. "I was really shy when I was young," said Russ, "so I never get along with women. Now I talk too much." He had a brother named Jim, but he died from cerebral damage. He's alone now, without any family members to fill his house. That's why he likes to spend time in the gym.

Spending time in the La Roche College gym is what he likes to do right now. There he has found a second home. You can easily find him on the couch watching old classics in the television or talking to random people, singing a song that goes like this, "Ohh we are far from Chupardy,

ohh we are far from home..." always ending in laughs.

There are three activities that he loves to do at his second home. Those are walk in the track, play catch with the baseball players and mess around with people. He likes to walk around and around and around the track because it is healthy for him. He is used to doing it thanks to his work delivering mail through the doors. Playing catch is like the fountain of youth. It brings back memories of his experiences playing pro baseball. He often says, "I was a pitcher when I signed my pro contract, but I couldn't throw a damn curveball. That's why they moved me to catcher, because I throw very hard. I throw 93 mph from the mound."

If he could change something from his past, he would wish to be bigger. The reason for his wish is because back in his times there was no weight lifting, and he wanted to be big to continue playing baseball, the sport that he loves. He was very small, and his competition was bigger than him. "I wonder how far I have could go if I was a little bigger" Russ often says. It is clear how much he wanted to play and how much he enjoyed it.

Russ has been going to the La Roche gym for quite a few years, thirteen years to be exact, and he is like an icon there. His influence there is bigger than he thinks.



© ANGEL SANCHEZ
Russell Edward Short

Break out your dresses and shorts, spring is here

BY RITA VINSKI

Spring is finally in the air at La Roche College. While the grass is slowly going green and the plant life is blooming, students and faculty are becoming optimistic about the coming warm air.

While waiting through a harsh winter that left students and faculty stuck indoors, many had ways to keep the cold out and the warm thoughts in.

Abigail Fisher, senior, explains that it was hard for her to be away from the cold and snow.

"I survived winter by trying to avoid it, honestly," she said. "I'm not a snow-and- cold kind of person. I got through it by staying inside and allowing it to give me the opportunity to spend time with at relaxing with my family."

Dr. Michelle Maher said that dancing and eating certain junk foods helped her get through the cold.

"I ate a lot of Cheetos and peanut butter and danced in my kitchen to songs like John Newman's 'Love Me Again' and 'Found Out About You' by the Gin Blossoms," Maher explained.

Katelynn Gazarik, senior, says she has a certain recipe for surviving the winter months.

"My recipe for winter is always a heated blanket, knee highs, big coats, hot coco, and most definitely hockey," she explained.

Professor James Neutrelle had a lot that kept him distracted from the bitter cold and the snow.

"For the first eight weeks of the semester that began in January, I taught a literature class at an off-campus site in New Castle. It was during that period when we had those intense sub- zero temperatures," Neutrelle explained. "The class was from 5:30 to 9:30 and the managers of the building in which I taught must have turned off the heat at 5:00 each day because for the bulk of the class, I froze."

Neutrelle added that from then on he made sure to layer with several sweaters and long- johns, but still ended up cold by the end of the evening. Some students felt that surviving the cold meant wearing layers of warm clothes to keep the heat in.

Rachel Spontak, senior, explained that while staying away from harsh roads, layers were her key to staying warm.

"I spent a lot of time off the roads and wore the warmest clothes I have," she explained.

Alan Catozella, senior, had similar agreements.

"How did I survive the winter without end? In a word: layers," he said. While some students and faculty did their best to survive the winter that didn't end, others gave up on the cold.

"I didn't really survive," explained Alex Lambert, a sophomore.

After attempting to survive the winter, or not surviving at all, the students and faculty are more than happy to finally see spring moving in.

While spring brings the end of another school year and graduation for many of the seniors, many of the students and faculty have things to look forward to with the coming warmth.

"Those warm in the sun with a cool with a cool breeze kind of days. I'm really glad I don't have allergies, though," Gazarik explained.

Gazarik added that spring meant hockey playoffs.

Catie Witt explained that "seeing everyone outside during the warm weather" is her favorite thing to see during the springtime.

Fisher said that she has many things to look forward to now that spring is coming.

"I'm looking forward to just knowing that brighter, warmer weather is arriving," Fisher said, "and it's going to enable me to be outside more, not to mention it puts me closer to graduation."

