



La Roche College honors Sister Rita Yeasted as first Distinguished Professor



BY MEGAN POLAND
ASSOCIATE EDITOR

Sister Rita Yeasted holding
her honors collar.

Sister Rita Yeasted was honored as La Roche College's first Distinguished Professor, bearing the title of Dr. Dorothy Saladiak Distinguished Professor of English.

Sister Rita Yeasted is the first professor at La Roche to receive the honor of Distinguished Professor. Sister Rita Yeasted has been a professor at La Roche for 34 years and was previously the English Department Chair.

A ceremony to honor Sister Rita's appointment to Distinguished Professor was held on Oct. 13, 2014 at 5 p.m. in the Ryan Room. Preceding the ceremony was a reception in the Cantellops Art Gallery, which began at 4:30 p.m.

"When Howard Ishiyama told me last summer about this honor I was

more than a little shocked," Sister Rita said. "When he told me it was named after Dorothy, I was thrilled."

The honor was named after Dr. Dorothy Saladiak, who taught Language and Literature at La Roche from 1969 to 1992. Dr. Saladiak was present among over 50 others at the reception and ceremony.

The Distinguished Professor spoke fondly of Dr. Saladiak. "She taught me a great deal when I arrived back at La Roche in 1980 as the Chairperson," Sister Rita Yeasted said. "We worked together for 12 years and remained friends for the succeeding 22 years."

Sister Rita will continue to teach, along with a few new responsibilities. "I hope to write a history of the Pacem in Terris program, for start-



Above: La Roche Vice President Howard Ishiyama presents Sister Rita with a gift from the English Department.



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ers," Sister Rita said. This program has brought over 450 students from developing countries to La Roche 1993.

The English professor said she will foster the Catholic intellectual tradition at La Roche and give public lectures. Sister Rita will also participate in the Literary Society and the Common Ground series.

Dr. Linda Jordan Platt spoke at the ceremony of her support and admiration for Sister Rita. "This is going to free her—to widen her vision and her impact on both the college and as a regional voice, or perhaps a national voice," Dr. Jordan Platt said, "for social and economic justice, the enduring value of the arts, and for the role of faith and

prayer that sustains us in bad times and guides us in good times."

Sister Rita said, "I've always considered this place a blessed land—which may explain why I spend so much of my time here."

Dr. Saladiak and Sister Rita received identical honor collars from President Candace Introcaso, which Sister Rita will wear at commencement. The English Department gave Sister Rita 3 coffee-table sized books from the Saint John's Bible.

"My own history with La Roche goes back to its beginning," Sister Rita said. "Often times when a student asks me, how long have you been at La Roche? I smile and say, I was here when this place was an apple orchard."

La Roche welcomes new faculty member

BY SARAH TURNBULL

Michaela Noakes joined the La Roche faculty as the Department Chair of Business this fall.

Noakes said, "I joined the La Roche faculty because La Roche is a global, positive, and welcoming community."

As the Department Chair of Business, Noakes teaches Information Systems and Technology classes.

Noakes said, "I want to bridge the gap between business and technology. I hope to create a virtual classroom—an online program for veterans and international students."

Noakes has worked in the telecommunications field since the early 1980s. Her previous careers have included being a manager and international operator for AT&T.

Noakes said, business and tech-

nology are not her only passions.

In addition to teaching at La Roche, Noakes is completing her doctorate in assistive technology and traumatic brain injury at Duquesne University.

Noakes said, "I want to learn how to help people recover from trauma. I also want to implement better STEM (Science, Technology, Engineering, and Math) programs in schools."

Noakes is also an internationally published author and member of the International Honor Society for Educators.

"I am a lifelong learner," Noakes said. "I truly enjoy being an educator. I believe we can make a positive impact in the world by bridging the gap between business and technology, and empowering our students to be critically thinking future leaders."

Halloween

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RHA hosts trick-or-treating in Bold Hall

BY BRANDON RODRIGUEZ

On Friday, Oct. 24, La Roche College's Resident Hall Association hosted trick or treating and arts and crafts for children in Bold Hall.

