



College undergoes \$350K renovation

By SARAH REICHLER AND MEGAN POLAND
EDITORS-IN-CHIEF



Students in the newly renovated square.

© RITA VINSKI

La Roche College recently launched CC Square into the 21st century.

La Roche College President Sister Candace Introcaso said that the Zappala College Center Square, the college's main gathering space, was in need of a renovation.

She said that other than new carpeting and little projects—such as upgrading the sound system—the area has never gone through such a drastic change since 1987 when it was built.

"I don't think there was ever a major overhaul as there was this summer," Sister Candace said.

She added, "The whole project

cost \$350,000. That includes the contractor's cost, the furniture and fixtures, and the labor. That's everything and the design cost."

She said that the money for the renovation was from the college's capital expenditures and not a fundraiser. The renovation began in June and was completed in August, Sr. Candace said.

"There were a lot of chipped tiles, the paint was dated—the colors were dated. We've been talking about wanting to do something there and planning for it. This was just the right year," she said. "We worked with a design firm called LGA Partners and they came up with the scheme that

you see."

Before the renovation, Sr. Candace said she noticed how little seating was available to students.

"There just weren't enough places for people," she said.

The new CC Square has a lot of places to sit now. There are plenty of seats around the new high top tables and lower tables and there are new comfier couches, as well.

Sr. Candace said she sometimes sits in the Square and takes it all in and often sees people engaging more in the renovated space.

"I think the furniture is so cool," President Introcaso said. "They had a Mass in there—Father Peter came back. I sat with one of our former employees; she's in her 80s so she was sitting in those couches. I sat back there and I loved it! It was so comfortable."

She continued, "I like everything. I like the bistro tables and the lower tables. I like all the chairs."

Sr. Candace said that Vice President of Student Life and Dean of Students Colleen Ruefle led the effort for selecting the furniture. However, she said everyone involved in the project had a hand in choosing the tile and wall colors.

"Now we aren't done, you know" said Sr. Candace. "We want to change out a few things in the Ryan Room. Carrying the carpeting and the paint colors into there. We want to bring that tile and paint color probably into the Redhawk Cafe. And the big thing is to go all the way up the hallway."

Renovations for these remaining things will be addressed starting next summer, she said.

The College Center Square isn't the only area to undergo a renovation. The classroom SC103 has been under construction since August, Sr. Candace said, and is slated to be finished in November.

"There will be all new furniture and the technology will be much better. There will be a big technology upgrade. If you recall, there were three screens in there. It will be two flat screens basically," Sr. Candace explained.

She also said that a new ramp will make the classroom wheelchair accessible. The classroom's lighting will also be updated, she said.

La Roche College's president of 11 years said she hasn't been in SC103 to see the progress but can't wait to see the outcome.

"We have some grants from foundations and we are still fundraising," she said. "We're also fundraising for the top floor of the Science Center. We think that SC103 is phase one of the Science Center renovation. It's a major lecture room—not just for the sciences—but for lots of different programs. As I said, we have at least two foundation grants. That helped us pay for the architect."

Sr. Candace said, "The Ryan Room has become a classroom for part of the time. We had to move everyone out that would usually use SC103. That means everybody who used the Ryan Room and Fischer Room is being accommodated somewhere else."

Study Abroad program offers unique opportunity

By SARAH TURNBULL

La Roche College will offer eight Study Abroad/Study USA trips this year, Study Abroad Coordinator Nicole Gable said.

"This year we're going to Denmark, France, England, China, Cuba, the Galapagos Islands, Italy, Ecuador, and Los Angeles," Gable said.

La Roche's Study Abroad/Study USA is a relatively new program.

"The program came into existence six to seven years ago," Gable said. "We've had five successful years of trips. And we've received 50 applications in the last week."

According to Gable, since La Roche's motto is "Engaging Minds, Embracing the World", it makes sense that the college offers Study Abroad/Study USA.

Gable said, "Part of the mission statement is global awareness. We want our students to be more glob-

ally aware citizens."

Gable explained the eligibility requirements for the program.

"You must be a full time student with at least a 2.0 GPA. You must be in good standing with the school and have completed 60 La Roche credits. Transfer students must pay a fee," Gable said.

So what majors are most likely to offer trips?

"Design and Marketing offer the most trips," Gable said. "Interior Design and Graphic Design switch off."

Gable had advice for students preparing for a trip.

"Do your research, get a passport, pack light and for the weather, and wear comfortable shoes. It's an exciting opportunity for our students. I don't know any other college that includes trips in the tuition. It encourages a love of travel, and gives students an opportunity they might

not have otherwise," Gable said.

Celeste Reed, a senior majoring in marketing management, described her experience with Study Abroad in March 2015.

