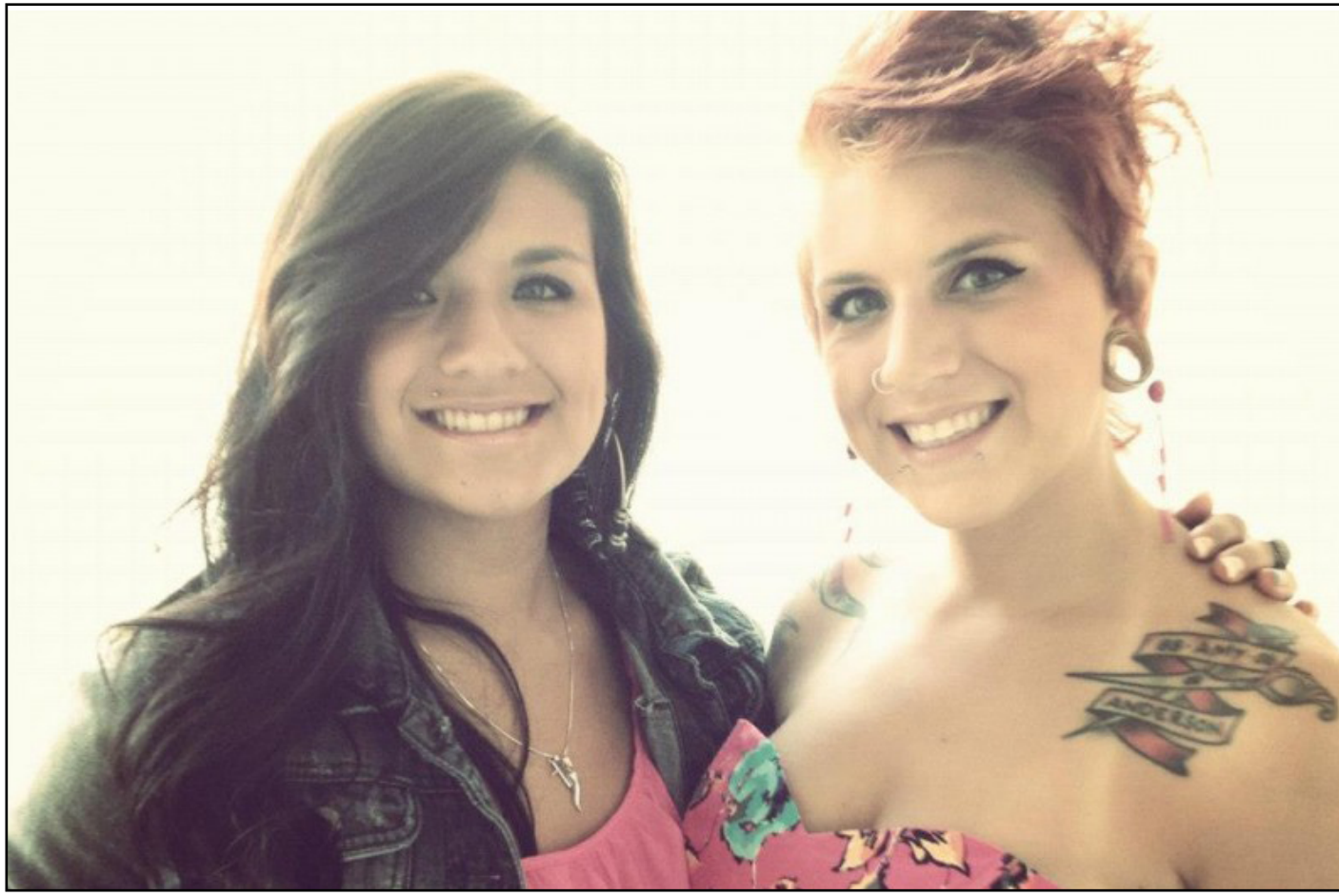




Cahill family's faith remains strong

BY SARAH REICHLÉ
EDITOR-IN-CHIEF



Sisters Ciana Cahill (left) and Katrina Cahill (right).

© KATRINA CAHILL

A criminal justice student was two semesters away from graduating from La Roche College when suddenly she was severely injured in a car accident.

On Aug. 14, 2014, Ciana Cahill was driving to the airport to pick her sister up. On the way there, she was rear-ended.

Katrina Cahill, Ciana's sister, created a GoFundMe page to raise money for her sister. On the page, Katrina Cahill said, "[Ciana] was rear-ended while sitting still at almost 70 mph. She suffered a severe brain injury due to the accident."

She was moments away from death, but by the grace of God, a

million angels and a million more prayers we are blessed enough to still have her on this earth."

Over a year after the accident, Ciana Cahill is still recovering. Katrina said, "Ciana's progress has come a long way, but it's a very slow process. Just as of recent she has mouthed a few words, a few people's names and

a few numbers."

The impact of this accident has had a tremendous effect on Katrina and her family.

"I could write a novel on how this has affected our lives. My entire family's lives have been turned upside down. My mom hasn't been back to work in over a year and spends every day, morning until night, at my sister's side," said Katrina Cahill.

She continued, "I've watched everyone I love fall apart and then fall apart again. I don't think any of us have ever cried so hard, and hurt as deeply as we all have in the past year," Katrina Cahill said.

Katrina said in her GoFundMe page just how close she was with her sister, calling her not only her sister but her best friend and her other half.

"For me personally, a huge hole is missing from my life. I'm sure my family feels the same way," Katrina Cahill said. "All of the holidays were so unusual and unhappy last year and I think we're all just hoping with the house finished things will feel semi normal again. It's the hardest thing any of us lived through."

Katrina Cahill created the GoFundMe page specifically to raise funds to renovate her parents' house to bring her sister home.

According to the GoFundMe account, Katrina said Ciana's insurance at The Children's Institute of Pittsburgh is running out, and in order

SEE CIANA, PAGE 5

5K raises money, increases alumni awareness about cross country team

BY MEGAN POLAND
EDITOR-IN-CHIEF

La Roche College alumni and students ran/walked just over three miles to raise awareness for the cross country program.