The event was hosted with help from the Providence Family Support Center. PFSC is an after school program that helps at-risk youth who live in and around the city of Pittsburgh. PFSC was initially founded by the Sisters of Divine Providence.

As kids arrived on campus they were organized into two groups. One group went trick or treating, while the other participated in arts and crafts in the Bold Union Room. Afterward they would switch.

"I love how the kids are getting exposed to a different environment and being mentored by college students in the community," Lindsey Miller, the school coordinator said.

Members of RHA assisted the kids with arts and crafts. The crafts included cotton swab skeletons, cotton ball ghosts, paper spiders, and decorating their own pumpkin.

Decorating a pumpkin was one of the children's favorite activities.



Kids from PFSC holding out their bags for candy.

Lindsey said, "The kids were very excited about taking their pumpkins home."

The kids also enjoyed trick or treating in Bold Hall. Chaperoned by members of RHA, children trick

or treated at students' doors that signed up to participate.

Kids cheered as they were taken around Bold Hall. When asked if they were enjoying themselves they said, "Yes, but we are still trick or



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treating!"

As the event concluded, the kids were very excited about the day's festivities. The kids went home with cheery smiles, crafts, and candy in hand.

Student-made slasher film to premier

BY CLAY MALONE



Dr. O'Grady looks over his lines with Dave Majcher, president of Redhawk Productions.

©CLAY MALONE

La Roche is about to get a whole lot bloodier.

The film club on campus, Redhawk Productions, has been hard at work filming the sequel to the slasher film, "Night of Your Lives."

"Night of Your Lives" was the first film that the club ever produced and was the product of just a couple weeks of work. Dave Majcher, president of Redhawk Productions, said that the writing of the script was largely done in one night. "It was just a bunch of us sitting around figuring out gruesome ways to kill people," he said.

The plot of "Night of Your Lives"

followed a group of kids who go into the woods trying to find an insane asylum and the killer who supposedly resides within.

The first movie ran into many difficulties. One of the biggest was the filming of the movie was done all at night, so lighting was a problem. They filmed behind the Mother House, so it was difficult to properly light the scenes due to the complete lack of light.

The second was that in post-production, every time they had completed the editing, they lost the project. This resulted in them editing the film together a dozen times before

they had figured out the software.

"Night of Your Lives" is largely a joke within Redhawk Productions because of the haphazard script and the lack of an ending.

Majcher said he looks to fix all of this with the sequel.

Going into this year, Majcher said he wanted to run the club differently. He added that he wanted to change the ways that the club picked films and produced them.

Deciding to waste no time putting together a film, he wrote the script for "Night of Your Lives 2" over the summer, he said.

Majcher set out with the desire

to have an ending to the story told in the first film. "We're going to be doing some really cool things in the first scene," he said excitedly. This first scene will be the one that is the ending to the first film.

Another thing that Majcher said he is trying to push with "Night of Your Lives 2" is professionalism.

In a slasher movie, gore is extremely important. It can be comically bad or gut-wrenchingly good. Majcher said he really is trying to push realism and brutality with the amount of the gore that he is using in the film.

The second film revolves around a group of reporters who go searching for what actually happened in the first film, because the police know nothing about the killings.

Dr. Ryan O'Grady will cameo in the film for one scene.

Majcher wrote the character of the "Boss" with Dr. O'Grady in mind. "The idea is I just want O'Grady to come in and be O'Grady," he said. "I want him to use O'Grady-isms, like calling the actors pilgrims."

"Night of Your Lives 2" was cast in early September and began filming later in the month.

Majcher said he decided to have the movie take place during the day to avoid the problems that they encountered in the first film's shooting. "Night of Your Lives 2" is set to wrap the week before Halloween.

He said he wants the film to be finished and ready for viewing by Halloween or a few days later. Majcher added that he wants to put on a double-feature in SC103 when the film is completed. He said he wants the audience to see the first film, the beginning of the story, and the sequel, its conclusion.

Science

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Why do leaves change colors every year?

By SYDNEY HARSH

Every autumn we enjoy the beauty of the fall colors. The mixture of crisp and crunchy green, yellow, purple, orange, red, and brown leaves surround us, creating a beautiful fall scene. We become knee deep in the colors of fall.