"I went on a sports marketing trip to Greece," Reed said. "It was better than I expected. I was blown away by the beauty of the country and all that I learned."

Reed had gone abroad previously, but this trip was especially exciting, she said.

"I've flown out of the country before since I've been to Jamaica, but I'd never sat on a plane for 12 hours," Reed said.

Once arriving in Greece, Reed says she was pleasantly surprised by how the country didn't meet her expectations.

Reed said, "I expected certain places to be beautiful. Athens was very dirty and overcrowded. I didn't

expect to love the mountains and countryside so much."

She said, "I was most excited about riding a donkey. They're the only form of transportation on the island of Hydra."

Reed also had advice for students.

"Do your research," Reed said. "You'll learn a lot while you're there, but it's nice to know what you're getting into. You'll be on a bus for hours, you'll have bad jet lag—but it goes by fast. Take lots of pictures, but also just take it all in."

Gable agrees.

"They're very memorable. One of the biggest challenges is adapting to a new environment. But it's important to go outside your comfort zone."

Students can apply for Study Abroad/Study USA online at la-roche.edu under Study Abroad Online Application.

Health & Wellness

A student's journey with immune disorder

Meet Ian Zacharias

BY SYDNEY HARSH
ASSOCIATE EDITOR

Diagnosed in sixth grade, sophomore Ian Zacharias, started his immunoglobulin replacement therapy for primary immunodeficiency disease, or PIDD, largely because Zacharias was not going to let PIDD stop him from pursuing his goals.

"When I found out that I had PIDD, it was life changing," Zacharias said.

Zacharias said he had some serious illnesses, such as meningitis, when he was younger. He also said a few of those illnesses put him in a coma. However, Zacharias said he didn't know that this was the beginning stages of a serious disease.

"It was funny because when my parent's insurance policy changed," Zacharias said, "they forced me to go to a new asthma doctor."

Zacharias said the asthma doctor told him that he should get tested for a new disease that a lot of people are finding out they have.

"I got tested," Zacharias said. "The results came back positive for this noncontagious disease."

He said the doctors changed everything, including his medications and current treatment.

"Having PIDD isn't that big of a deal to me," Zacharias said. "It just means that I have to watch out for getting sick, take care of myself more, make sure I take my medicine, watch out for other people around me who are sick, and wash my hands a lot."



© SYDNEY HARSH PHOTOS

"Having PIDD isn't that big of a deal to me."

- Ian Zacharias

Zacharias said he has a lot of long term goals ahead of him, so he can't and won't let this disease stop him from pursuing those goals.

"I want to finish Physician Assistant school at Duquesne University, work as a PA for a couple of years, then go back to med school somewhere," Zacharias said. "And then hopefully open up my own practice."

Zacharias said that he has many other goals that he wants to pursue as well.



Ian Zacharias posing at La Roche (left) and working as a referee (right).

One of those goals is to continue to referee for the Atlantic Conference and Big 10.

Zacharias said he started out as a score keeper and eventually worked his way up to becoming a referee.

"Refereeing took off a lot faster than I thought it would," he said.

Zacharias said he had no idea they had scouts and training camps for referees.

"I started to get a lot of emails from different leagues asking me if I could referee their games," Zacharias said, "but one day I noticed the one email was from the Atlantic Conference and Big 10."

He said the Atlantic Conference and Big 10 wanted him to fly out to Michigan to referee one of their games; they eventually hired him.

JUMP PAGE 7

A balanced diet: The first step towards a healthy lifestyle

BY MIKE WEAVER
OUTDOORS CORRESPONDENT

In a world full of fast food, sugary beverages, and artificial flavorings, many encounter health problems. Because of an unhealthy diet, you may experience high sugar, weight gain, and heart problems. While deciding your next meal, I urge you to consider healthy alternatives.

Fast food and candy provides high calories with little nutritional value. McDonalds "Big Mac" sandwich contains 540 calories, 29 grams of fat, and 45 grams of carbohydrates. In order to burn off the sandwich alone, over one hour of steady jogging is required.

A typical daily caloric intake, as suggested by the US Department of Agriculture, is roughly 2,100 calories. A meal at McDonalds, including fries and a drink, may be well

over half of your suggested caloric intake. The 1,000 calories, in essence, are unhealthy calories full of fat, sugar, and sodium.

Foods and drinks with a high amount of sugar encourage your body to store the excess sugar as fat. Additionally, the more sugar you eat, the more sugar you will crave. For example, a 20-ounce bottle of Mountain Dew contains 77 grams of sugar. This is equivalent to over five tablespoons of pure sugar. Because it creates a craving, soda and other sugar-filled beverages become extremely addicting.