The event raised a total of 160 dollars. Lisa Wisniewski, a mathematics graduate from 2013, won the race. She chose to donate the money to Vested Interest in K9s, Inc.

Vested Interest in K9s, Inc. is a non profit organization that works to provide bullet and stab protective vests for law enforcement dogs, according to their website.

Fifteen alumni and students participated in the race, which took place on Saturday, Oct. 17. The LRC cross country team ran the 5K, as

well.

Jeff Dailey, the assistant director of student development at La Roche, organized the event. Dailey was optimistic about the number of participants and said that he plans on making the 5K an annual event.

"Like the spring 5K, the first year is always the smallest and I am plan-

ning on this to continue to grow and bring back more alumni," Dailey said.

The college hosts the spring 5K run/walk during the annual alumni homecoming weekend. The assistant director of student development said

SEE 5K, PAGE 4



Have you ever wanted to know how glow in the dark sticks actually work? Check out The science behind glow in the dark products on page 9 for an answer.

© SYDNEY HARSH PHOTO CREDIT

Autumn

Tales from the La Roche crypt

By SARAH REICHLÉ
EDITOR-IN-CHIEF



The tombstone of Sister Mercedes Michel in the Sisters of Divine Providence cemetery.

© SARAH REICHLÉ

With Halloween just around the corner, everyone is watching 13 Days of Halloween on ABC Family, facing fears at the Scarehouse, and carving pumpkins. But what happens at La Roche during this time of year?

Besides Laser Storm in CC Square and painting pumpkins, there lurks stories of the past.

Ghostly nuns walk the grounds

Over the years, students have circulated stories about nuns who haunt the grounds.

Thomas White, La Roche adjunct history professor, recounted the story of one such ghostly nun, roaming around the Motherhouse pond on foggy nights.

White, a La Roche alumnus, heard this story in 1993, during his first year of college and it is his favorite story.

He said there are two accounts of the story.

The story centers on a nun who

drowned in the pond near the Motherhouse. In the one variation of the story, the nun was blind and accidentally fell in the pond. In the other story, people say that the nun was grabbed and pulled into the pond by something and was drowned, he said.

The author of ten books continued, “She drowned and, of course, they found her body in the pond. And now her ghost haunts the pond on foggy dark nights.”

He added, “If you walk down there, she’ll emerge from the fog or you’ll see the ghostly figure circling the pond.”

Over the years at La Roche, White said he has talked to many people who have heard the story. His friend, Jennifer Germeyer, whom also wrote for the Courier, has even researched the story.

White said Germeyer went over to talk to people at the Motherhouse and found that the story had a historical basis.

The nun’s name was Sr. Mercedes Michael. She worked as a cafeteria

SEE CREEPY TALES, PAGE 9

The origin of Halloween as we know it

By LAINEY STANDIFORD



Halloween: the only time it’s acceptable to go door to door and accept candy from strangers, carve pumpkins and watch scary movies in the dark.

However, Halloween never used to incorporate these things. Halloween and all its traditions have evolved over the years, and have adapted to American traditions.

Halloween originates from the Celts. It was originally called Samhain—which was the ceremony that recognizes the end of summer. It was a fire festival where people lit fires on hilltops to honor the gods. The people would take an ember from the fire and place it in a holder: gourd, turnip, etc.

They dressed in scary costumes and carved terrifying faces into their turnips in an attempt to frighten off the bad spirits. This is where the idea of dressing up on Halloween originated.

Trick or Treat is a tradition that originated in the United States around the 1930s. The practice of going door-to-door is similar to the much older practice of souling. That is where the poor people would door-to-door begging for alms or food.

Trick or Treat is also the time where people dress in costumes. Costumes range from all sorts of things, from masks of current political leaders—to the classic scary movie costumes, to even a plethora of Disney characters.

Commenting on Halloween trends a few years ago, Conan O’Brien said, “This Halloween, the most popular mask is the Arnold Schwarzenegger mask. And the best part? With a mouth full of candy you will sound just like him.”

Halloween was more of a chance for young children to play pranks, such as throwing old fruit at windows, and using tacks to make tick-tacking sounds on people’s windows. However, Trick or Treating became a substitute to costly Halloween pranks. “Listen to them—children of the night. What music they make,” famous novelist and author of Dracula, Bram Stoker said.

The Celts also believed that the veil between the living and the dead was thinnest around Halloween. They thought that friends and relatives would return, usually inhabiting the body of an animal—most likely that of a black cat.

The origin of the Jack O’ Lantern originated overseas. The tradition of carving lanterns started in Ireland. However, pumpkins were non-existent in Ireland. Instead of pumpkins—the people of Ireland carved turnips on All Hallows Eve

and placed a burning ember in them to ward off spirits.

Junior Brandi Reynolds said, “My favorite part of Halloween is carving Jack O’ Lanterns. They’re so fun to carve, and creating the scariest faces you can is one of the best parts of it.”

Another well-known Halloween legend is the legend of Sleepy Hollow based on the book by Washington Irving. Ichabod Crane was walking home from a tavern in Tarrytown when he passed an old cemetery.

The idea was that a headless soldier was buried there, and that each night he would rise from the grave as a ghostly figure. Ichabod was walking next to the cemetery when the ghost rose up and rode past him on his horse, a pumpkin serving as his head, while on the hunt for the one he’s lost.

Some interesting facts concern-

Trick or Treat is a tradition that originated in the United States around the 1930s. The practice of going door-to-door is similar to the much older practice of souling.

ing Halloween over the years can be all sorts of things. For instance, samhainophobia is the fear of Halloween. Also, according to old traditions, if someone wears their clothes inside out then walks backwards on Halloween—they will see a witch at midnight.

Halloween has spawned many unique myths and traditions over the years, from the origins of Jack O’ Lanterns, to the habit of Trick or Treating. Either way, the holiday is sure to be a spooky one with all these stories in mind.



Live, breathe, enjoy fall weather

BY MIKE WEAVER
OUTDOORS CORRESPONDENT

Fall is finally upon us. Accompanying the smell of crisp air are enjoyable and memorable activities for you and your friends. Make the most of the outdoors this fall by going on nature hikes, visiting haunted houses, and experimenting with fall recipes.

