

## Does turkey actually make you tired?

BY SYDNEY HARSH

Are you planning on gobbling up some turkey this holiday season?

Contrary to popular belief, eating turkey is not the main reason you feel tired after a holiday feast.

The holiday myth comes from the fact that turkey contains an amino acid called tryptophan. “Tryptophan is one of 20 naturally occurring amino acids, the building blocks of proteins,” Dr. Fujito, Professor and Chair of Chemistry at La Roche College, said.

“We eat foods rich in tryptophan all the time,” Dr. Fujito said. Many proteins, such as turkey, chicken, and ham are rich in tryptophan.

“Your body can’t produce tryptophan on its own, it must be ingested,” Dr. Fujito said. Once ingested tryptophan creates a neurotransmitter (a chemical substance that is released at the end of a nerve fiber by the arrival of a nerve impulse) called serotonin Fujito said. However, he said foods rich in tryptophan do not increase the amount of serotonin produced in the brain.

“After a holiday dinner, several amino acids circulate through the bloodstream,” Dr. Fujito said. To get into the brain the amino acids must

be shuttled through the blood-brain barrier by transport proteins. The blood-brain barrier is a membrane that separates the blood from the brain. The amino acids compete against one another to get into the brain he said. They also compete against five other amino acids for the transporter.

“Tryptophan could make you tired,” Dr. Fujito said, “if it was the only thing around.” This means tryptophan by itself would increase serotonin production in the brain.

Another reason to why the holiday myth is said to cause tiredness is the production of melatonin from serotonin. The pineal gland is a small gland located in the vertebrae of the brain. It is also located on the outside of the blood-brain barrier. Dr. Fujito said, “Melatonin is a sleep-associated hormone produced in the pineal gland of the brain.”

Dr. Fujito said, “But eating turkey or any tryptophan-rich food does not boost melatonin production.”

If turkey is not the culprit, then what is? “Carbohydrates and alcohol are to blame, not the turkey” Dr. Fujito said.

“Eating foods rich in carbohydrates cause the cells in the pancreas

to secrete insulin,” Dr. Fujito said. Insulin is a hormone that allows glucose and amino acids to enter tissues.

**“Tryptophan could make you tired, if it was the only thing around.”  
-Dr. Fujito**

Insulin soaks up the amino acids in the blood and reduces the tryptophan’s competition against the other amino acids. The transport system is no longer tied up and tryptophan can cross the blood-brain barrier. Dr. Fujito said when more tryptophan is present in the brain, serotonin levels increase and become strengthened.

Don’t forget about the alcoholic beverages either. Holiday feasts are often washed down with wine, beer, champagne or other spirits. Alcohol

is a muscle relaxant and a sedative. When our blood alcohol levels begin to decrease, it causes fatigue and relaxation.

Both carbohydrates and alcohol have a sleep-inducing effect on the body and mind. So don’t blame the turkey during this holiday season for your post-holiday dinner food coma, instead blame carbohydrate-rich foods and alcoholic beverages.

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La Roche’s food drive is halfway to its goal, according to this photo.



Lights from the decorated tree reflect on the wet pavement below the faculty parking lot.

© SARAH REICHLÉ



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The Redhawk poses with The Pirate Parrot at the Festival of Lights.

## Spring semester classes to start later than past years

Four classes with a late-start date of Jan. 26 being introduced in Spring semester.

BY MEGAN POLAND  
ASSOCIATE EDITOR

The spring semester will start a week later than usual, along with classes with a late starting date are being offered to accommodate international students.

Classes for the spring semester begin on Jan. 12, a week later than classes have begun in previous years.

Joan Cutone, a staff member of the Registrar office, said, “Last year

we moved the fall semester back a week. Instead of finishing up in the first week of December, we now finish up the second week.”

Cutone said that the change in the fall semester made it necessary to start the spring semester later. The Registrar employee said there wasn’t enough time between the fall and spring semesters to finish all of the administrative work.

“It’s more in line with most other school’s starting dates. They start a little bit later,” Cutone said.

La Roche is also offering four classes that have a late start date of Jan. 26, two weeks after classes officially start. These classes end two weeks later, as well.

Cutone said that some students, including international students who have to wait for their visas to

be cleared, come into classes late. “We don’t want to see them go into classes after missing the first couple weeks.”

The classes with the late start date are: Writing and Singing the Blues; History of the World; World Religions; and Race, Class, and Gender: Intro to Sociology. All four of these classes are Select courses.

# People

The La Roche Courier - December 2014

## Staff member emulates La Roche mission

By SARAH REICHLÉ  
EDITOR-IN-CHIEF



Above, Rose Smith Cheriton poses.

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In the midst of an international education week celebration, a woman stood up and recited a poem of peace.

On Thursday, November 20th, during Saudi Arabia Day, information desk secretary Rose Smith Cheriton recited her poem entitled True Peace.

Cheriton said, "I love working here at La Roche. I started in 1990 and left for two years and came back to work with my good friend Ruthie."

She has been an active member in the La Roche community. Cheriton used to tutor a Korean student in ESL. "I have always loved learning and being involved so I don't just sit here," she said.