Many students on campus enjoy seeing the color changes of the leaves. Senior graphic design student, Candace Tabrosky said, "I love when the leaves outside my window turn orange because it enhances the color orange in my room, which is my favorite color."

But, have you ever wondered how leaves change colors before they fall to the cold, hard ground? "Yes, I have always wondered why and how they change so many different colors from season to season," said Cody Scruggs, junior business management and marketing major.

So why do leaves change colors?

There are many factors to consider in the color change of a leaf, such as the pigments within the leaf, the temperature outside, and the amount and type of light the leaf absorbs.

The color of a leaf depends upon what pigments are most abundant at a given time.

"Chlorophyll is the molecule in plant leaf cells that gives the green leaf its color," said Dr. Fujito, organic chemistry professor.

Chlorophyll is always being produced in plants. In the fall, the dropping temperatures decrease the production of chlorophyll and eventually stop producing in specific trees, such as deciduous trees, altogether. This is why the green color of leaves disappears in the fall.

"When chlorophyll production is maxed, then the leaf is green. When chlorophyll production drops, then the natural color of other pigments that are present can be seen – yellow for xanthophylls, orange for carotenoids, and brown for tannins," said Dr. Fujito.

However, two other pigments, xanthophyll and carotenoids, also determine the color of a leaf. "These pigments may normally be hidden because of the abundance of chlorophyll, but can become more visible when chlorophyll production de-

creases," said Dr. Fujito.

Eventually, all of these pigments break down with exposure to light, and all that remains is a brown pigment, called tannin. "Some deciduous trees lack many xanthophylls and carotenoids, and just go from green straight to brown during the fall season," said Dr. Fujito.

Cooler temperatures are not the only thing that affects the color change of a leaf. Shorter days also have a significant effect on their color change because the chlorophyll in the leaves is not getting enough light.

When chlorophyll absorbs light, a process called photosynthesis occurs, which consists of two parts: the light and dark reactions.

"In the light-sensitive reactions, chlorophyll absorbs light, which provides the energy needed for water to be converted to oxygen, and for the formation of molecules known as NADPH and ATP," said Dr. Fujito.

In light insensitive reactions, NADPH and ATP are used to enable carbon dioxide reactions with glucose. Altogether, during photosynthesis with chlorophyll, water, sunlight, and carbon dioxide convert into glucose.

On the other hand, some trees have the ability to form red colors, which come from a pigment called anthocyanin. "In contrast to xanthophylls and carotenoids, anthocyanins are made only in the fall season, coincident with the drop in chlorophyll production," said Dr. Fujito.

Cloudy days in the fall decrease the amount of red colors formed, and reduced sunlight decreases sugar production that is needed for anthocyanin formation.

There are two requirements for red autumn leaves: (1) warm, bright, sunny days that enable leaves to make sugar from photosynthesis; (2) Cool evenings, which trap the sugar in the leaves, and enable them to manufacture red anthocyanins.

Visible light has all the colors of the rainbow, from blue, to green, to red. Therefore, the color of a leaf depends on the type of light that the most abundant pigment in a leaf absorbs. The color of light the leaf does not absorb is the color of the leaf.

Even though we know how leaves



©SYDNEY HARSH PHOTOS



change colors, how they fall still remains a mystery. When deciduous leaves fall, the cells at the stem of the leaf divide and close off the circulation in the veins of a leaf. This robs the veins of nutrients, and chlorophyll production stops. "Often you can see tree leaves in the fall where the areas near the veins are yellowish, while the rest of the leaf is still green," said Dr. Fujito.

Around Pittsburgh, there are deciduous trees that don't drop their brown leaves. Researches have yet to find a reason to why they don't drop their leaves. Dr. Fujito said, "I have

a pin oak in my yard, which keeps its brown leaves attached all winter." Botanists refer to this as marcescence. Today, researches do not know why marcescence occurs.

Is it to provide compost in the spring when the leaves do fall off? Is it to protect the tree from frost? Or to protect its buds from deer? The world may never know.