The outdoors provides an opportunity to view nature in a unique way. Pack an extra fleece, a camera, and venture to a local park for a hike on a nature trail. North Park, only a few minutes from La Roche College, contains countless walking trails and picture-perfect landscape. Fill your lungs with fresh, cool air and take in the palette of Pennsylvania's fall colors. Join some friends or venture alone to experience the amazing fall scenery and wildlife.

With Halloween quickly ap-

proaching, your friends and family.

Finally, make the most of the fall season by experimenting with fall recipes. Try your hand in the kitchen by making entrées such as apple-stuffed chicken and fresh vegetable stews. Multiple recipes are available online and many are relatively simple; tinker with them to develop your own personal recipes.

Visit a local farmer's market and pick up some fresh produce to create tasty fall desserts, such as apple crisp, pumpkin pie, or berry cobbler. Combine your desert with a fall beverage to experience the tastefulness of the fall season. Soergel Orchards in Wexford offers mouthwatering apple cider, both hot and cold. Venture to Soergel Orchards; pick up a gallon of apple cider and a fresh-baked pie after visiting their pump-

kin patch. The extraordinary flavors of fall contribute to an incredible season. Each season possesses a unique element that contributes to the overall experience of the season. Consider the above opportunities for the fall season, or develop your own. By engaging in activities that stimulate each of your senses, your fall season will be filled with memorable sights,

proaching, haunted houses offer the opportunity to be spooked into the seasonal spirit. Gather a few of your brave friends and venture to the Scarehouse in Etna, one of the highest rated haunts in the nation. Other local haunted attractions include Cheeseman's Haunted Hayride in Portersville and Hundred Acres Manor in Bethel Park. Begin a tradition of visiting haunted houses with

kin patch. The extraordinary flavors of fall contribute to an incredible season.

Each season possesses a unique element that contributes to the overall experience of the season. Consider the above opportunities for the fall season, or develop your own. By engaging in activities that stimulate each of your senses, your fall season will be filled with memorable sights,

Autumn



A kaleidoscope of colors and leaves after a rainy day. © SARAH REICHLER



A camouflaged owl sleeping in Pa. © ED STANKOWSKI

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Alumni

5K alumni and students, from page 1

the spring 5K raises money for the cross country team.

Dailey said the alumni that participated said they would like to see the race happen every year.

"It was a fun, nice event," he said. "Afterwards, some of the alumni runners from the cross country team had lunch to discuss the future of the event."

Gina Miller, director of alumni relations and a LRC alumna, said she was excited for the alumni and students to get to know each other.

Miller, who graduated from La Roche in 1977, said, "Members of the cross country team were there, some of them ran in the race; some of our alumni cross country runners returned. We hope to build connections between our alumni and our students."

Dailey agreed with Miller.

"I was excited to see the interactions between the alumni and the current [cross country] team after the race. I know as the program here at the school progresses we will see an increase in alumni participation," Dailey said.

Dailey said he also enjoyed hearing the alumni's stories from their La Roche days and how much the college has changed over the years.

"Like many other sports teams, the cross country team wanted to bring back some of the alumni to meet the current team and to still feel connected to the campus and the sport," Dailey said.

He added that the idea behind the 5K was to show alumni that were on the cross country team that the program is growing but still needs their support.



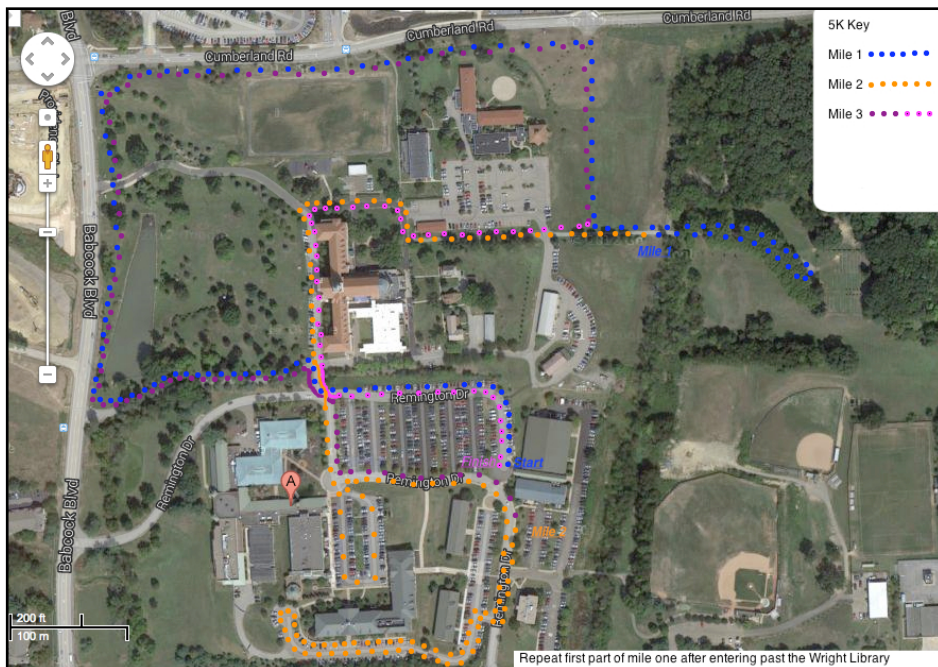
Participants bundled up in preparation for temperatures in the low 40s and cloudy skies.

Top left: Alumnae at the start of the race.

Top right: An alumna running to the finish line. Bottom: A map of the 5K course.



© MEGAN POLAND PHOTOS



© JEFF DAILEY

Show spirit with your license plate

BY SARAH REICHLE
EDITOR-IN-CHIEF



The Public Safety vehicle bears a La Roche College license plate.

© SARAH REICHLE

La Roche College offers custom Pennsylvania license plates.

The Office of Alumni Relations launched the La Roche College Pennsylvania license plates in 2013 to alumni. Recently, they began advertising them to students.

Gina Miller, Director of Alumni Relations, said, "We first launched this for alumni and then more recently we've thought 'how about the students? Maybe the students would want it.'"