In order to control your health, I suggest three healthy eating habits. First off, avoid anything that is wrapped. Fast Food, candy, and potato chips provide no nutritional

benefits. Instead, plan on consuming lean meats and vegetables. Baked chicken and fish, paired with fresh vegetables provide a smaller amount of calories than fast food; however, their nutritional values are much higher than fast food. In addition, sluggish feelings will disappear.

By drinking water only, your health will improve. A suggestion is to drink half of your body weight of water, in ounces. For example I weigh 175 pounds; this would equal almost 9 glasses of water (8 ounces). Drinking water is used by many as a weight-loss strategy; it makes you feel full and may prevent over-eating.

Finally, when grocery shopping, evaluate the nutrition labels. Nutritional labels are helpful in providing all of the nutritional information of

a product. First and foremost, look at the serving size. Labels may be deceiving in how many servings come in a package. Secondly, evaluate the amount of calories, fat and sodium. If the caloric, fat, or sodium content is above 20%, avoid it. Finally, evaluate the bottom half of the label. Read the vitamin content that the food provides. Supply your kitchen with healthy items based on your readings of the nutritional labels.

Healthy eating is the first step towards living a healthy lifestyle. Avoid eating foods high in fat, such as pizza, fast food, and soda. Provide your body with generous amounts of water, and use caution when grocery shopping. When you combine healthy eating with exercise, you will improve your health.

Entertainment

“Nuances” gives students, faculty chance to share their creative voices

BY LAUREN VILLELLA

Writers walk among us every day, hidden and obscure, but “Nuances” provides their creative voices and inner visions with an indispensable outlet.

“Nuances” is La Roche College’s online literary journal. It publishes once a year, including this fall 2015, the poetry, works of fiction and, occasionally, creative nonfiction that it receives from not just students, but also faculty, staff and administrators.

“Nuances” has been in existence at La Roche since 1983, and the creative pieces it publishes have been featured solely online since 2002.

“Nuances” is, in essence, an intimate mosaic of voices woven together with creativity and individuality. Its goal is to provide a resource for students and staff to be able to publish their work and gain experience in the editorial process.

At the helm of “Nuances” is a group of faculty advisors and student editors who have the responsibility of selecting which submissions will be featured in the upcoming issue. Dr. Michelle Maher, an English professor at La Roche and faculty advisor for “Nuances,” is always on the lookout for students interested

in cultivating their editorial skills.

“Each year we have a different editorial board comprised of students who either volunteer for a position or I recruit them,” she said. “Some of our editors are English majors, but many are not. We welcome writers from all disciplines to serve as editors. We’re always on the lookout for strong readers and writers who want to learn the editorial process and participate.”

While “Nuances” is a literary journal and a great resource for journalism or professional writing majors, the advisors and editors are also interested in pieces from students and staff from a variety of academic departments.

Rita Vinski, a senior majoring in journalism and professional writing, has been an editor for “Nuances” since her junior year. She said she would love to see more diversity in the range of majors of students submitting their work.

“Anyone can write and submit for it; you don’t have to be a writing or literature major/minor to write for it. I feel like that’s who mostly submits pieces and I would love to see other people outside the English department writing and submitting,” Vinski said.

There is no doubt that “Nuances”

has a prime and vital importance to the La Roche community, especially for those specifically interested in the editorial process or having their work published.

Dr. Maher said she thinks that “Nuances” is important to the La Roche community because “it enables our writers to get experience in sending their work out for publication. If our writers also serve as editors, they gain experience in completing tasks necessary to put an online journal together. It’s also good to encourage our writers to risk putting their work out there and sharing their voices with a larger community.”

Vinski said, “Having a way to write creatively is a wonderful way for college students to express themselves.” She cited the therapeutic benefits of writing creatively as personal motivation to keep her writing.

“I know I’m not the only one that feels that way,” she said. “So being able to express themselves creatively in either fiction or poetry is a wonderful thing.”

This year’s issue of “Nuances” will be published later this fall. Students interested in becoming involved with “Nuances” may contact Dr. Maher at michelle.maher@laroche.edu.



© SARAH REICHLER

The 2014-2015 editors of “Nuances” from left to right: (Top) Rita Vinski, Dr. Michelle Maher, Becca Kaminski, Lainey Standiford, Shelby Novak. (Bottom) Katelynn Gazarik, Sarah Turnbull.

Students respond to campus renovation

BY RITA VINSKI

ENTERTAINMENT EDITOR

With a new school year in session comes some changes at La Roche College.

One change is the renovation of the College Central Square.

The College Central Square (CC Square) is the main area in the Zapala College Center where students go to eat, do homework, relax, and spend time with friends.

At the end of 2015-spring semester, the college announced that CC Square would be updated by fall 2015.

During the course of the summer, while students were away, CC Square was given a make-over.