So the next time you walk outside into the crisp fall weather and are appreciating the beauty of the fall colors, you will know the science behind the beauty of those leaves.

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 Sarah Reichle: Sarah.Reichle@stu.laroche.edu

Entertainment

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Literary Society meets Marian Szczpanski

By RITA VINSKI

ENTERTAINMENT EDITOR

On Oct. 17, 2014, the La Roche College's Literary Society welcomed author Marian Szczpanski to the first event of the year.

During this event, Szczpanski discussed her debut novel, "Playing St. Barbara," and how she came to write the book and what inspired her.

Before starting her novel, Szczpanski said she never wanted to write a historical novel.

"I never wanted to write a historical novel," she explained. "The minute I started studying creative writing, I knew that I was hooked."

Szczpanski said her inspiration for her novel came from her grandmother after listening to her stories about her life living around the coal mines.

After doing much research about the coal mines and the coke ovens, Szczpanski wanted to know more.

"I wanted to know what was the undocumented part of Southwestern Pennsylvania's history in the coal region," she said, "and that was the women."

From here, Szczpanski began her process for writing her novel.

At the beginning of her research, Szczpanski said she thought about the process like a house: "I thought about building a house and I had to build the structure that would hold my story together."

With this thought, Szczpanski got the idea to have the story set in Connellsville, Pa. and to start her research with the Fayette County coal mines and coke ovens.

While doing this research, St. Barbara came into the picture.

"I had never heard of St. Barbara," she explained.

St. Barbara is the patron saint of the coal mines and her legend is what inspired the inner story of her novel.

"If you think of Shakespeare's plays, they have a play within a play," she explained. "So, why not have my little town do a yearly reenactment of the story of St. Barbara and have every girl want to play that part."

From that, the novel got its name "Playing St. Barbara."

Once Szczpanski got her story idea, the setting, and of course the title, she said she began doing in-depth research on the women in the coal patch areas and the different time periods.

In her time researching, the author said she was only able to find one book about the patch women in the Connellsville area.

"The archives I went to published an oral history of the women in the Connellsville Coke Region and this was the only book about women," she said. "Right away, I knew my job was going to be tough."

With writing about women, she not only had to know and understand the women of that time, but the importance of the men and all of the labor history.

Szczpanski explained that the one thing she learned was the importance of the labor history, the coal strike, and consequences of strikes.

"I had to know everything about the labor history of Fayette County because it was so significant," she explained.



Marian Szczpanski signing books after the event.

©RITA VINSKI

Through her extensive research, she came to have her novel set in three different years; starting about the minor's strike in 1929, 1933 during the Great Depression, and 1941 during the war in Europe.

The author used her house metaphor again once she saw that her research was complete.

"I finally got to the fun part," Szczpanski said. "You build the house, you got the dry wall up, you've painted, the appliances are in, and now you get to decorate the house."

Szczpanski added, "This was when the research became a scavenger hunt."

One of the many helpful pieces of her research was the old photographs she was able to find.

"Another wonderful helpful thing was just looking at old photographs," she said. "The University of Pittsburgh Historic Collection has old photos they've digitized."

Szczpanski added that the Heinz Company has many of old photos of their company at the time as well as the areas.

"Many of my characters in

my book actually worked for the Heinz Company," she said.

Through her extensive research, Szczpanski explained that research wasn't the only thing she learned from.

"I learned a lot, but not just through research," she said. "I learned through what I call My Treasure Troves."

Some of her Treasure Troves included the libraries and the history centers.

Once her book was completed, the author explained how much this novel has affected her life.

"I really learned how to think outside the box," she said. "I had to keep reminding myself my job is to entertain my audiences not educate."

Szczpanski explained that the research took about nine years in order for her complete the book.

The author said that her goal for her historical novel was to get the historical pieces right to entertain readers.

"When I had my dad read my novel he simply told me 'I'm proud of you, you got it right. You told exactly what it was right.'" she said.

Acoustic night features Clay Malone

By DEVIN SHELLHAMMER

On Oct. 8, La Roche College held its monthly 'Acoustic Night,' which featured a student here at the school.

Clay Malone, a sophomore at La Roche, played a two-hour set in the Bold Union Room. Clay played the majority of his songs on acoustic guitar while also singing.