Anyone affiliated with La Roche College is able to purchase the custom plates and the processing is very accessible and simple.

The Office of Alumni Relations provides simple how-to steps on how to receive a specialty plate. These directions can be found on the La Roche College website. Once you access the college's website, you click on alumni and then you click on alumni services and resources. Under alumni services and resources, you will see a tab for the license plates.

"When you're there you're going to download a form that the Department of Transportation provides," said Miller. "You print the form, fill it out and get whatever you need that's required for the form and then you bring it back to us. We in turn submit that to the Department of Transportation."

She continued, "We have to retain the processing of this. The Department of Transportation doesn't have direct contact with any of our customers, and that's to allow us to restrict who has access to the plate, which is their thinking; our thinking is as long as you have La Roche affiliation, if you want a plate then that's fine with us."

Miller said, "The cost is \$50 and as far as the cost of our plates compared to other schools we're on the cheaper

side. But we thought that was a good place to start."

The cost of the plate only changes when the Department of Transportation changes it. Right now, the Department of Transportation charges \$25. In addition, a \$6 check is sent to the Department of Corrections. "Have you ever heard that your license plate is made at the jail?" she asked. "It's true; so for every plate that we ask for, we send a \$6 check to the Department of Corrections."

The other \$19 is donated to the college.

She added, "When we looked at all of the other colleges we realized that that's what everyone else is doing. The cost of the plate and they add something to that and that's a donation to the college."

"You still have your annual renewal of your plate fee that PennDOT charges. This doesn't replace that," Miller said. "So the normal fees associated with having a license plate on a car continue."

There are currently 63 La Roche College Pennsylvania license plates out there, she said.

The license plates are not customizable. You are not able to pick your own number anymore. But when they were the plates took on a deeper meaning.

Miller said, "Some people picked the numbers based on when they graduated or the number means something to them, like that was their jersey number when they played on the baseball team or basketball team. So, it has a lot of meaning in different ways, but we can't do that anymore. That was a one-time opportunity and we can't do it."

She said she would not be able to tell you what number you would re-

SEE LICENSE PLATE, PAGE 8

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

La Roche welcomes addition to nursing department

By MEGAN POLAND
EDITOR-IN-CHIEF

Dr. Dorothy Kurylo has joined the La Roche faculty as the assistant professor of nursing after 32 years in the medical field.

Kurylo said she knew she wanted to be a nurse after shadowing three health professionals during her senior year of high school. Kurylo said she shadowed a social worker, a physical therapist and a nurse. After shadowing a nurse, she knew it was the career for her.

"It was like, 'This is it.' I've never looked back; I've never thought about anything else," Kurylo said. "When you talk to some nurses, and I have to agree, it's like a calling. Like a calling to be a nun or a priest—it's deep within your soul."

She also said that her older sister's best friend, who went to Indiana University of Pennsylvania for nursing, interested her in the field.

"I would look at her nursing books. I was around 13 or 14. I just found it really interesting. I knew I wanted to be in health care," Kurylo said.

Kurylo said she earned her bachelor's degree in nursing at Indiana University of Pennsylvania.

In between her junior and senior year of undergraduate school at IUP, Children's Hospital of Pittsburgh accepted Kurylo into their extern program for nurses.

"I loved working there and loved the unit that I was on. Actually, by January of my senior year they offered me a position," she said.

While Kurylo loved her job, after three years she said she went to University of Pittsburgh to earn a master's in parent and child health.

"My nurse manager was not supportive of nurses returning for more education. When I told her that's what I was going to do, she told me I was 'going to educate myself out of a job.' Part of that was—and still is—a struggle with how people should enter nursing," Kurylo explained. "You can become a nurse by going through a diploma school, which you don't get any type of degree from; or you can do an associate program like we

have at La Roche; or you can do a bachelor's program. All of those are entry-level. As long as you pass your licensure exam, you can be a nurse."

The nursing professor said she ultimately left Children's Hospital.

After graduating with her master's degree, Kurylo said she began working at Allegheny General Hospital as the staff development educator. She said she oversaw the pediatric unit, pediatric recovery room, pediatric clinical areas and the neonatal unit.

"I was responsible for orientation of any staff that went in those areas," Kurylo said. "We actually opened up a pediatric intensive care unit and so I created all of the policies and pro-

It was like, 'This is it.' I've never looked back; I've never thought about anything else. When you talk to some nurses, and I have to agree, it's like a calling. Like a calling to be a nun or a priest—it's deep within your soul.

cedures for that. I educated and inserviced all the nurses and oriented them all."

Allegheny General Hospital promoted Kurylo into a director position where she was responsible for the general floor and the pediatric intensive care unit. In this position, Kurylo said she was responsible for the general floor and the pediatric intensive care unit.

However, despite the high pay, the nursing professor decided to leave her job.

"We were in a horrible nursing shortage. I had a 30 percent vacancy rate in my pediatric intensive care unit," she said. "It required me coming in a lot of times on nights and weekends if they got an additional

patient or needed additional staffing. It got old after a couple of years."

She said, "My kids were little. I decided I needed to find a job that would give me more of a work-life balance."

The assistant professor of nursing said Allegheny Valley Hospital hired her as an infection prevention nurse. However, Kurylo said that she began to miss her pediatric patients and patient contact in general.

"I was asked by a nursing instructor there to give a post-clinical conference to her students on resistant drug organisms," she said. "She asked me if I taught before and asked if I was interested in teaching; their

ing that before I retire they're going to mandate anyone that's teaching nursing education to have a doctorate. Many universities are already going to that."

Kurylo said she wanted to avoid being three or four years from retirement and having to earn another degree.

After working at Penn State Berrend in Erie, Pa., Kurylo said she applied for her current teaching job.

"I also wanted to be able to teach graduate students and post-licensure students, so that's primarily what I'm doing," the professor said. "I also teach in the master's program in the administration track."

Kurylo said, "The most rewarding thing is when I see students get it; when that light bulb goes off."

The assistant professor of nursing said she lives for those moments. She said that even though she mostly teaches online, she still sees those moments in her students' discussion board posts and reflective writings.