Cheriton has lived in 12 states, France, and Germany. Everywhere she has gone she has met different people. She said, "We are different but we also have a lot in common."

She enjoys listening to people and reaches out to students who look like they are having bad day or look alone, she said.

The poet loves young people and directs her pieces to the young. She has been writing poetry since 4th grade and has written about 800 to 900 poems, all about various topics, she said.

The poem she read at Saudi Arabia Day reflected her hopes for peace.

"What I want more for La Roche is to have the nationalities of students to come together rather than being divided," she said.

She proposed that instead of celebrating each nationality on separate days, we should celebrate every nationality on one day, in which each nationality would get a chance to present their culture. There should also be a chance to ask questions in positive ways, she said.

Cheriton added, "That's the only way we are going to get to understand each other. By communicating, by talking, by being more open. I suggest instead of having a Saudi Arabian Day, African American day, or Chinese or Japanese day, let's have this day at the same time. International day and everybody comes together."

The optimist leaves a poem that sits on the information desk every day. The poem is prayer and reminds her of the time something wonderful to her before she even prayed, she said.

Cheriton is popular among students. She said, students tell me not to retire until I graduate and then four years later new students will tell her the same thing. "I'll be here until I'm 150 years old," she said.

Cheriton reflects all of the qualities that La Roche College strives to teach its students. She embraces the world with optimism, open-mindedness, and knowledge.

### "True Peace"

By Rose Smith Cheriton

Today's youth are the hope for the future.

All are God's children

Each in need of the other.

Come together,

And go hand in hand,

And build a better world,

One that gives hope and

Promise to all people.

A world that will secure

Human rights, human dignity,

And freedom for all folks.

Plant seeds of understanding,

Communication, knowledge,

Justice and right among humanity.

Build bridges of friendship across

Cultural and national boundaries.

Find ways to strengthen what

People have in common,

Rather than be divided by difference.

Prove to the world that various

Races can live, learn, work,

Play and worship together in harmony.

Show man kind how to love and thereby

Stamp out hate.

Because your caring, young hearts,

Yearn to make a difference in creating

A more peaceful world.

# On-Campus

The La Roche Courier - December 2014

## SGA approves Asian Club, make commuter-friendly changes

BY SARAH REICHLÉ  
EDITOR-IN-CHIEF

**S**GA approves a new club and continues to plan events. On November 18, SGA met to discuss future endeavors and events.

Trinity came to the meeting to propose a new club called the Asian Club. She provided each member with a packet of information on the club.

The club's mission is to help students coming from Asian countries adapt to La Roche. They want to make newer Asian students feel at home.

The club is open to anyone interested. They want to teach and share their culture with everyone.

Jessica Finke said the club was organized and had a lot of members. The SGA approved the club.

Each SGA member gave their annual reports. They reported their accomplishments and plans.

Jessica Frank, the Director of Commuter Affairs, reported that she had gotten the hours of the main doors of Bold Hall to remain open longer.

She said commuters will now have longer access to the Bold Union Room. The hours from Monday through Thursday have been extended until 7 p.m. Friday hours remain the same, but the doors will

remain open to commuters during events held in BUR.

Charles Hartz, Vice President of Academics, said a Blackboard app and mobile printing service are a work in progress. The student body suggested these two ideas.

Director of Student Activities, Ricky George, discussed the future events that he is planning for sexual awareness month.

The SGA will participate in donating to the Angel Tree charity program. Two SGA members are going to pair up and adopt an angel. They will be purchasing a \$25 gift for their angel.

Other SGA members suggested purchasing a fire pit, installing infrared solar panels and adding more self-sorting recycling bins around campus.

This meeting marked the beginning of the SGA member of the month award.

Jessica Finke, SGA president, said, "Each month we are going to reward someone who we think has shown outstanding leadership and has done a great job with their position."

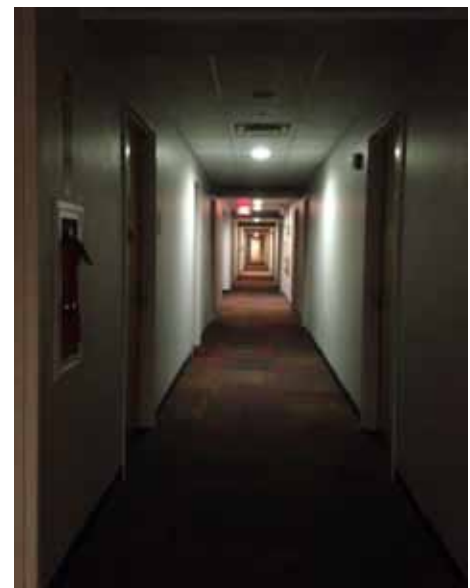
The SGA member of the month award went to Ana Paula De Marco Teixeira. Finke said, "[Ana] has really went above and beyond her position."