Joe Kelsch, La Roche sophomore, was welcomed as Joe played guitar and Clay switched over to playing electric guitar and keyboard.

The show started off with some genuine humor and joking with the crowd, which consisted of fellow classmates and members of the La Roche community.

Clay showed a spectacular amount of crowd interaction. Some joked about how much he stopped to take time to introduce songs or explain the songs, but his interaction proved to be a key part

of the show.

During a pause between songs, an audience member asked Clay where his inspiration came from. This is something that is often overlooked when hearing a musician live.

Clay told us that his inspiration comes from The Who. When asked how long he has been playing, we learned that he started playing about eight years ago.

Aside from playing covers of some not-so-mainstream songs, Clay also introduced the crowd to a number of original songs, such as "Love in an Empty Frame," "Two Wolves," and "Winter Song." He said he wrote a number of his original pieces within the week leading up to the show.

To catch La Roche's next acoustic night, stop in the Bold Union Room on Wednesday, Nov. 12 at 8 p.m.



Clay Malone, left, and Joe Kelsch, right.



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Winter

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Did you get your flu shot?

By SARAH REICHLE AND MEGAN POLAND

NAME: AMANDA DUGAN
MAJOR: SOCIOLOGY
AGE: 20
WHY/WHY NOT? YES, BECAUSE I GOT IT FROM MY WORK FOR FREE.

NAME: JOHN SCHWAB
MAJOR: PSYCHOLOGY
AGE: 21
WHY/WHY NOT? NO, TO BE HONEST GETTING A FLU SHOT ISN'T SOMETHING I WORRY ABOUT GETTING BECAUSE I'M USUALLY A HEALTHY PERSON AND DON'T GET SICK OFTEN.

NAME: ALEC GRECH
MAJOR: CRIMINAL JUSTICE
AGE: 18
WHY/WHY NOT? YES, MY MOTHER MADE ME GET IT WHEN WE WERE SHOPPING AT RITE AID.

NAME: MARK JACKSON
MAJOR: COMMUNICATIONS
AGE: 22
WHY/WHY NOT? YES. I GOT MY FLU SHOT BECAUSE IT'S IMPORTANT TO AT LEAST BUILD UP SOME IMMUNITY TO THE FLU. AND IT WAS FREE SO WHY NOT DO IT. IT TOOK 5 MINUTES.



Sister Rita Yeasted getting a flu shot. ©SARAH REICHLE

NAME: MARY SELJAK
PROFESSION: INFORMATION TECHNOLOGY HELP DESK
WHY/WHY NOT? YES. I HAD THE FLU WHEN I WAS IN HIGH SCHOOL, AND I NEVER HAD IT AGAIN FOR ALMOST 30 YEARS. ONE TIME MY HUSBAND HAD THE FLU AND, DESPITE TRYING TO STAY AWAY FROM HIM, I GOT IT TOO. I WAS IN THE DOCTOR'S OFFICE, ABOUT TO PAY THEM, WHEN I PASSED OUT. EVERY SINCE THAT TIME I'VE GOTTEN A FLU SHOT.

NAME: ETHAN HEINL
MAJOR: CRIMINAL JUSTICE
MINORS: PSYCHOLOGY, SPANISH
AGE: 20
WHY/WHY NOT? YES I DID, BECAUSE I'D RATHER BE SAFE THAN SORRY AS I LIVE ON CAMPUS.

NAME: ANA PAULA DE MARCO
MAJOR: INTERNATIONAL AFFAIRS
AGE: 21
WHY/WHY NOT? YES, BUT I DID NOT GET THE FLU SHOT HERE, BECAUSE I HAD ALREADY GOTTEN ONE OVER THE SUMMER WHEN I WAS HOME IN BRAZIL. FUNNY STORY, I TOLD MY MOM THAT STUDENTS COULD GET THEIR FLU SHOTS THAT DAY AND JOKINGLY TOLD HER I TOOK IT AGAIN "FOR DOUBLE THE PROTECTION." MY HUMOR DIDN'T TRANSLATE THROUGH TEXT, AND I HAD TO QUICKLY TELL HER I WAS JOKING BEFORE SHE GOT MORE FRUSTRATED.