"I'm looking forward to getting outside and walking my usual three miles rather than trudging on a treadmill," Neutrelle explained. "I'll also enjoy planting flowers, getting my patio in shape, and spending

more time outside with my family and friends."

Neutrelle added that if the hot temperatures rise, he'll never complain no matter how hot or humid. With spring bringing the warm weather, many students enjoy driving and wearing lighter clothing.

"I'm most excited for spring because I can leave the house without a jacket and drive with my windows down," Spontak explained. "Dress weather is my favorite weather and it's finally here!"

"What I look forward to most about spring is wearing T-shirts and shorts and spending a lot of time by a window just sitting and looking out," Maher said. "Then more dancing and Cheetos."

Lambert said, "Spring time! Makes me look forward to driving with my windows down and my music up. Spring is also the beginning of boat season!"

Catozella explained that besides the weather, other things excite him for the coming of spring. "I am looking forward to the warm weather the most," Catozella explained. "Besides that? Well that's easy: Margaritas."



The view from outside of the © RITA VINSKI



© RITA VINSKI



Flowers bloom in the Peace © SARAH REICHLER



© SARAH REICHLER

Students dance the night away

By MEGAN POLAND

La Roche College students danced the night away at the college's Candy Land-themed homecoming dance.

La Roche College's LAF decorated the banquet room head-to-toe in candy-themed creations. Table centerpieces included potted dum-dum lollipops, large mock candies, and balloons attached to cups. LAF members slipped Candy Land sleeves over Hershey chocolate bars, which could be found on the tables.

The semi-formal homecoming dance, which took place at the Sheraton hotel in Station Square, had about 190 guests.

There were more guests than tables and chairs, so guests without a seat placed their belongings on window sills and behind doors.

Guests had a beautiful view of downtown Pittsburgh. The Smithfield Street Bridge, PPG Plaza, and

Gulf Tower's KDKA Weather Beacon could be seen from the banquet room's windows. Students were able to use a door to access outside.

Students kept the dance floor packed throughout the dance. The DJ played songs like Suit & Tie by Justin Timberlake, Yeah! by Usher, Get Low by Lil Jon, Drunk in Love by Beyoncé, Loyal by Chris Brown, Teach Me How to Dougie, and the Cupid Shuffle. At one point, guests formed a conga line on the dance floor.

Pasta, tortellini, coconut shrimp, and stuffed mushroom caps were served by the Sheraton's staff. Chocolate cheesecake was set out by the staff for dessert.

La Roche College held the dance on Friday, April 11th. The semi-formal dance took place during La Roche's homecoming weekend, which featured events for alumni.



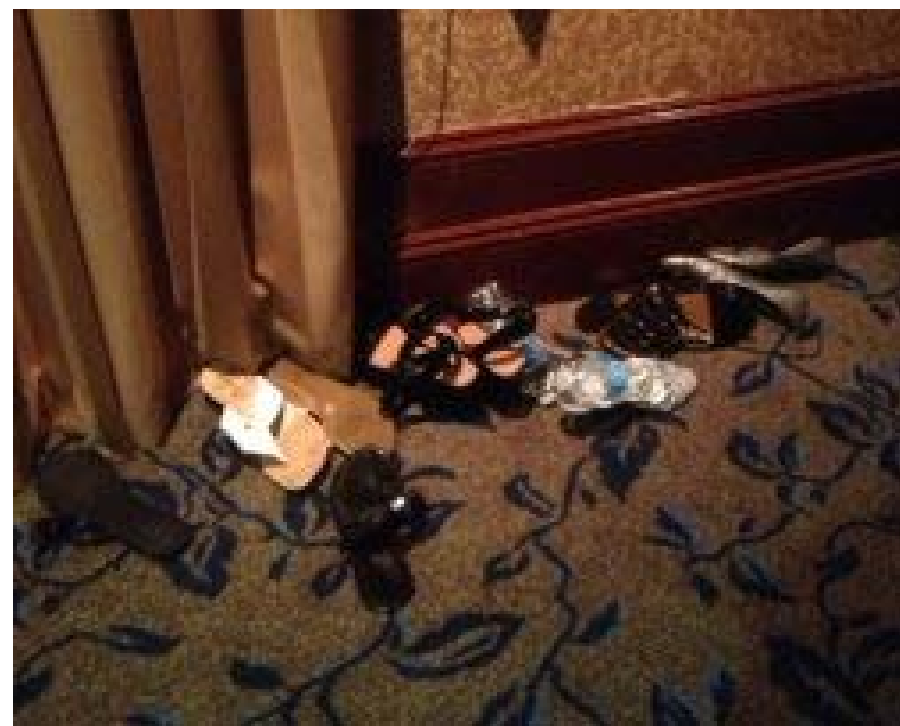
Candy decorations were scattered on tables