Kurylo said her ultimate goal as a professor is to graduate knowledgeable professionals that put safety and patient centered care first.

"There's a lot of talk about patient centered care now in the industry. I like to say us pediatric nurses invented that. We have to care for the whole family; the parents are devastated when their child is sick," Kurylo said. "You really have to work with the family. Sometimes the family would require more work and would be more of a challenge than the patient themselves."

Kurylo stated how important nurses are in the medical field.

"Truly, we are with the patients more than anyone else, even the physicians," she said.

Kurylo said she is a big believer in yoga and the benefits one can reap from it.

"It's a wonderful way to relieve stress. I have a lot of faith in those types of complimentary medicines. They can be extremely helpful for pain control, decreasing anxiety and stress in patients," Kurylo said.

Ciana, from page 1

to bring Ciana home funds need to be raised to make necessary renovations.

"My parents will have to get a driveway to accommodate a wheelchair, hallways that are wider so that her wheelchair can fit down them, and also a walk-in shower so that she can be bathed. As of now the home renovations are coming together," Katrina said on the GoFundMe page. She estimated needed funds at \$100,000.

Since Katrina Cahill created the GoFundMe page in April, a lot of progress has been made. Through the page, Katrina has helped raise \$33,550 to bring her sister home.

Katrina Cahill said, "The house is really coming along quickly. We're

crossing our fingers that it should be done late October/ early November. We've come across a lot of bumps in the road on sorting out what works and what doesn't but our contractor is great and working his hardest to make this happen as quickly as possible."

According to Katrina Cahill on the GoFundMe page, Ciana has had 15 surgeries and has overcome many obstacles and complications.

"We more than hope and pray every day that she'll be back at La Roche one day and can finish her degree," Katrina Cahill said.

If you would like to make a donation, please go to www.gofundme.com/helpciana.

\$33,550
RAISED BY 595 PEOPLE IN 7 MONTHS

\$100k

Donate Now

Share on Facebook

TWEET EMAIL TEXT

WEXFORD, PA MEDICAL

Created on April 1, 2015
Katrina Cahill >
1593 Facebook Friends

A screenshot of Katrina's GoFundMe page for her sister, entitled: "Ciana's Fund to help get her home"

Student Affairs

Annual dinner recognizes scholarship recipients, gives chance to meet donors

BY LAUREN VILLELLA

La Roche College President Sister Candace Introcaso hosted the ninth annual President's Circle Dinner in the newly renovated Zappala College Center Square.

The Dinner was a special evening for donors and benefactors of the College to meet La Roche students who have benefited from their generosity.

One of the prime ways in which benefactors' generosity is manifested is in the form of funding scholarships. The Dinner honored over 40 students who received 23 endowed and annual scholarships for the 2015/2016 school year.

The donations of the individuals,

corporations, foundations and organizations who belong to the President's Circle made the scholarships possible.

To become a member of the President's Circle, benefactors must donate \$1,000 or more during the course of a school year.

Ana Paula De Marco Teixeira, a senior majoring in international affairs and political science, attended the Dinner as a recipient of the Founders Scholarship Award.

"Receiving the Founders scholarship meant being recognized for investing continuous time and ef-

SEE ANNUAL DINNER, PAGE 8

SGA discusses possible additions

BY MEGAN POLAND
EDITOR-IN-CHIEF

The Student Government Association has been busy with planning new campus additions as well as fundraising events.

One of the main topics SGA members have been discussing is adding a fire pit on campus grounds.

"We want it to be more permanent, but we need to figure out where to put it. The place we were going to put it is going to be a parking lot in years to come," Sarah Reichle, secretary, said.

President Brandon Rodriguez said Public Safety would prefer the fire pit to be propane instead of wood. Rodriguez also said that they would like the fire pit to be in the courtyard.

Not all SGA members liked the courtyard as the fire pit's location.

"The reason they want it in the courtyard is so they can control it there. That's why they want the gas fire pit; that's why they want that space—so it's easier to control. It's closer to a building and it's also closer to water access if a fire were to break out," Jeff Dailey, assistant director of student development at La Roche, said. "If it's somewhere far away, it's going to be harder to make sure there's a water line available. That's something that facilities and public safety are looking at and that's why they suggested that area."

SGA also discussed transforming the upstairs dance studio in the Kerr Fitness Center into another gym.

Emily Irwin, judicial vice president, said the upstairs dance studio is only used on Sunday and Monday nights.

"I talked to Andy Bott and he thought it would be a good idea—if we were able to get that extra gym at the top—to have athletic teams reserve the gym for specific times. That will eliminate more of the sports teams being in there whenever other people are in there," Irwin said.

RaeAnna Palmer, vice president of finance, said she passed out a survey about the Kerr Fitness Center facilities. She said the survey found that 61 percent of students thought the gym was overcrowded.

SGA members also discussed different events they plan to host.

Heather Houseman, director of Resident Affairs, talked about holding a gym lock-in fundraiser from 8 p.m. to 8 a.m.

Brooke Audino, director of design and technology, suggested having a kindness week.

Cassandra Johnson, director of green initiative, said she was working on implementing a recycling contest in the dormitories. She also said she wanted to make sure every classroom has a recycling bin.

Veronica Russo, academic vice president, said that she passed out a survey to marketing and design students about a fashion merchandising major. She said La Roche would be the only college in Western Pennsylvania to offer the major.

SGA president Brandon Rodriguez said that all budgets for clubs and organizations that submitted them were approved.

SGA members met on Oct. 15 in the Ryan Room.