How to get your car ready for winter

By GARRETT LANGER



Using a penny to check tires. ©GARRETT LANGER

The winter is coming. It can be a dangerous time of year for traveling the roads. According to "The Famers Almanac," it will be a colder winter than usual. They are also predicting that the snow will be here by early November. Taking precautions can prevent disaster. Not all the preparations have to do with your car. Keep a blanket in your car. If your car broke down your heater won't work, and at temperatures below zero you could die if you are stranded for a long time. In the same vein, keep some food in your car. Store non-perishable food in your car, food that requires no preparation or cooking. Buy some granola bars, pretzels, chips, or protein bars. What ever you would like to snack on.

Get a car charger for a cell phone. Cellphones are a wonderful resource in times of need. Keeping your phone charged could be the difference between help coming or not. Preparing your car for winter can be complicated. A simple place to start is the tires. The tires are one of the most important parts on your car. Tires contact the road and provide grip. Tires in poor condition will provide less or no grip on wet or slick roads. A common way to check your tire is with a penny. Hold the penny with President Lincoln's head facing you with his head pointed to the ground. Now place the penny into the tread of your tire. The words "In God We Trust" should be hidden. If you can see more that the first and last letters your tires are worn out. Driving with worn or bald tires is dangerous. It can be just as dangerous if they are not inflated properly. An under-inflated tire is more likely to blow out. This happens when the tire tears. When a tire is properly inflated, it allows for flex with only slightly reduced grip. When the pressure is too low, the tire will flex far too much and causes the tire to rip. In the winter months, your car will lose air pressure in the tires. The cold weather causes the air pressure to fall. If your car has pressure monitors, they will let you know. If not, make sure you have or get a tire pressure gauge. On cold or snowy mornings,

check your tires because they could be flat. If they are, get to a gas station. Most gas stations have an air pump. To fill your tires, you need to know what pressure they are suppose to be at. Check the tire for the recommended PSI. You can find the PSI on the sidewall of the tire. If for some reason you can't find it on the sidewall, you can find it in the owner's manual. It can also be found on the doorframe on the front driver's door. Properly inflated tires prevent you from being stranded with a flat. Preventing yourself from being stranded is the goal. As a preventive measure, you should get your battery checked. You can get your battery checked at your local auto parts store. Most will do it for free. It should be holding approximately 12 volts and 14 volts while running. Checking your battery is simple prevention from your car not starting. Most batteries will last four years. The problem with batteries is that you can check the voltage but not the chemicals inside. As the acid degrades, it no longer will hold a charge. If you have an old battery, it could work one day and not the next. Low voltage is a strong sign the battery is going to die. The temperature can vary day to day as well. This can be very hard on your car's engine. Before driving your car you should let it warm up. Most engines operate at 227°F. The oil in your engine in op-

timized to work in that range. When it's well below zero the oil can fall below its minimum running temperature for the oil. This means the pistons will make direct contact with the walls of the engine. This will cause damage to the engine. In extreme cases, this can cause decreased combustion. This can even cause the engine to fail. Engine oil also needs regular changing. Oil will become less effective as it ages. Over time damaging the engine and causing it to loose power and eventually fail. Heavy snow is no friend to the car. When the snow does come heavy, be prepared. Have an ice scraper. You must remove all the ice and snow on your car before setting off. You could be facing a ticket of \$25 if you don't remove it. There are Higher fines from \$200 to \$1000 if ice would come off your car and hit someone or something. You could really hurt somebody if ice falls off at high speeds. Make sure you remove it all before you drive. Let your car warm up with the defrosters on to help melt the ice and snow. Finally, make sure you have a spare tire and know how to change it. Getting a flat tire is easier in the winter. Having a spare and knowing how to change it can prevent you from being stuck on the side of the road. Getting your car ready for winter is incredibly important. Take a little time now so you are not stuck later.

Clubs & Travel

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Clothing drive promotes sustainability

BY MEGAN POLAND
ASSOCIATE EDITOR

The Eco Design club at La Roche College hosted their second Eco Clothing Swap, collecting over 200 articles of clothes and accessories.