© MEGAN POLAND



The view of the city from the Sheraton's banquet hall



People's belongings scattered about due to the lack of seating



Hershey chocolate bars were hidden under Candy Land wrappers



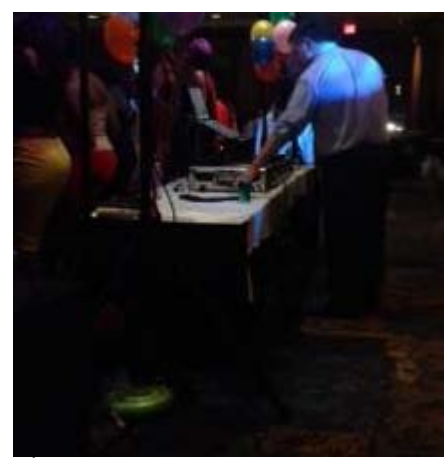
View of the room and students dancing



© MEGAN POLAND



Students dancing



The DJ



A group of girls check their hair and make-up

The Editor-in-Chief checks out

By NATE MARSH

The countdown to graduation is getting shorter and shorter, and unfortunately so is my time as Editor-in-Chief of The Courier.

I came to La Roche for lacrosse, and whatever else would happen would happen. I jumped around from biology, to criminal justice, to sociology, to psychology, but being an English major was the farthest thing from my mind. Dr. Bellin, my freshman composition teacher, scared the life out of me my first semester. I wanted to avoid writing at all costs, or so I thought.

It wasn't until an impulsive decision to take Renaissance poetry with Sister Rita my sophomore year that my path started taking shape. A few compliments on a well-written paper and a simple suggestion to join the English department, and I was all in from there on out. I may have received the odd comment, "Your parents must have cried when you told them you were gonna be an English major," but I can safely say it has been one of the best decisions I have made.

Since then I have become President of the English Honor Society, an Editor for Nuances literary magazine, a contributing writer for Pittsburgh Sports Report, had an article published in the Pittsburgh Post-Gazette, and had the amazing opportunity to be the Editor-in-Chief for The Courier.

A special thanks has to go out to Professor Ed Stankowski as well who urged me to start writing for the paper my sophomore year. What started as a mediocre Penguins play-off editorial led to having a portfolio that is like a child to me. Also, I

would like to thank Professor Eileen Garred who took over Prof. Stankowski's journalism classes during his sabbatical the fall semester of 2012 who helped me realize my potential and is the biggest reason I am very proud to be able to call them both my friends and life coaches.

Becoming a writer has made me look more closely at virtually everything and to think more critically about the world around me. Everything has a story, I have learned, so why not be the one to tell it? Writing has given me the opportunity to gain an immense amount of knowledge, knowing at least a little something about a whole lot. I'm called Wikipedia for a reason.

The work for this publication is vastly underestimated. The hours that go into each issue are long, but thanks in large part to my designer Rachel Spontak, each one is better than the next, and I couldn't have done it without her. We may have developed a serious caffeine addiction, or at least I have, but it has been one of the most rewarding endeavors I have been part of.

As graduation has creeps closer, I find myself walking through the faculty offices to see my favorite professors more and more frequently. The relationships I have built with Sister Rita, Dr. Bellin, Dr. Maher, Dr. Bayer, and, of course, Professor Stankowski rival the bonds I have made with my teammates on the lacrosse team who I love as much as any of my family members. As I struggle to write this farewell, and it is much more difficult than I thought it would be, I find it even harder to figure out how to



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thank all of the teachers who have advised and pushed me throughout my four years here. I couldn't be where I am right now without all of you.

To my replacement, Sarah Reichle, you have the ability to be a terrific Editor-in-Chief, and I wish you the best of luck. Enjoy every second that you can and embrace the stress that will inevitably come because it makes the success of every issue that much sweeter.