## Lights out in Bold Hall

*Bold hall experiences a black out for the majority of the day on Thursday, November 6th*



*Different views of Bold Hall during the black out*



© SARAH REICHLÉ PHOTOS

## Science majors focus on internships

*Students, faculty, and guest speakers gather for annual Chemistry Department Roundtable meeting*

BY SYDNEY HARSH

**N**ow is the time for all science majors to prepare and apply for internships and research opportunities.

Several science majors gathered on Nov. 11, 2014 for the annual fall semester Chemistry Department Roundtable meeting.

The science majors and some department professors joined to listen to five guest speakers who provided their insights about summer internships and future entry into the professional workforce, from both the student and employer perspective.

Three senior chemistry majors – Alex Davis, Faith Cortez, and Gilbert Uwineza – shared their experiences about their summer 2014 internships at CWM Environmental, ChemImage Corporation, and Bayer MaterialScience.

Alex Davis told science majors about her interview process with CWN Environmental. "When I went into my interview process they asked me to list all of the instruments I knew how to use," Davis said. "I listed all of the instruments that Dr. Fujito taught us about." Davis said they then asked her several questions about three of the instru-

ments she listed in her interview.

Sometimes finding an internship comes with a struggle. Faith Cortez shared with the room her struggle about finding an internship. "I called anywhere and everywhere to see if they had internships," Cortez said, smiling with enthusiasm and hope. After googling several labs in the area Cortez said she called ChemImage to see if they had any internships available, even though there were none listed on their website.

"When I called them they said they did have internship opportu-

nitwies available," she said. "They then set me up for an interview with them." During her interview, Cortez said she had to remember to be herself and not to be nervous. "You also want to make sure you come prepared to your interview," Cortez said.

Gilbert Uwineza said he was accepted into an internship position at Bayer MaterialScience, located near the Pittsburgh International Airport. He worked in the analytical chemistry lab at Bayer MaterialScience. Uwineza said he worked with gas chromatograph-mass

spectrometers, creating a spectral database.

"I continue to intern at Bayer MaterialScience," Uwineza said, "I asked them if they could extend my internship position." Uwineza said he continues to intern at Bayer MaterialScience two days a week until the end of fall.

A staffing consultant in the Pittsburgh office for the national search firm Lab Support, Lauren Guzak, provided the science majors with even more insights into the hiring process for new B.S. science majors who are about to enter the professional workforce.

Guzak said Lab Support's two largest clients are PPG and Alcoa. "Lab Support can help place B.S. science majors into industries such as biotechnology, medical devices, environmental, chemical and consumer care," Guzak said.

The three senior chemistry majors said they were thrilled with their internship experiences and that they cannot wait to get a job in the real world as a chemist. "I couldn't have asked for a better internship," Davis said. "It was truly a great experience."

**"When I went into my interview process they asked me to list all of the instruments I knew how to use. I listed all of the instruments that Dr. Fujito taught us about."**

**-Alex Davis**

# When is it appropriate to start celebrating Christmas?

BY SARAH REICHLER AND MEGAN POLAND

NAME: HILLARY DORIAN

MAJOR: MANAGEMENT

AGE: 20

WHEN AND WHY? I ALWAYS FELT THAT THANKSGIVING WAS OVERSHADOWED BY CHRISTMAS. THANKSGIVING IS A HOLIDAY THAT IS FOCUSED ON BEING GRATEFUL FOR ALL THAT WE HAVE, AND NOW, THE SAME DAY WE ARE SUPPOSED TO BE GIVING THANKS, WE ARE RUSHING TO BUY GIFTS FOR OURSELVES AND OTHERS. I FEEL THAT IT IS APPROPRIATE TO START CELEBRATING AFTER THANKSGIVING, EMBRACE THE HOLIDAY, BE THANKFUL, AND THEN START CELEBRATING. IF WE START CELEBRATING BEFORE WE ARE DISPLAYING A SENSE OF GREED BY NOT APPRECIATING THE HOLIDAY BEFORE IT.



The first snowfall at La Roche

NAME: FABIAN CARRAZANA

MAJOR: INTERIOR DESIGN

AGE: 21

WHEN? AFTER THANKSGIVING



Frozen fountain outside of the SC building



The Christmas section of Target

© SARAH REICHLER

NAME: RYAN ROCCIA

MAJOR: ENGLISH EDUCATION

AGE: 21

WHEN AND WHY? IT SEEMS THAT CHRISTMAS KEEPS COMING EARLIER EVERY YEAR BUT I HAVE TO SAY THAT ONCE DECEMBER 1ST HITS THEN IT'S OK TO START PREPARING FOR CHRISTMAS. IT GIVES PEOPLE TIME TO ENJOY THE HOLIDAY AND GET STUFF DONE WITHOUT STRESS BUT ALSO DOESN'T KILL THE SPIRIT OF THE HOLIDAY BY STARTING TOO EARLY.

NAME: ANNA VINES

MAJOR: UNDECLARED

AGE: 18

WHEN? I THINK IT'S APPROPRIATE AFTER THANKSGIVING.

NAME: TINA FERRARI

MAJOR: LIBERAL STUDIES

AGE: 20

WHEN? I THINK YOU CAN START AFTER THANKSGIVING

NAME: MOLLY WALTER

MAJOR: GRAPHIC DESIGN

AGE: 21

WHEN? THE FIRST DAY OF DECEMBER.