Students, faculty, and staff were able to donate clothes for the swap that they didn't like or wear anymore during collection days. The Eco Design club accepted donations of shirts, pants, professional attire, jewelry and other accessories, coats, hats, gloves, and scarves.

Both students and staff members participated in the clothing drive, which took place in the Cantelops Art Gallery. The president of the club, Marley Romano, said, "It's sustainable because a lot of people don't take their clothes to Goodwill, they just throw them out."

"A lot of faculty and staff brought stuff in," Marley said. "They bring in a lot of the professional clothes."

The Eco Design club took donations on Oct. 8 and Oct. 14. For each item someone donated, they would be able to take that many items on the shopping days. Marley Romano said anyone could come in and get one free item just for stopping by.

Students, faculty, and staff were able to shop for clothes on Oct. 22 and Oct. 23. Eco Design president Marley Romano said they hosted a warm weather portion of the clothing drive this year.

"We have a lot of students from the Virgin Islands and Africa who don't have winter jackets," Marley Romano said. "From 9 until 10, before the actual swap, we had people come in and take jackets for free."

Marley Romano said that Sister Elena Almendarez is taking the leftover donations to those in need in Virginia.



Molly Walter and Stephanie Wizorek
browsing clothes on the first shopping day.

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Study abroad opens doors for students

BY SARAH REICHLE
EDITOR-IN-CHIEF

La Roche College offers students the opportunity to explore the world around them for little to no cost.

"Study abroad is the most formative experience that I had as a college student and I think it's one of the most formative experiences that you have here at La Roche. I can tell you that literally no other college or university has a program like Study Abroad + Study USA in the United States," said Nicole Gable, Study Abroad Coordinator.

"The fact that we offer these courses at no extra cost is really generally unique."

In order to be eligible for Study Abroad + Study USA, students have to meet specific requirements.

Traditional students, who have entered La Roche as freshmen, are required to have earned 60 credits, have above a 2.0 QPA, have declared a major, and have had to maintain full-time student status to be eligible for the trips, she said.

Transfer students have different requirements.

Transfer students need to earn 30 credits from La Roche, need a QPA of 2.0 or higher, need to maintain full-time student status in order to be eligible and have to pay an additional fee.

Study Aboard + Study USA offers trips during Spring Break and in May.

Gable said, "This year we have a wider range of trips to distinct places and so traditionally we would have done a lot of western Europe,

and this year we are starting to branch out because I want La Roche students to be adventurous."

This year, some untraditional study abroad options are Morocco, Bolivia, and Macedonia, she said. There are also trips to Washington, D.C., Greece, Ireland and Scotland, Spain and Italy.

There are an increasing amount of students participating in study abroad each year.

Last year, 117 students went on trips and as of October, this year, there are already 77 applications, she said.

"And I see a lot of students come to me and say this is possibly my only opportunity to go outside of the United States and I think that means something. Because I think that we are opening their eyes to

culture. We are helping them explore something they might not do otherwise," Gable said.

"On the same token, there is a lot of anecdotal evidence that going on a short term trip leads to longer term study abroad," she said.

Many students are unaware of the resources available to them for long-term study abroad.

La Roche College does not offer traditional, or semester, study abroad for free, but can set up longer term trips for students. There are scholarship opportunities to help pay for these trip, as well.

The current Study Abroad + Study USA trips to Macedonia, Bolivia, Washington, D.C. Morocco and southern Spain, and Italy are still open for applications.



The La Roche Courier

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How to build the perfect fire

By MIKE WEAVER
OUTDOORS CORRESPONDENT

On a summer evening, I was fishing by the river with my friends. As the night progressed, a cool breeze drifted across the river. We were not prepared for this chilly evening. Instead of packing our belongings and returning home, we decided to build a fire. However, we only possessed a box of matches. We could only use the materials surrounding us.

The ability to build a fire is an important skill, whether it is for recreational use or necessary for survival. I present the following as a helpful guide to building the perfect fire.