As a parting piece of advice for

younger students as they approach their graduation themselves, do not be afraid to get involved with campus organizations (especially The Courier). The real-life experiences and confidence you gain from them is more than you realize, and if you take advantage of all of the opportunities that La Roche has to offer, you will leave a legacy that you can look back at and be proud of for the rest of your life. I know I can.

Exit piece

By RACHEL SPONTAK

After attempting to write and scrapping about five different versions of an exit piece, I'm hoping to stick with this one.

College has been a challenging ride for me, to say the least. I was so sure when I started classes at La Roche four years ago that I wanted to be a graphic designer. Dreams turned into reality, and I realized I just wasn't passionate about it.

I changed my major with only a year and a half left, hoping to still be on track to graduate. Luckily, because of my great advisors and my ability to fight for things I truly want, I was able to study professional writing for my final year and a half of college. After studying design and writing, I was asked to start writing for and laying out the Courier.

Without people like Nate Marsh and Ed Stankowski, we wouldn't even have a newspaper anymore. I'm glad we still do, because it's provided me with the opportunity to not only showcase both my writing and design skills, but to build a portfolio to show to potential employers. Without the teamwork that we used to get the last few issues out, I don't think there would be a paper for you to submit your ideas to.

The Courier is run for the students by the students. I truly believe that everyone who is serious about

pursuing a career in writing or communications should write at least once for the paper. Not only do you have a published piece to show in your portfolio, you are also showing that you took the time and effort to do something that wasn't required of you. I only wish I had someone telling me to take advantage of the opportunity sooner.

I have the same advice for all of the design majors here. I know you have a lot to do, but why not ask to help with layout or photography for a few issues? You'll be helping your fellow students and creating even more pieces for your portfolios.

Enjoy the time you have left in school, and make the most of it. Take chances, embrace new opportunities, be passionate about something, and listen to your professors because it will all be over before you know it. Meet new people, make new friends, and learn something. Four years went by fast, and I know I'll miss it once I'm gone.



Rachel Spontak poses with a kitten.

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Who am I?

BY TARIQ SHABAZ

Previous issue: Professor Mark Dawson

1. I am currently a SGA member.
2. I am also an RA.
3. I am number 13 on the soccer team.
4. I am a senior finance major.
5. I do work study in the athletics department.



Meet the new Editor-in-Chief

BY TARIQ SHABAZ



Sarah Reichle © FACEBOOK.COM
pretends to be
a Pitt Football

Please welcome the next Editor-in-Chief Sarah Reichle. She is an amazing talented writer with great potential and I am honored to interview your new editor-in-chief. Enjoy.

What is your major? I am an undeclared second semester sophomore. I'm leaning towards declaring professional writing, for now. I change my mind every other week.

Any nicknames? My family and people at my work call me Tu Shu. My general manager calls me Pikachu because he thinks it sounds like Tu Shu.

Are you ready to be to be the next editor-in-chief? I am ready but I will be lost without Nate and Rachel next year.

Why do you feel more people should read the Courier and be a part of it? People should read the Courier because there are some interesting articles in it each month and each writer puts a lot of time into their articles.

Do you enjoy reading and

writing? I love reading and writing. I cannot wait to be done with my classes to read a ton of books over the summer.

What are some of your favorite hobbies or what do you enjoy doing in your free time? I love playing sports and being outside. This year I am helping coach a 10 and under softball team for my community.

How did having an older sister here help you adjust at all? Is that why you chose here? I didn't choose to come here because of my sister but it was nice having her here. It was fun taking classes with her and being able to go to her room and watch movies.

Are you involved in any other clubs or organizations in school or outside? I participate in the intramural sport events, but I am not involved in any other clubs or organizations here.

La Roche needs? La Roche needs to bring back the unlimited pierogies. The dining hall used to

have pierogies in a big bowl and you could take as many as you wanted, but now they only give you two or three with kielbasa. It sucks.

How would you describe this year's courier staff? This year's La Roche Courier staff is incredible. Each one brings different views and perspectives to the Courier.

What gets your thought process going when preparing to write? My writing process is different each time I write. I try to outline before I do anything, but by the time I finished whatever I'm writing it does not follow my outline to any extent. When writing articles I pick out the most interesting quotes and let them guide my story.

What's your opinion on Ed Stankowski? Professor Stankowski is an easy going guy who isn't afraid to tell you what he thinks about your work.



The La Roche Courier

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