Mr. Bear prepared for Santa

# Veteran's Day

## Veterans discuss experiences and life lessons at third annual panel

BY MEGAN POLAND  
ASSOCIATE EDITOR



From left to right: Veterans Brandon Marie, Paul Kennedy, Harold Schmidt, and Chase Warden pose for a picture after the panel.

© REBECCA JESKEY  
PHOTOS

To celebrate Veteran's Day, La Roche hosted a panel featuring three veterans reflecting on their life-changing time in the military.

Chase Warden, a La Roche student and a veteran himself, introduced Brandon Marie, Harold Schmidt, and Paul Kennedy as the panel's speakers. "It's our way of sharing our experiences and life lessons that we've learned," Warden, a veteran of the Marine Corps, said.

Brandon Marie, a graduate student majoring in Human Resources, said he served with the Pennsylvania National Guard for eight years. "Wherever I go, I'm always an ambassador to the United States Air Force and to my family," Marie said.

"I've learned that racial prejudices go away," Marie said. "When I was in basic training, it was a conglomerate of everyone from all different backgrounds."

Marie, who graduated from Indiana University of Pennsylvania with a Political Science and Pre-Law degree, said that the military helped him realize he was a part of something bigger than himself.

The graduate student said, "I've

learned to deal with populous from all over the world." Marie explained how when he was deployed in Kyrgyzstan, he was trying to communicate with a Russian woman with no success. Marie asked the woman if she knew German, which she did, and he was able to communicate with her through the elementary German he knew.

The IUP graduate said he learned to be a leader and understand his personal resiliency, but also sees the bad side of being in the military. "There is a human cost to war," Marie said. "It will forever resonate in my mind what the cost of war really is."

Harold Schmidt, a veteran of the United States Navy, approached the podium sporting an American flag tie.

"I'd gone to college on my parent's dime and didn't appreciate what that meant," Schmidt said. "I squandered it."

The Navy veteran said he'd wanted to marry his girlfriend at the time and, after having a talk with her parents, decided to go to a recruiter's office and sign up for the military. Schmidt said he didn't want to work

a dead-end job anymore and wanted to have a career.

Schmidt said he was a Petty Officer in the Navy for ten years, but started out as a Sonar Technician.

"I could say September 11th had a little bit to do with why I joined the Navy. It hit me hard," Schmidt said. He said that although he didn't know anyone involved in the incident, he found it unacceptable that America was attacked.

The former Sonar Technician said he loved his time in the U.S. Navy. "I went to boot camp. It was really hard, but I loved it. I loved the structure, the whole atmosphere," Schmidt said. "I jumped right into it."

"I grew up getting what I wanted," he said. "Now I have responsibility."

Although Schmidt has only positive things to say about his time with the Navy, he left the service so he could make his family priority. "It's hard being away. I have a 9 year old son now and he was not happy without his dad," the veteran said.

He said he's also had experience with teaching, and has taught courses such as a non-lethal weapons course. Schmidt said that few wanted to take the course, however, because you had to get sprayed in the face with mace.

"I'll always say good things about the Navy to everybody," Schmidt said.

Last to speak was Paul Kennedy, who served in the United States Army for 40 years. Kennedy said he is a Vietnam veteran and a two-time Iraq veteran, and retired as Chief War Officer.

Kennedy, donning his uniform, said, "I didn't join the army—let's get this correctly. I was one of those nice, young men in 1967 that got this letter in the mail inviting me to a party that I couldn't turn down."

The Vietnam veteran said he had reported down the federal building and was standing in line, when a marine said he wanted to recruit Kennedy. "I said I got a better idea," Kennedy said, recalling the story. "I walked into the Army Recruiter's office and signed up for six years. I didn't care what the job was."

"I didn't want to join the Marine Corps because at that point in time, in 1967 and '68, if you were that skinny, you were what they called a tunnel rat," Kennedy said. "You could fit into these little tunnels that go underground to scoop out the enemy."

Kennedy said, "You meet individuals from every lifestyle." He also said the military was a bonding experience and that he has met some of his best friends through the military.

"My brother, who's actually not my biological brother, is more of a brother to me than anybody that I've ever had. I met him through the military," Kennedy said.

The veteran said he continues to help veterans and those he has bonded with. "I take phone calls constantly from veterans that are having problems and their spouses," Kennedy said.

"I now run the American Legions," Kennedy said. "What I took out of the military and took into the Legion with me is don't give up on the people you're with. Don't give up on those old people and don't give up on the young people."

"Today is Veteran's Day. It isn't about me," Kennedy said. "It's about all the veterans that have spent time and are spending time now. We need to connect with the veterans, especially the females."

Warden said this year marked the third annual Veteran's Day Panel hosted at La Roche College.



**"Today is Veteran's Day because on the 11th day, the 11th hour, the 11th month of 1918, the Armistice was signed to end World War I,"**

**- Paul Kennedy, pictured left**



Harold Schmidt answering questions.