Scholarships Recipients for Academic Year 2015/2016

Robert B. Anticole Endowed Memorial Scholarship:

Jessica Mancuso

Walter & Dolores Bold Memorial Endowed Scholarship:

Paige Faulk
Carson Hohos
Jonghoo Lee
Courtney Yuska

Campana Modern Languages Endowed Scholarship:

Angel Sanchez

Carol '81 & Hugo Churchill Endowed Scholarship:

Tiffany Babinsack
Krystsina Karsiuk

Raymond and Regina Dennis Memorial Award:

Tiffany Babinsack

Divine Providence Endowed Scholarship:

Ariella Itangishaka
Nicole Linkes
Cerci Smith

Cora Stehman Dwyer Memorial Scholarship:

Terryl Poling

Chuck Eperthener Memorial Scholarship:

Kevin Johnson

Founders Scholarship Award:

Ana Paula De Marco Teixeira
Juste Irakoze
Hannah Strauch
Lauren Villella
Lin Xiao

Christina Fragasso Memorial Endowed Scholarship:

Alan Sam

Dr. A. Kenneth & Doris Hesselberg Endowed Scholarship:

Ryan Balog
Kaitlin Dobrowsky
Ryan Eshenbaugh
Felicia Gehres
Charlie Holliday
Joseph Kelsch
Madelyn Kibbe
Kristen Krivak
Nicole Linkes
Kelsey Lewis
Carson Rebel
Jessica Seidl

Holy Trinity Greek Orthodox Church Endowed Scholarship:

Samantha Ramsey
Cassidy Shaffer

Kathryn A. Jolley '81 & Gregory P. Madej Scholarship:

Hannah Strauch

Sister Mary Thomas Kadyszewski Distinguished Service Endowed Scholarship:

Felicia Gehres
Carson Rebel

Coach Scott Lang Memorial Endowed Scholarship:

Ryan Balog

George O. Lauth Memorial Scholarship:

Cassidy Shaffer

Pacem in Terris Scholarship:

Tassy Fils-Aime
Krystsina Karsiuk
Boniface Ngigia Karsiuk

Judge Timothy F. & Mrs. Rhea Ryan Memorial Endowed Scholarship:

Paige Faulk

Daniel W. Schneider Memorial Endowed Scholarship I:

Jessica Seidl

Daniel W. Schneider Memorial Endowed Scholarship II:

Joseph Kelsch

Sister Rita Yeasted Scholarship Award:

Megan Poland
Sarah Reichle
Taylor Tokarski
Breanna Wong

Frank & Josephine Zappala Endowed Scholarship:

Tassy Fils-Aime
Krystsina Karsiuk
Jessica Mancuso
Cynthia Ncuti
Boniface Ngigi

Entertainment

La Roche Professor Explores Pittsburgh, Irish Ties in New Book

BY LAUREN VILLELLA

Gerard F. O'Neil, an adjunct English professor, discussed his recently published book in an event sponsored by La Roche College's English department.

The History Press published "Pittsburgh Irish: Erin on the Three Rivers" this past August. The book traces the history of the Pittsburgh Irish from 1717 until the present day.

O'Neil described his book as a series of vignettes and as a narrative with images. O'Neil stated that publishers today frequently look for plenty of images in prospective works, and that played a key role in his book's development. While gathering materials for "Pittsburgh Irish," O'Neil said that he would find an image and see if he could construct a narrative from that.

"This is public history," O'Neil said of the content in his book. "It's supposed to be accessible." This belief, he said, led him to include roughly 40,000 words in "Pittsburgh Irish" and to construct it as a set of vignettes. As for the latter feature, O'Neil said that this stemmed from his habit of opening up a book in the middle, rather than the beginning.

O'Neil read excerpts from two vignettes in his book, "Rioting on

the Railroads" and "The Lost Shantytown of Iffly." He briefly discussed the Irish Republican Brotherhood, ideas of transnationalism and the Irish's involvement in the Civil War.

"In a sense, the Irish served three sides," O'Neil said in response to a question about the Civil War. "There were a lot of reasons to fight for the South. The Irish involvement was complicated."

In preparation for his book, O'Neil stated that he searched in the Penn State archives and tried to stay away from more recent history. He said that having an imagination and sense of the past are two vital attributes in successfully weaving together being a writer and a historian.

Diane V. Byrnes wrote the foreword to O'Neil's book. She is the producer and host of "Echoes of Erin" on WEDO 810AM, an Irish radio programming. Byrnes has spent 27 years in Irish radio programming, and her program educates and entertains listeners through a variety of Irish singers and musicians.

In addition to "Pittsburgh Irish," O'Neil is also the author of two chapters in "Supernatural Lore of Pennsylvania: Ghosts, Monsters and Miracles."



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Gerard F. O'Neil poses with his book entitled "Pittsburgh Irish: Erin on the Three Rivers."

McCandless Crossing welcomes Hello Bistro

BY RITA VINSKI

ENTERTAINMENT EDITOR

Over the past year, McCandless Crossings has been welcoming shops and restaurants for the community to enjoy. Recently, they've welcomed another.

In September 2015, Hello Bistro opened its doors to the community of McCandless.

The restaurant, owned by Eat 'n Park, is a small café that serves sandwiches, soups, and salads. The main attraction is the "Salads by You" salad bar.

Customers are welcome to eat in or get meals made to go if they are on a quick lunch break.

The quaint café is in a perfect location for any student or local employee looking to satisfy their taste buds that's not the normal campus dining hall or fast food restaurant.

When walking in, customers are greeted by a friendly, open environment with a great 'at home' feel to the café with modern seating and floor to ceiling windows surrounding the building.

Menus are conveniently stacked at the entrance as well as a special board on the wall to look at the options of the day while waiting in line. Menus are also available to take home.

The menu offers a variety of tasty burgers, sandwiches, soups, and salads that are pre-made and made to your tastes.

The "Salads by You" section on the menu allows the customer to create their own salad exactly how they enjoy it.

Customers can pick from different types of lettuce and spinach, meats,

toppings, "crunchies," and dressings all included into one price. They make any salad from simple garden and Caesar salads to more exotic options.

Another unique option the restaurant provides is being able to pick the bite size the salad can be cut into and the amount of dressing.

Salads are conveniently put into perfect sized plastic bowls that are small enough to carry around, but big enough that the salad doesn't create a mess while eating. To-go lids are also provided for customers to take their salads on the go.

Besides many different tasty options for food, Hello Bistro offers an assorted selection of vintage soda pop provided by Boylan Vintage Soda Pop. Flavors including black

cherry, orange, and cane cola are refreshing and compliment the meal nicely.