The walls were repainted, new carpeting and flooring was laid, brand new furniture was brought in, and plugs with USB ports were added to the walls.

Over the course of the last few weeks, students took in the new changes and have formed various opinions.

Zach Williams, senior, liked the new modern feel that was added.

“I really like how it is modern,” he

explained. “I think that the outlets in the tables and chairs are really cool. It needed the update.”

Rocco Gagliardi, junior, is optimistic about the recent renovations.

“I like it a lot!” he said. “The couches are comfortable and the charging stations are really neat.”

Tia Macerelli, senior, while she felt mediocre about the renovations, enjoyed the new outlets for charging electronics.

“They’re okay I guess. I like that they have more plugs than before; that’s nice,” she said.

While some students were excited for the changes made to CC, others found to be not so fond of them.

Olivia Nogay, senior, at first was excited for the changes to come; however, she wasn’t thrilled about the end result.

“As nice as it looks, because of the renovation, it’s overly crowded now with people always wanting to be in there,” she said. “The more comfortable chairs also don’t have the proper table sizes to sit with.”

Paul McDonald, junior, explained

that he didn’t like the lack of seating.

“There could be more tables and chairs,” he explained. “I feel like there was more before the CC renovations honestly. It feels like I’m at a Starbucks or something.”

CC Square is one of the many ar-

reas that La Roche College plans to update in the future. Others include SC 103 and the second floor of the Science Center.

Currently, SC 103 is being updated to make it user friendly for big lectures and meetings.



Students relaxing in between classes in CC Square.

© RITA VINSKI

Faculty

LRC welcomes new health science department chair

BY SYDNEY HARSH
ASSOCIATE EDITOR

La Roche College welcomes Dr. Lauren Ameris, Palmer College Graduate of Chiropractic, to the community.

"I am honored and excited to take on the role as Department Chair of Health Sciences this year," Dr. Ameris said. "I look forward to not only educating students about the health field, but also advising them in their future academic and career goals."

Dr. Ameris said she received her undergraduate degree, Bachelor of Science in Biology, from the University of Pittsburgh.

Then she went to Palmer College Graduate of Chiropractic to get her Doctorate of Chiropractic degree, she said.

Earning her Doctorate was her biggest accomplishment because she said she received it when she was only 25 years old.

Dr. Ameris said she would not have been able to earn her degree without her mother's encouraging words.

The new department chair looks up to her mother – her hero.

"She is the most selfless human being. She has sacrificed and worked so hard for my family in order for us to have a wonderful life," she said.

"Before I came to La Roche, I worked at my own practice – Doctor Lauren Ameris Chiropractic. I still work there part time," Dr. Ameris said. "I also used to teach at Westmoreland County Community College and Career Training Academy."

"At my office, I examine and treat patients, handle billing and coding of patient files, and educate patients on the importance of their conditions and health and wellness. At the other schools I taught at, I instructed students in the classroom and advised them."

Dr. Ameris said she teaches the following health science courses at La Roche: health assessment, special topics in health science: stress management and wellness, and intro to the health professions.

"My first day here at La Roche was



Dr. Lauren Ameris, Department Chair of Health Sciences © SYDNEY HARSH

wonderful," Dr. Ameris said joyfully, "I was extremely excited to meet all of my student and start teaching!"

She said she has always been passionate about teaching.

"As soon as I graduated from Palmer, I got involved in teaching," Dr. Ameris said. "I feel like I know exactly where the students are coming from trying to prepare for graduate school in a health profession. I want to offer all of my help and past experiences to help them accomplish their goals."

Her favorite thing about her career, Dr. Ameris said, is educating future health professionals about the importance of their future role in the community and sharing with them her past experiences and skills to help better prepare them.

However, she said it's important to keep motivated.

Dr. Ameris said mentoring others, watching students succeed, and meeting self-goals motivate her to work hard.

LRC appoints new director of Public Safety

BY SARAH REICHLÉ
EDITOR-IN-CHIEF



Mark Wilcox, Public Safety Director.

© SARAH REICHLÉ

La Roche College has recently welcomed a new public safety director.

Mark Wilcox's first day on the job was on September 21st.

"Our La Roche golf outing was my first day. As a golfer I have to admit it was the best day ever," Wilcox said.

The Edinboro University graduate said his first couple of days on campus have been busy but pleasant.

Wilcox said, "It's been wonderful. All of the people have been very nice, very helpful, welcoming, so that's helped out a lot."

The newly appointed public safety director is not a new face to La Roche College. He was the operations manager for the contract security company that took charge of the security services here at La Roche a few years back, he said.

The McCandless resident added, "When La Roche outsourced their public safety officers I was involved with coming out here and getting together the policies and procedures for all of the new incoming security officers when we took over."

Wilcox said he has worked with David Hilke, the previous public safety director, and knows many of the security officers.