# Entertainment

The La Roche Courier - December 2014

## The XD experience: a review of Cinemark NextGen movie theater

By RITA VINSKI

ENTERTAINMENT EDITOR

On Sept. 19, 2014, Cinemark NextGen opened its doors in McCandless Crossings shopping plaza.

While there are Cinemark theaters all around the Pittsburgh area, the closest one to the North Hills/McCandless Area was the Cinemark 18 located in the Pittsburgh Mills mall.

Now, the North Hills and surrounding areas can enjoy the unique experience closer to home.

When you walk through the doors of this theater, you are greeted with multiple sites including a Starbucks with a bar, a café and large concession stand, an arcade, and so much more.

With the decently priced tickets, movie-goers are able to enjoy a movie while snacking on quality popcorn and other delicious treats; if you are of legal age you can even enjoy an alcoholic beverage during a movie.

Cinemark NextGen contains multiple screens that include regular, IMAX, and a theater called "XD." Recently, I was able to get the full theater experience, including seeing a show in the XD theater.

On Thurs., November 20th, I bought tickets for the early screening of the recent Hunger Games movie. Seeing that the XD Theater was selling reserve seating tickets, I figured that'd be safer than first come first serve seats.

While the tickets for the XD Theater, especially if its reserve seating, are a few dollars more, I figured it would well-worth the money.

The seats I got were in the third row of the second tier of seats and the seats were in the middle of the row. Little did I know that I reserved the best seats in the theater.

The XD Theater is an experience I'll never forget. Upon entering the theater for the XD movies, I noticed that it looked almost like an IMAX theater; wide areas of seating and a floor-to-ceiling, wall-to-wall screen.

However, after taking my seat, I noticed that the screen looked like the current television models that are being sold. The screen was curved.

At first, I didn't understand what a curved screen would do for the movie experience. However, once the movie started, I learned fast.

The curved screen allowed me to feel as if I was in movie; almost like a

3D movie without the glasses.

Not only was the picture giant, the quality was so sharp and clear I could physically see freckles on the actors' faces.

It was definitely the coolest effect I'd ever seen in a movie theater.

To finish the effect, the XD Theater had total surround sound that added to the feeling that I was a part of the movie instead of just watching it.

When the movie was over, I couldn't believe the experience I just had. The XD experience was better than any movie I'd seen in IMAX; I'll be seeing more movies there in the future.

Overall, I was extremely impressed with the Cinemark NextGen Theater as a whole. Not only is it nice not having to travel to the Pittsburgh Mills to go to a Cinemark theater, but the quality of the theater is high.

The inside is beautiful, and it's a comfortable movie experience compared to other theaters I've attended.

However, the XD Theater impressed me the most with its giant, curved screen, the surround sound, and the amazing reserve seating I was able to get.

I'll one-hundred percent be attending this theater for future movies, especially the XD Theater.



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## La Roche students weigh in on Netflix

By RITA VINSKI

ENTERTAINMENT EDITOR

Netflix is an online streaming service that allows an account holder to stream or rent any movie or television show of their choice for as long as they wish for a small monthly fee.

The online service is great for people that do not have a great movie selection, or don't have access to on-demand to watch seasons of shows.

Recently, Netflix has been privileging its customers by giving streaming rights to popular movies and TV shows such as Gilmore Girls, Agents of S.H.I.E.L.D., and a range of movies from most recent to decades old.

Over the past few years, the popularity of Netflix has grown, especially in college students.

Throughout La Roche College, there is a plethora of students that have Netflix accounts and take full advantage of its movie and TV show streaming.

Katelynn Gazarik, a La Roche senior, feels that Netflix is good because of its variety and convenience.

"It offers a wide variety of films and TV shows, even foreign films," she said. "It's great because it is also convenient. With apps and wifi you can access it just about anywhere, such as my 3DS."

Gazarik explains that Netflix can also be hazardous.

"It can be really hazardous be

cause you can easily stay up all night watching whole seasons, or by having so many options, you can't pick and waste hours trying to decide," she added.

Alison Menard, another senior, enjoys the non-commercial side of the website.

"It keeps me from my responsibilities," she jokes, "but I love not having commercials. And, I love the fact that I can go from episode to episode without interruptions."

While there are many students at La Roche that take advantage of the website offers, there are equally as many students that don't use Netflix.

Zach Williams, junior, explains that his reasoning for not having Netflix is time and money.

"I'm a poor college kid," Williams jokes. "I honestly just don't have that much time to watch it with school, work, and soccer."

Abby Fisher, senior, has a similar feeling about the website.

"I don't see the purpose," Fisher explains, "no do I have the time to watching anything."

Overall, Netflix is used by many La Roche students in order to watch shows or movies that they normally wouldn't be able to. It also gives an edge with not constantly being interrupted with constant commercials.

Netflix can also be a time consumer, as well as, a money user. This turns students away that have no time, nor the money to spare.

## 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

## Outdoor activities at North Park

BY MIKE WEAVER  
OUTDOORS CORRESPONDENT



© MIKE WEAVER

Only minutes from La Roche College, North Park offers beautiful scenery and countless activities for all ages. Sports fanatics, nature lovers, and sportsmen can take advantage of McCandless Township's go-to outdoor haven.