Prior to striking a match, gather the necessary materials to build a fire. Tinder and kindling are essential in order to light large logs. Tinder, in this case, is not the famous iPhone dating application; it is a small source of ignition. Materials used as tinder range from paper crumbles and dryer lint to dead plants and wood shavings. Tinder provides a short flame. This short flame serves as fuel to ignite kindling.

Kindling consists of objects intended to burn for a period of time. The purpose of kindling is to provide a sustained amount of heat

and flame to the actual fire source. Cardboard pieces, dry sticks, and wood pieces are examples of kindling. As a rule of thumb, the width of kindling should be about the size of your index finger.

Gather extra tinder and kindling. Place the extra materials in categorized piles. By doing so, you will have an immediate backup of supplies. You will not have to scavenge for kindling or tinder after the fire is lit.

Finally, the main fuel source should be gathered. Dry wood ranging from one to five inches in diameter will be necessary as fire fuel. Look for fallen trees and deadwood; they are usually dry and easy to ignite. Avoid wet logs as they will not burn efficiently.

Tinder provides a source of flame for kindling. The kindling, in turn, burns longer and provides flame for the main fuel source.

After you gather the materials, design the structure of the fire. Designate and clear a circular area, about four feet in diameter. If stones are available, arrange them around the outside of the circle. Stones will absorb the fire's heat.

Next, scatter kindling within

the designated area. Space out the kindling to allow ventilation. Next, place tinder on top of the kindling.

When the tinder and kindling is in place, light the tinder. It will, in turn, flare up the kindling. As the kindling begins to ignite, add more kindling to sustain heat and flame.

The kindling will build heat and fuel a flame. Slowly place the fuel source to the fire. While you add the heat source, be sure to continue to add kindling. Do not block off ventilation by adding too much kindling at once. As the fuel to the fire begins to catch, continue to carefully place wood on the fire.

When you gather the necessary supplies and develop a sufficient layout, you can easily build the perfect fire.

Murphy's famous law states, 'Anything that can go wrong will go wrong.' In most cases for making fires, I am without an immediate source of flame. My trustworthy Bic lighter will only spark. My matches in their 'waterproof' container will not strike.

Flint is an effective alternative to matches or lighters. When struck against steel, flint will produce sparks. These sparks, when paired with a bed of dry grass and ad-

ditional flint shavings, serve as a source of fuel for kindling.

Flint sticks are wildly available in the outdoor section of your local sporting goods store. You can use a pocketknife to shave small pieces off of the flint stick.

Place the flint shavings in a bed of dry grass. Begin to strike the flint stick with a knife. By scraping the knife downward towards the pile, sparks will ignite. After a few attempts a spark will ignite the flint bed.

Additional tinder and kindling can be added. The additional kindling can sustain enough heat and flame to add the main source of fuel.

My friends and I were able to continue fishing on a cool summer's evening because of our ability to build a fire. By using our surroundings, we built a warm, bright bonfire.

The ability to build a fire is an essential skill for all individuals.

In many circumstances, a source of heat is vital. By familiarizing yourself with fire-making techniques, you can successfully construct and sustain a source of light and heat.

Club MOSAIC sponsors salsa dancing night

Students get a taste of Spanish culture during a dancing lesson at the Kerr Fitness Center

By MEGAN POLAND AND SARAH REICHLER



Students learn new dance moves from instructor Ramon Rios

“As part of MOSAIC, we seek to promote other cultures and diversity, so we planned Salsa Night as a way to expose people to some Puerto Rican culture, through cuisine and dance.

The event included typical Puerto Rican food, fried plantains and empanadillas, which are fried meat pies made by Jimbo, the Puerto Rican cook who works in the cafeteria. Also, a salsa dance lesson by fellow La Roche, Puerto Rican sophomores and baseball players, Ramon Rios and Angel Sanchez.

The Spanish Club helped by making the informative posters and helping with the set up.

It was a successful event, with a good turn out, and we plan on making more events like this next semester.”

-ANA PAULA DE MARCO, PRESIDENT OF CLUB M.O.S.A.I.C.



Students dance with the lights off in the Dance Studio at Kerr.



A reflection of students dancing along with Rios and Sanchez.

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