Wilcox said he started off as a security officer after school and worked his way up to a site supervisor. He then became an operations manager for 9 years.

He said every position he has held has prepared him for his new position.

"I think getting to know a lot of different facilities, sites, can tie into all of the different nuances that La Roche brings me," he added. "You have parking issues whether it's a nuclear facility or a downtown high rise building. A lot of the same issues still arise."

Here at La Roche, parking is a hot topic.

"We've had a lot of parking issues and some space issues that have been brought up," Wilcox said. "I'll be working with a lot of the different faculty members and staff members to see what we can do to improve or accommodate as many people as we can."

He said nothing out of the ordinary has happened so far while on the job.

In March 2014, a unique incident occurred at La Roche involving pellet guns. Two international students were playing around with pellet guns that looked similar to real guns. This caused a panic among the student body.

La Roche College's security treated the incident as an active shooter situation and took it very seriously. Wilcox had not heard about this instance, but said he would like to educate people more on those kinds of situations.

Wilcox said, "Part of what I would like to bring is more training in those instances."

He added that he wants to make sure all of the public safety officers know what to do and to educate students on what to do during an active shooter situation.

"Just making sure that people are aware of what they need to do in those situations is very important," he said.

Wilcox plans to be with La Roche College for a long time.

He said, "I have lived in the community for 12 years now. My family is from here. My wife's family is from here, so I'm not planning on going anywhere."

Wilcox said, "If anyone wants to stop by, feel free. I'm not saying that I can fix everyone's problems but I'll be happy to listen."

Are you interested in joining our staff?

The Courier is always looking for new writers and photographers.

Contact either Sarah Reichle or Megan Poland for more information on writing for the Courier.

Sarah.Reichle@stu.laroche.edu
Megan.Poland@stu.laroche.edu

Professor uses design to solve problems

BY MEGAN POLAND
EDITOR-IN-CHIEF

Zachary Panzer, an entrepreneur and La Roche College alumnus, has returned to his alma mater as a graphic design professor.

"I realized my passion for art when I was young," Panzer said. "Sports were a large part of my life, but what I ultimately liked to do was draw stadiums. I imagined myself being an architect down the road, then I realized math was involved so that kind of went south."

Panzer graduated from La Roche in 2001 with a graphic design degree.

Six months ago, Panzer co-founded Fine Humans—a company that creates a brand's image.

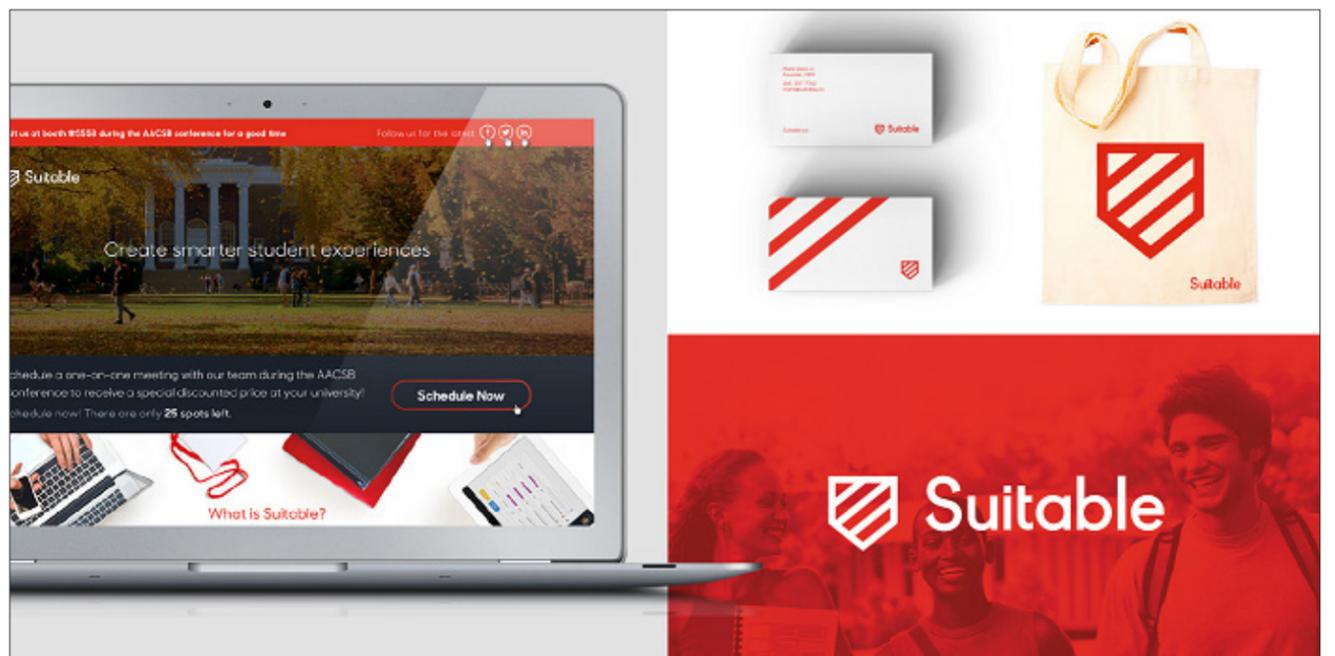
Panzer said, "What my partner and I want to do is try to create a culture that gives back. I always wanted to be at a point in my career where I was confident enough to know that I could give back and help influence."