Whether you enjoy playing a peaceful game of golf or a tranquil day on the lake, Allegheny County's largest park is a great location for you and your family.

You can dust off your golf clubs and test your luck at North Park's 18 hole, 72 par course. It features a practice range and a beautiful, well-kept course. The golf course is open all year, and offers discounts during the winter.

Soccer and football fields are great for pick-up games any given day. The county recently upgraded

J.C. Stone field, adding new turf, bleachers, and an electronic scoreboard.

Standard and platform tennis courts are perfect for practicing the fast-moving and enjoyable sport of tennis. You can find people of all ages playing tennis, whether it is a young beginner or an experienced player.

North Park offers seven ball fields. On a warm spring day, the fields are packed with both individuals dusting off their baseball mitts to play America's beloved sport.

You can brush up on your free throws and layups on one of North Park's many basketball hoops. Majestic oak, evergreen, and pine trees frame the pavement court.

Next to the basketball courts is an outdoor skating rink. During its

season from November to March, the ice rink offers both free and paid ice skating lessons for all ages. You can bring your significant other to the rink on Valentine's Day for the Sweetheart Couples Skate, where you will receive a free carnation.

My favorite activity at North Park is jogging around the enormous lake. The distance is just over five miles, and is relatively flat. As I run, I pass many other individuals. Some ride bicycles, while others push their children in strollers. Every person I pass offers a warm smile or wave.

One of the most beautiful aspects of North Park is its scenery. North Park's famous lake is 75 acres, and offers aquatic activities for all. Many well-constructed piers sit at the edge of the lake, which are perfect fishing spots. Many of the piers are actual shelters with picnic tables. You can spend a relaxing day at one of the lake's many well-constructed piers. This past summer, I spent most of my days fishing at North Park.

North Park's boathouse offers visitors the opportunity to rent kayaks, rowboats, canoes, and pedal boats. On a warm day, the enormous lake is full of individuals enjoying the fresh water.

Families can beat the summer heat at North Park's swimming pool. With a capacity of two million gallons of water, it is spacious and great for families. The pool includes a baby pool, 100 foot water slide, and concession stand.

In addition to its beautiful scenery and countless activities, North

Park offers many one-of-a-kind features for its visitors. For example, you can take your dog to one of the two off-leash dog parks. The fenced in areas are designed so your dog can run free and explore without getting lost. When running or driving by the off-leash dog areas, you can witness both humans and canines bonding within the dog park.

One of North Park's newest features is Go-Ape, a treetop adventure course. It contains 1,400 feet of zip line, as well as 40 treetop crossings and obstacles. You and your family can register for this unique experience. You can choose a date and time that works best for you, and you will be given an orientation and safety gear. After the orientation, you are free to explore the obstacle course on your own. North Park houses one of the only seven nationwide Go-Ape courses.

Aside from the advertised attractions of North Park, you can do your own exploring. Look for the Fountain of Youth, a mysterious-looking structure in the woods. It is a building constructed into the hillside. You can always hear the sound of running water when entering the Fountain of Youth. Numerous trails throughout the woods allow you to view the nature and beautiful landscape of western Pennsylvania's recreation hotspot.

North Park is McCandless Township's outdoor haven. With many opportunities for sporting, fishing, or exploring, North Park promises an outstanding outdoor experience for one and for all.

## How to drive safely this winter

BY GARRETT LANGER

The weather outside is frightful and the roads are definitely not delightful.

In winter, the roads can become a dangerous place, so learning how to drive in these conditions is a necessity.

Winter roads can have a number of conditions that can become problems. The roads could be icy, snow covered, or a mixture. Each situation presents a different difficulty and danger.

All cars can slide in the snow and ice. You can get out of slides safely, but you must not panic. Any jerky motion can cause you to lose control.

If the car begins to slide, first slowly let off the gas or break. Slowly turn the steering wheel away from the direction you are sliding. Try to keep the car straight and out of the oncoming traffic lanes. As you begin to gain control, straighten the wheel back out and gently apply pressure to the gas again.

It can be difficult to tell what is icy. Ice is even more dangerous in the dark. If it's below 32° any spots that appear to be wet are more than

likely ice. You should slow down if you see this. If not you could slide. You should avoid slides rather than try to drive out of them.

Hills can also be dangerous. The terrain of Western Pennsylvania has more hills and uneven ground. In the snow these hills can be slippery.

On snow covered hills put your car in neutral and apply even pressure on the break. With the car in neutral the engine stops trying to turn the drive wheel and helps to make breaking more even. You car will also not be pushing you forward.

What wheels you have driving the car can effect you winter driving

experience. You should know what drive wheels you have and how to prepare to drive.

Most modern cars will have front wheel drive. In winter weather, front wheel drive is one of the best options. The engine is mounted above the drive axle. This weight pushes the tires down and makes them contact the road better.

In snowy condition the front wheel drive car will have better grip. This will help the car get going when there is snow on the ground.