Hello Bistro also offers a catering service that includes any salads and their fixings of the customer's choice; they include any utensils and additional supplies as well.

The catering service only requires a 24 hour notice.

Hello Bistro is a great addition added to McCandless Crossings. Its convenient location, price, and many options are a way to satisfy and lunch or dinner needs any day of the week.

It is a refreshing, different change to the area and is highly recommended to anyone looking for a bite to eat! They are open seven days a week from 10am-10pm.

Entertainment

Two Pittsburgh poets read work at La Roche

BY RITA VINSKI

ENTERTAINMENT EDITOR



Joan Bauer reading her poetry. © RITA VINSKI

In October, La Roche College welcomed two poets to do readings of some of their personal poetry.

English professor, Dr. Michelle Maher, invited local poets Richard St. John and Joan Bauer to La Roche to read some of their work.

"I've admired their work for years, many years before I've gotten to know them and I'm so happy to have them here," Maher said.

Richard St. John is a metaphysical poet that deals with the material and the spiritual world.

Much of his poetry was inspired by people and events that happened throughout his life.

One of the poems he wrote and shared with the group was a poem for his wife Kate.

"The poems about becoming our best selves," he explained. "It's about our human longing to be renewed and refreshed all our lives."

His poem to his wife was written in a story format and was very refreshing to hear instead of the average love poem about longing for someone.

He added that there are no hidden symbols or metaphors in his poetry; the poems are what they seem to be.

St. John read another poem about a visit home to see his mother and his sister who had Down syndrome.

While his poem was mainly about a discussion between his mother and sister, he delightfully made his cat apart of the story.

His pet cat, "Kit Smart" was seen throughout the poem with the creative use of "meoop" to describe its meow when wanting attention.

St. John explained that the next two poems he read were written from inspiration of people he would see walking around his neighborhoods.

"I wrote much of my poetry walking very slowly around my urban neighborhood where I live," he explained.

His creative words about a lady that lived in his neighborhood with three dogs was a big inspiration for much of his poetry.

Hearing his poetry and the metaphysical references to the real world and the spiritual world was beautiful to hear while still able to understand.

The most touching was the poem dedicated to his mother.

The use of imagery to present him helping his mother who was very ill with cancer was extremely moving with each pause he took while reading.

Joan Bauer, the second poet, wrote much of her poetry about her time living in Los Angeles and uses a story format to write her poetry.

Much of her poetry had a very humorous side and were very relatable. Others were more serious with beautiful imagery of certain locations and

people.

Like St. John, Bauer's use of pausing while reading made the imagery in her poetry vivid and a clear picture of the poem was created.

One of the poems Bauer read was written about the woman her husband was with before her.

"This is a poem for Janet who you don't know," she explained. "She doesn't know I've written this poem. She was my late husband's girlfriend before me... so we're not going to tell her."

Both poets were wonderful to listen to in different ways.

St. John's poetry was like a walk down memory lane into some of his memories or people and places that meant the world to him.

Bauer's poetry was a look into her mind of the different events and places that she visited in her life; they also were a look into some of the people that have touched her whether it was negative or positive.

Both St. John and Bauer were a joy to listen to and come highly recommended to anyone looking to read some poetry from locals of Pittsburgh.

Annual dinner, from page 6

fort toward my academics and my involvement in the La Roche community," De Marco Teixeira said. "It proved once again that all the moments of stress and lack of sleep were well worth it."

De Marco Teixeira said that her favorite part of the Dinner was interacting with other student scholarship recipients and the donors who made scholarships like hers possible.

Courtney Yuska, a senior majoring in leadership, attended the Dinner as a Walter & Dolores Bold Memorial Endowed Scholarship recipient.

"Receiving the Walter & Dolores Bold Memorial Endowed Scholarship meant so much to me," Yuska said. "It cut down the cost of schooling and allows me to continue my education so that I can earn a degree and use those skills I learned in class to be the best that I can in my field."

The Dinner, held on October 5, also highlighted the many other ways in which students benefit from donors' support aside from receiving scholarships. These include having the opportunity to travel in the Study Abroad/Study USA program and being able to enjoy renovations that take place throughout the campus.

Pa. college license plates, from page 4



A sample license plate, which can be seen on La Roche's website.

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ceive. "I'll never know what you got. I don't think there's any way for me to know, except for those first orders."

"Sr. Candace, the president, has the plate that is number 1," she added.

After you complete the form and send it to Sandy Knobeloch, Alumni Relations Assistant, at the Office of Alumni Relations, then the plate will be shipped to your house. It takes PennDOT about 6-8 weeks to get it to your house, she said.

"Each plate is cut one at a time, as needed. Like some people have conjectured that they've got a stack of La Roche plates with various numbers sitting somewhere, but I don't think so. You know, I think they make the

plate as you order it," Miller added.

The college can recall the plates, she said.

"I can't imagine doing this, but we can recall a plate. If we would have some reason to think that we don't want that license plate on a car then my understanding is that we can recall it," she said.

She added, "You'd have to do something pretty horrible for us to go to that effort, but in the whole application process I kind of remember that, that they get to keep the plate as long as we let them keep it, but in my mind I think it's yours."

The Office of Relations sought to get these plates after seeing vanity plates from other colleges.

The majority of the process to have the specialty plates made was paper work. But there was another part to it that was surprising, said Miller.

"You have to prove that you do extensive service in the community," she said.

So Sr. Elena Almendarez pulled together a booklet of all of the service projects that had been done in that past year and it was submitted to the Office of Transportation.

The specialty license plates are only available as Pennsylvania plates and are only available through La Roche College, specifically through La Roche College's alumni office.

Science behind glow in the dark products

BY SYDNEY HARSH
ASSOCIATE EDITOR

Everyone is familiar with glow sticks and glow in the dark products, but it's likely that very few are familiar with the chemistry behind their glows.

You may have wondered what happens when you snap a glow stick to make it glow; by doing this, you're actually kicking off a chemical process that eventually leads to colored light.

But how does this process work, and why do you need to bend the glow stick to initiate it or charge up a glow in the dark product with light to make it glow?