The graphic design professor said he worked 70 hour weeks during the first 10 years of his career and would spend two weeks shooting commercials in Miami, Florida.

"The only way to do it was to jump. I quit a pretty decent high-paying job with no savings," he said. "At points in your life you need to scare the crap out of yourself. You need to put yourself in uncomfortable situations—like teaching. I can design all day and make things look nice or build businesses but I suck at speaking. It's something I know I have to work on."

The entrepreneur said that uncomfortable situations help you learn and grow.

Currently, Panzer said Fine Humans is working on a product called



Suitable lets employers look at students early on in their college career and helps students become better-rounded for their post-college career.

Learn more about Suitable at <http://www.suitable.co/>

© ZACHARY PANZER

Suitable. Suitable is a product for universities and students. Universities provide a list of out-of-classroom activities that students can complete to better prepare themselves for future job prospects, Panzer said.

"Hopefully that helps with retention on the employer side and hiring on the student side. Then the university can start to get that analytical data and use it to better inform their students on what they should be doing out of the classroom," he said.

"What my company is doing now is building a product to solve a problem," he said. "The product's never been there so we're trying to figure out user experience and user interface design."

He said that he graduated from La Roche with the knowledge that an idea is the main element and design is simply a byproduct of that.

"You need to understand who the product is for, what the problem is solving for them, and how do you ease their path to solving the problem," he said.

Panzer said he's been lucky enough to work with both print and digital branding. About four years ago, he began working with digital branding for first time, the designer said.

He said, "Now I can have an opinion on how I can blend both sides; I believe there's a value in both sides."

Panzer said that blending digital and print creates multiple experiences, and experiences make a brand more memorable.

"Part of why we called it Fine Humans—we wanted to go back to that human element of things. Back to talking to people and not at people," the graphic design professor said.

Panzer said his hobbies include

baking, cooking and gardening. He said he makes his own beer and wine.

"I spent two years of my life trying to perfect pizza dough. I have a sour-dough starter that I've grown for two and a half years now. I can naturally leaven pizza dough and bread every time I make it from that one starter without using yeast. I spent countless hours and nights failing and failing," he said.

"I want to know why things happen," he explained. "I love processes. I want to know how someone got to an end product."

The designer said he is happy with his decision to start a business.

"Now it gives me the ability to juggle things but still have my career, be involved in my family life, and also teach," he said.

Panzer currently teaches computer graphics I.

Laura Whitman promoted to ESL director

BY LAINEY STANDIFORD

Laura Whitman was recently promoted to the director of ESL at La Roche College. She works extensively within the department; both as director and as a mentor to the students.

How long have you worked here at La Roche?

"I've spent 11 years working as an ESL instructor, and one and a half of those have been spent at La Roche. Almost two years."

Where did you attend school?

"I went to the University of Pittsburgh for my undergrad, and George Washington University for my masters."

When did you graduate and from where?

"I graduated in 2004 with my masters from G.W."

What made you choose to work with ESL students?

"For my undergraduate study, I focused on foreign languages and multi-cultural studies. I knew that I

wanted to be involved with foreign language and international students. I had a family member who worked in ESL and I got the inspiration from her to work with second language learners. She inspired me to help ESL students, and I knew that's what I wanted to do."

What's the most memorable experience you've had working as an ESL instructor, either here at La Roche or elsewhere?

"Being invited into students' home lives to things like baptisms, quinceañeras, even family dinners. Seeing the students outside of school leaves a huge impact on me. Seeing them and interacting is one of the best things."

What's your favorite thing about your job?

"The students! Obviously the students."

What are some of the responsibilities as the director of ESL?

"I manage the planning and activ-

ities of a four level program involving up to 20 teachers and between 100-150 students! Basically, I run the day-to-day operations and keep things running as smoothly as possible. I am also sort of an advocate for the students. I make sure they have what they need to be successful."

Are you excited about being promoted to director?

"Yes! I'm thrilled!"

Where can people usually find you at LRC?

"You can usually find me in my office in the science center, or in the ESL office in SC 112."