A front-wheel drive car can help you from not being able to move forward, but once moving you must be careful. Once rolling the car will still have grip but the car can begin to slide.

A second more common drive set up is all-wheel drive. This means the drive wheels are both the front in the back. The power sent to the wheels is usually divided with slightly more power being sent to the front wheels.

In the snow the car will get going

wheel drive, but has to be engaged. It usually has to be engaged while the car is stopped or in neutral.

Four-wheel drive is good for snow and difficult conditions. The vehicles that have it tend to have options for low range. This will put the vehicle in a slower mode that will use more power to get grip.

Rear-wheel drive is the final common drive set up for cars. This tends to be on sporty cars. This is the most difficult in the snow. The back of the car has less weight over the drive wheels. This makes starting off and driving more challenging.

To make driving a rear wheel drive easier you should add weight

**If it's below 32° any spots that appear to be wet are more than likely ice.**

better than a front wheel drive. The car, however, does not have any improved grip while moving at higher speeds on the snow or ice. The car can cause some over confidence from drivers, which can be dangerous.

Trucks and larger cars will more commonly have four-wheel drive. This will spin all four wheels like all

to the rear of the car. Weight in the trunk can help the car find grip. Cars with rear wheel drive are more likely to slide in the ice and snow.

No matter what drive wheels you have always be safe. Winter roads can be very dangerous. You should only go out if you have to.

# Sports

The La Roche Courier - December 2014

## Women and men's basketball kicks off

BY DEVIN SHELLHAMMER

On Friday Nov. 21st, the Lady Redhawk basketball team had their home opener. The men's first home game was the following day, Saturday the 22nd.

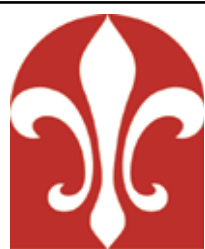
The women's team hosted St. Vincent on Friday. While the Redhawks fought hard, the St. Vincent Bearcats came out on top, winning 75-55. On Monday, Nov. 24th, the team took to the road and defeated Frostburg State 71-58. Despite a rough start, our ladies came back to fight, and brought home a win.

The men's season started a little before the women's, their first game was on November 15th. Their first opponent of the regular season was Hiram, who unfortunately beat them 73-62. After that, they played St. Vincent, bringing home a loss of 82-61. At home, our men took a loss of 66-51 to Marietta. The game was originally scheduled to begin at 3, but poor weather conditions delayed the visiting team. The boys took to the court around 4:30, after Marietta's team got in safely.

Despite the rough starts to both teams' seasons, the La Roche community is hoping that both teams will make comebacks and go on to have successful seasons. Check out the schedules on the La Roche Athletics website and come support your Redhawks at the Kerr Fitness Center.



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### Outdoors Correspondent

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Garrett Langer

### Layout & Design

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# Philanthropy

The La Roche Courier - December 2014

## Team Tassy works to end poverty

By SYDNEY HARSH

If you had the opportunity to save someone's life, would you? Ian Rosenberger, former contestant and Team Tassy founder, couldn't resist saying yes when he went to Haiti in 2010 after the Haitian earthquake.

La Roche College held an event in the Ryan Room on November 19, 2014. The event had two guest speakers, Ian Rosenberger and La Roche's Own Tassy Fils-Aime who discussed Team Tassy's mission.

Rosenberger said he went to Haiti to help get people back on their feet and clean up the piles upon piles of trash that filled the Haitian streets after the earthquake. However, he found a deeper meaning within the piles of trash.

He found poverty. He said a lot of the people in Haiti live in poverty.

"Is money to blame for their poverty?" an audience member asked. Rosenberger thought otherwise about the cause of poverty.

"Poverty isn't necessarily about money, it's about access," Rosenberger said. The Haitian streets were filled with so much trash he said. Rosenberger also said, "If Haiti could turn trash into money that would be great."

This inspired Rosenberger to create Thread. "Thread takes trash from poor neighborhoods and

turns it into jobs and useful stuff that people love," Rosenberger said. He said Thread has shipped nearly 200,000 pounds of recycled plastic out of Haiti. The plastic will eventually be processed into fabric and turned into goods and jobs for Team Tassy families he continued.

Rosenberger said, "Thread and Team Tassy work together under the same philosophy: the biggest problem the world faces is multidimensional poverty." To make this possible, he said we need to invest in the poor to create as many dignified, sustainable jobs as possible.

Also, among the poverty stricken streets of Haiti, in front of a burnt down church, Rosenberger met Tassy Fils-Aime. "Tassy was suffering from a life threatening, tennis ball sized tumor on his face," Rosenberger said. When Tassy first met Rosenberger he reached out to him for help.

Ian said Tassy needed surgery to remove the life threatening tumor on his face. However, he also said the surgery Tassy needed would cost his family a fortune. Tassy said him and his family could not afford the cost of the surgery. Rosenberger said he had to step up his game and think of how he could save Tassy's life.

"When a white guy comes to Haiti from America and says that

he can help you," Rosenberger said, "you automatically trust what he says to you." This led Rosenberger to create Team Tassy, an organization that helps unleash the inherent power in every person to eliminate poverty.