Dr. Rebecca Bozym, La Roche College chemistry professor, said, "Chemiluminescence is the chemical reaction that gives off light instead of heat. When you break the tiny glass vials in the glow stick it allows the two chemicals to mix and react with each other."

"The two chemicals react with hydrogen peroxide, which releases energy. Then the bonds are broken," Dr. Bozym said. "This energy excites the dye in the mixture which then releases the color of the light you see in order to relax back down to the ground state."

Dr. Bozym said there are specific chemicals used in each glow stick that will give rise to the different col-

ors you see.

Luminol and oxalate are the most common chemicals used in glow sticks, she said.

These chemicals are mild irritants; breaking open and smearing the glow sticks all over your hands is not recommended, she said.

"Different forms of fluorescent dyes (anthracene and rhodamine B) are then added to the mixture to change the color," she said.

Dr. Bozym said you can make a glow stick last longer by placing it in the freezer for a couple of hours.

She said when you place the glow stick in the freezer it slows down the rate of the chemical reaction that happens within the glow stick.

However, a different type of reaction occurs when initiating a glow in the dark product, she said.

Zinc sulfide and Strontium Aluminate are the two types of chemicals used in glow in the dark products, she said. She also said that they are fused into the plastic as it is molded, making them nontoxic.

"The chemicals within a glow in the dark product are excited (charged up) with energy from light (sun or light bulbs)," Dr. Bozym said. "The molecules are then in the excited state and need to relax back down to the ground state in order to

be stable. They do this by giving off energy as light."

The glow from a glow in the dark product will last longer than the glow of a glow stick, she said.

"The excited electrons sit in a higher energy level for a while before coming back down to the ground state. In science terms," Dr. Bozym said, "the excited electron is no longer spin-paired with the electron in the ground state. We call this 'spin-

forbidden.' In order for the electron to relax back down, it has to make another transition so that the spins of the electrons are paired."

She said that this transition takes a really long time, chemically speaking.

Glow in the dark products can come in different colors, she said.

However, Dr. Bozym said, they are not often as bright or as strong as the colors we see in glow sticks.



Ceiling stars, above, must undergo a complex chemical process before they can glow. © SYDNEY HARSH

Creepy tales from La Roche College, from page 2

lady over at Providence Heights Alpha School and one day she didn't show up for work, he said.

White said Sr. Mercedes Michael "was known to have a kind of a tense or nervous personality."

At about the same time they realized she was missing, a truck driver was driving down Babcock and noticed something floating in the pond. White said, "[The driver] pulled over and got out and he was afraid that it was a person, and sure enough it was her. So he went into the pond, lifted her out and carried her up to the Motherhouse."

When they did the autopsy they found that she had a heart attack. "She was walking along the pond and must have been stressed out or something and she fell into the pond," White said.

"She was supposedly the ghost then. This was the real story that inspired the legend," he said. "A lot of these ghost stories are forms of real history, so when people tell them, they are remembering something that happened. They don't get the facts exactly right, obviously something didn't reach out of the pond and grab her, but there really was at one point a nun found in the pond."

He added, "Now that would have been several years before the school was founded, so it was just enough time for the details to get a little bit skewed, and when students started coming here in the '60s and '70s then it turned into the ghost story."

Another legend centers on a nun who had apparently hung herself.

White said that at one point there

was a story circulating that a nun hung herself from one of the towers or steeples. According to White, Father Peter Horton told a story about a bus full of nuns that crashed into part of the Motherhouse. The crash apparently had torn a hole in the bus's roof, causing the wind to blow one of the nun's garment bags up in the air.

"And what happened was one of the nun's garment bags caught the wind and blew up and ironically ended up attached to the steeple somewhere. And the habit blew out so that it was hanging there and it literally looked like there was a nun hanging, blowing in the wind and that had actually inspired the stories," White said.

"It shows how most of these stories, even though they seem crazy, often are tied to something that happened or some real event. But you know they change over time, or someone looks quickly and sees that blowing up there and it becomes a story," he added.

Another story involving a nun takes place in Mahler Hall.

According to White, after Sr. De la Salle Mahler died, some residents living in the dorm named after her claimed they would see her walking the halls.

He said back when Mahler was first opened to students, all of the male residents lived on the right side and all of the female residents lived on the left side.

White added, "Supposedly they started seeing her ghost appear on the right side, checking all of the

rooms at night to make sure that the men weren't misbehaving."

It was a dorm legend that claimed Sr. Mahler came back as a ghost to check on the boys, White said.

Things that go bump in the night in the dorms

Mahler has had its problem with odd occurrences, such as things moving around when no one was in the room and unexplained noises.

White said a couple years ago there were some roommates that had a lot of problems with their rooms.

He said, "On the left side in 2002, there were a couple of students that had kept hearing noises day and night, and again very generic kind of haunting type of things—strange noises, things moving around especially when they weren't in the room."

"I think some of them moved off campus or had moved into different dorm rooms the next year. Of course, Father Peter went and blessed the rooms and everything was fine, but it was common to have these dorm legends," he said.

Another dorm legend has different variations. At the core of story is that apparently a student committed suicide in Mahler, he said.

"The story is funny because the story is told numerous times over the years and sometimes the student just hung themselves or, I don't know if you heard the really gory version, that they cut their own throat,"

White said.

He said the gory version goes further than the person just cutting their throat. Apparently, "they grabbed their throat and left hand prints on the wall and at certain points of the year those handprints would reappear on the wall and they don't come off."

White said that as far as he knew, nothing that gruesome ever happened here at La Roche.

The case of the curious black bird

According to White, a few student-athletes had told him a story about a weird occurrence in the Kerr Fitness Center.

Shortly after Coach Scott Lang died at center court, a black bird would come into the gym and sort of observe practice. After practice was over, the bird always seemed to land at center court and would not move, he said.

"During basketball practice it would just sit up [in the rafters] and would kind of watch everything as it was unfolding and often after practice was over it would fly down and land in that spot and just kind of sit there for a while," White said.

He added, "Birds get in that building all of the time, but when it got inside they couldn't get it out and it would disappear."

After it would disappear, it would return and would continue to land at center court where Coach Lang died.