Are there aspects you wish you could change about ESL? Like the stigmas attached to ESL students?

"The student population continues to drastically change and I think that education and the professors have begun to understand multiculturalism more. Eventually they can be able to teach for both students and second language students."

What do you enjoy doing outside of LRC?

"I love spending time with my daughters Eva and Maria, and being outdoors."

In three words, how would you sum up LRC?

"A diverse, dynamic community."

What's your motivation to work hard?

"I love to help individuals, so when I see or hear about a student's success story it continues to motivate me to help. Help people be successful, even graduate college. Success stories are definitely my motivation."

If you could leave one impact on LRC's community, what do you want it to be?

"That teaching strategies that work in an ESL classroom can one day work in all classrooms. That second language learning won't stop after someone leaves school. That the learning continues throughout their whole life."

Pirates

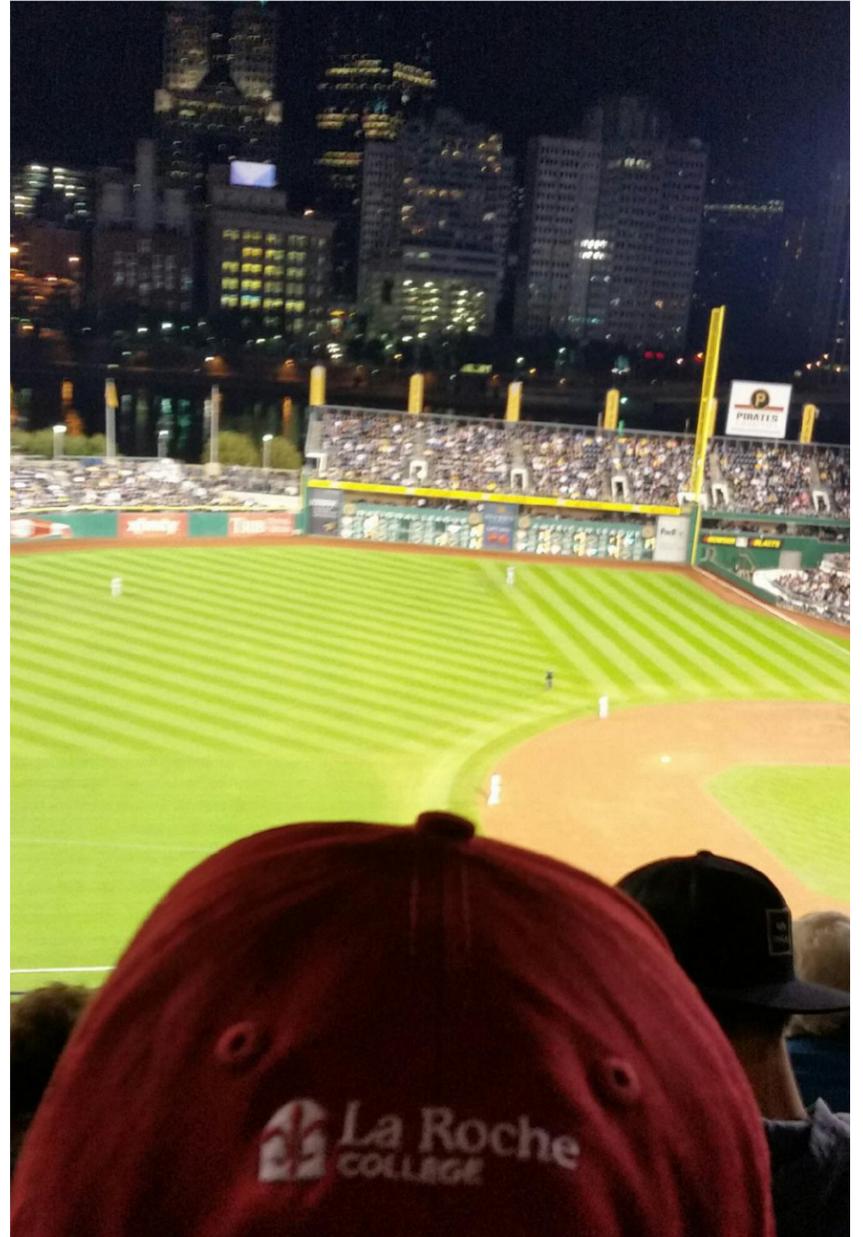
LRC takes students out to the ball game



© BRANDON RODRIGUEZ PHOTOS



Top left: students enjoying La Roche College night at PNC
 Bottom left: the back drop of PNC Park
 Right: the back of a La Roche College Pirates hat



Here is tonight's starting lineup...