With the help of Team Tassy, Tassy received the surgery he needed to save his life. "This whole experience was a life-changing experience," Tassy said. "I thought prayer was the only solution." Tassy said he was blessed to have met Rosenberger who saved his life by creating Team Tassy.

Not only did Rosenberger and Team Tassy save Tassy's life, but they gave him an education. Tassy said, "The best thing about Team Tassy is the education." He said in Haiti racism is pretty high, making it difficult to get into Haitian schools.

"How is the education system in Haiti different than the education system here in the United States?" an audience member asked.

"In Haiti we have public schools just like the United States does," Tassy said, "but not everyone can go to school because not everyone has a job to put their children through school." He also said there are very few colleges in Haiti.

"It is unusual for me to be here

at La Roche studying chemistry because I never thought I would go to school because I grew up in a poverty stricken place," Tassy said.

Rosenberger said with the help of Team Tassy, Tassy can get the education he needs to become a successful doctor in Haiti.

Rosenberger said we can put an end to poverty. "We have to give the poor access," Rosenberger said.

Another audience member said, "Dignity equals access. If we have dignity we can have access."

Rosenberger said he learned a lot when he was in Haiti. "I learned that it is just not enough to place band aids on the issues of poverty," Rosenberger said. "That's when I realized that the job we started with Tassy was not yet finished."

He said we couldn't stop helping him until we knew we were finished. "I won't need Team Tassy when I'm done with college because I will get a job and will be able to be on my own," Tassy said.

Rosenberger said every individual has potential. "By standing beside the people we serve, working to remove barriers to their success, and providing necessary resources to help them work towards sustainability, we restore human dignity."

## Raising awareness for foster care

By ASHLEY CHIARAMONTE

There is a growing problem with children in the U.S. They are finding themselves abandoned by or taken away from their biological parents.

Bethany Leas, a former psychology major and a Manager of Placement for Project Star at the Children's Institute, helps foster children of all ages. She helps the children find a place they can call home, whether it be permanent or temporary.

Leas said: "Ideally we want to find permanent homes for the children, but some are only in the system until their parents get the help they need. However, there are situations where we need to take children away from their parents."

"In PA alone, an estimated 3,500 children are presently in the foster care system. Of those 3,500 children, 900 children have no identifiable family," Leas said. "That is, they have no family from the eighth degree and down. These are usually older children, ages 10 to 21."

Leas said that these children are in foster care for different reasons. "It could be because of parental neglect or physical and/or sexual abuse," she said. Because of the neglect or abuse these children

have faced, they are often traumatized and refuse to speak about it to others.

"Foster and adoptive parents are actually shocked when their child talks about their previous abuse a year or so down the road," Leas said. "They question why the child never opened up before. They don't realize that the child was not comfortable before now. This is where we step in and help."

In order to help the children, the state provides any services that the children may need until they turn 21. The only reason as to why foster children may not receive state provided services is if they choose to age out of the program.

Leas said, "Until recently, people who have done this and found themselves unprepared for independent living would often be homeless or incarcerated." When a foster child chooses to age out, they must sign an affidavit. Even after the children age out, the state is still obligated to check in on them periodically to ensure their safety and well-being.

"Fortunately in 2012 the legislation changed," Leas said. "Those that signed themselves

out of foster care can now sign themselves back into the system if they are under 21." Leas said that this legislation is helpful because people who take this road in life often find that they are not ready for independent living.

To raise awareness of the troubles that foster children face, Leas and her coworkers have created videos and podcasts that feature actual foster children. These children tell viewers anything they want: why they are in foster care, what their interests are, why they want to be adopted, etc.

Samira, a 12 year old girl in the foster system, said, "I want to be a part of a family who is loving, caring, and does a lot of activities." She went on to say: "It doesn't matter if they're really strict and stuff. All I care about is if they're my family and if I have somebody to live with."

Rita, an 18 year old girl, is also waiting for a forever home. She said: "I live in a group home, so I live with a lot of people...both boys and girls. And it's kind of complicated to actually talk to people and trust them."

Rita expressed that the only thing that she really cares about is being adopted. "I just think it would be really cool to have

somebody that I can go to and talk to," she said. "I would like to be able to say: 'I need you, can you support me through this or that.'"

Leas said that fortunately for Samira and Lea, word is getting out about foster care and adoption. More people are finding out the advantages of foster care and adoption.

Carrie Jones, a mother of four and a potential foster parent, said she wants to adopt a child because it would be easy for her. She said: "I have always wanted to adopt a child. Giving a child a home is really important."

Another couple, who wanted to remain anonymous, are actually fostering their biological grandchildren. They said that their children are facing some issues and they did not want to see their grandchildren end up in the system alone. "Our goal is to have a reunification with mom and dad after they get their acts together," the grandmother said. "This isn't permanent. We don't want to be mom and dad again. We just want to be grandparents."

Leas spoke at Shaler North Hills Library at 7 pm on Nov. 25th to parties interested in becoming foster or adoptive parents.