BROUGHT TO YOU BY SARAH REICHLER AND MEGAN POLAND

Name	Department	Year/ Position	Favorite Player(s)
1. Nicole Linkes	Crim & Pysch	Senior	Andrew McCutchen
2. Brandon Rodriguez	Communications	Senior	Jordy Mercer
3. Erin Parkinson	Psychology	Senior	Jeff Locke
4. Dr. Azlan Tajuddin	Sociology	Professor	Cervelli & Kang
5. Andres Ortiz	Film	Sophomore	Andrew McCutchen
6. Phil Lepolt	Biology	Junior	Andrew McCutchen
7. Al Turner	Public Safety	Security Officer	Cervelli & McCutchen
8. Eric Cosmides	Political Science & IT	Senior	Jung Ho Kang
9. Jalen Muse	Marketing	Senior	Andrew McCutchen
10. Dennis Riosa	Intelernational Management	Senior	Francisco Cervelli

Meet Ian Zacharias, continued from page 2



Ian Zacharias standing next to the Stanley Cup. © SYDNEY HARSH

"PIDD never gets in the way of me refereeing. It just makes it a little bit harder," Zacharias said. "If I had a bad treatment, meaning the treatment was really painful and tiring, it can affect me during the weekend, especially if I have to leave Thursday night to get there for a Friday game."

Zacharias said that he has learned how to deal with the side effects of PIDD treatment.

"After I do my treatment, I just tell myself to be 10 times nicer than I usually am because you are just automatically angry after the treatment," Zacharias said.

Refereeing is an amazing opportunity, Zacharias said, because he gets to meet new people.

"With my PA program, I've skated with so many guys that all have different occupations. Refereeing isn't their sole job," he said. "They have other jobs, and it's just funny because we have all these different people with different jobs, but when it comes to Friday night we forget our day jobs to referee hockey. It's really cool."

Zacharias said those guys are more than supportive when it comes to encouraging him to pursue his

goals and overcome PIDD.

"They tell me all the time what's to come in my future, and what to focus on and what not to focus on," Zacharias said.

It was challenging for Zacharias to deal with PIDD in high school because he said he had to go to treatment every Wednesday. Zacharias said the treatment was a four hour long process, which made it extremely difficult for him to learn in high school.

"With the treatment I was receiving in high school," Zacharias said, "there was always a chance that I could get a reaction."

He said his windpipe could close up anytime during the treatment. For that reason, Zacharias said, it was crucial for him to do the treatment while the treatment center was open, which was the hardest part for Zacharias.

"However, they just came out with a new type of medicine and treatment where I only have to do a treatment once a month, as opposed to doing a treatment every week," Zacharias said.

He said the new treatment center is open 24/7 and has nurses there all the time.

"And the best part is, is that it's only once a month. So, instead of doing the treatment 52 times a year, I'm only doing it 12."

"It's honestly life changing," Zacharias said.

Zacharias said he needs rare white blood cells from the donor's blood. Those cells then help Zacharias build up his immune system.

They extract the rare white blood cells from their blood he said.

Zacharias said he receives two vials of blood every month.

"It takes 600 people to donate blood to fill one vial," Zacharias said, "so that's 1,200 people donating blood every month to help keep me healthy and alive."

It's simple for Zacharias to receive this new treatment he said.

"After everything that they do with the donor's blood, all I have to do is put a needle into my stomach for about two and a half hours," he said.

This injection is a subcutaneous injection, Zacharias said, meaning the medicine will go straight into his tissue.

Zacharias said he hopes that people continue to find new treatments for PIDD because it allows people with PIDD to manage the disease in a more efficient way.

"I can't wait to see what the future has in store for me," Zacharias said, "and I will never let primary immunodeficiency disease stop me from accomplishing my goals."

Student wins AAUW Sister Matilda Kelly Incentive Grant

Michelle Draskovich, senior, is the 2015-16 winner.

The American Association of University Women (AAUW) advances equity for women and girls through advocacy, education, philanthropy, and research. The North Hills-McKnight Branch of AAUW annually awards a La Roche

College junior or senior female student a grant in an effort to encourage women to complete their undergraduate education.

This year, the winner of the Sister Matilda Kelly Incentive Grant for \$2000 is Michelle (Shelley) Draskovich of Gibsonia, PA.

Michelle is currently a senior at La Roche and is majoring in International Management with a minor in International Affairs. She hopes to volunteer abroad and help empower women by teaching them sustainable busi-

ness skills. Eventually her plans are to return to La Roche College and earn a graduate degree.

Congratulations, Michelle!

The Courier Staff

Editors-in-Chief

Sarah Reichle

Megan Poland

Entertainment Editor

Rita Vinski

Associate Editor

Sydney Harsh

Outdoors Correspondent

Mike Weaver

Contributing Writers

Lainey Standiford

Sarah Turnbull

Lauren Villella

Faculty Advisor

Ed Stankowski