



State budget delays renovations

Pa. has not passed its state budget, holding up two major campus updates

BY SARAH REICHLER AND MEGAN POLAND
EDITORS-IN-CHIEF

More renovations are coming to La Roche, but not until PA passes its budget.

In the past year, La Roche College has renovated CC Square, SC 103 and the Cantellops Art Gallery.

"I feel like the renovation president. We had the square, we had Science Center 103, now we have the art gallery," La Roche College President Candace Introcaso said.

According to Sr. Candace there are many projects in the works.

One of the major projects for the college is to build a sidewalk on the main driveway.

Sr. Candace said there would be "7,500 square feet of sidewalk. It would come from Duncan Ave in

front of the college and go up the driveway and past the library."

The sidewalk would make walking up the driveway safer for students and would distract onlookers from the storm water detention pond, she said.

"One of the reasons we'd like to do the sidewalk is to make it easier for students to walk over to McCandless Crossing, too," Sr. Candace said. "But the whole idea behind the sidewalk project is safety. We don't want our students having to walk on the driveway."

She added, "The sidewalk project will also address all the landscaping around the storm water detention pond and take your eye away from

looking down into the gully to looking up. There will be a wall and trees and shrubbery."

According to Sr. Candace, the construction of the sidewalk also involves the college planting evergreen shrubs and placing decorative poles with lighting, banners and a low brick wall.

She said, "We've got the plan for what kinds of planting we want to do, we just need the money."

The college president said they will also build an educational observation deck overlooking the storm water detention pond. She said this would allow students to

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NASAD to visit La Roche

The college hopes to renew design accreditation for another 10 years

BY MEGAN POLAND
EDITOR-IN-CHIEF

In preparation for a visit from the National Accreditation of Schools of Art and Design, or NASAD, the design departments' hands have been full.

Both the graphic and interior design departments have been gathering three semesters worth of student work to show the two accreditors that will visit on February, 22, 23 and 24. They also collected course schedules, syllabi, and exams, as well as reports about the college and design departments.

"NASAD accredits once every 10 years so it's a big deal to get it and keep it every 10 years," Sally Wood, assistant to department chair of interior design, said. Wood has been a professor at La Roche for 32 years.

Wood said that during their visit, two accreditors will meet with faculty, staff and students as well as review student work and the design curriculum. She added that most of their activity in the Cantellops Art Gallery, which remains closed until Feb. 26, will be in the evenings after 4 p.m. During this time, they will take notes on the student work displayed.

Wood said the most difficult aspect was creating a detailed report

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Putu Kartika leaving the Peace Garden on a snowy afternoon.

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International students share challenges in America

BY LAUREN VILLELLA
ASSOCIATE EDITOR

A host of academic, social and cultural challenges pepper the international student experience.

La Roche College's international student population is considerable. According to Natasha Garrett, Ph.D., the director of International Student Services, there are over 35 countries represented in La Roche's international student body. Garrett said there are currently 22 graduate international students, 235 undergraduate and 90 in the ESL program.

For many of La Roche's international students, the first step toward transitioning to an American college is learning and mastering

the English language. The ability to communicate affects a wealth of commonplace academic and social activities.

International students' uncertainty over their English language skills can be a barrier to classroom discussion, joining campus activities and interacting with other students.

Dolma Tsering Gurung, a freshman from Nepal majoring in biology, said she first began to learn English when she was 5.

"English is definitely a barrier for me in class discussions as English

SEE INTERNATIONAL, PAGE 8



Jinal Prajapati (pictured above) is a freshman from Kenya.

© LAUREN VILLELLA

Winter

Professors bust common winter myths

By SYDNEY HARSH
ASSOCIATE EDITOR

Some winter wisdom is about as factual as frosty the snowman. Problem is, these fictions don't always leave you nice and warm on the inside. Be prepared this winter by educating yourself about these winter myths, so they don't get the best of you this winter season.

Dr. Terri Liberto, nursing professor, said there are many common winter myths that we believe are true.

"Some of those common myths include: cold air can make you sick, allergies subside in the winter, lack of sunlight causes depression, and you should not exercise in the winter," she said.

"A few other myths that are commonly known are not having to wear sunscreen in the winter, as well as cold temperatures cause hair loss," Dr. Lauren Ameris, health sciences professor, said.

Dr. Liberto said these myths have no credible basis and can be easily busted.

"People believe what they hear and what they read from non-credible sources – it may be the talk of the office, school, or among friends – but it has no credible basis," she said.

"These winter myths also give people something to talk about," Dr. Ameris said, "and many of these myths have been passed down from generation to generation."

Dr. Liberto said you can bust these myths if you follow these simple steps.

"First to find out credible health information, an individual should ask their health provider," the professor said. "The health care provider is the most credible source of information."

Dr. Ameris said, reading articles and watching the news is also a beneficial source.

That brings us to myth number one: does being out in the cold actually make you sick?

This myth can be busted pretty easily, Dr. Liberto said.

"Bacteria and viruses make you sick, not the cold temperatures," she said. "The best way to prevent yourself from getting sick in the winter is to wash your hands frequently."

Dr. Ameris said she agrees with Dr. Liberto.

"The cold air alone will not make you sick," she said. "In fact, studies have shown that cold viruses actually grow best at 91 degrees Fahrenheit."

So, if you find yourself sneezing a lot in the winter, it doesn't necessarily mean that you're catching a cold – it could just be your allergies acting up.

That's right, your allergies stay with you all year round.

This brings us to myth number



Snowfall on La Roche's Peace Garden.

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two: do your allergies subside in the winter?

"Many people still suffer from allergies in the winter. If you think about it," Dr. Ameris said, "people spend more time indoors which makes them more susceptible to indoor allergies such as mold, pet dander, and dust mites"

"Depending on the trigger for the allergy, some triggers are worse in the winter. Molds thrive during the colder months, and pets are

generally inside more during this time," Dr. Liberto said. "If these are triggers for an allergic response, they will be much worse in the winter."

While some seasons bring physical illnesses, others can bring mental illnesses.

With that in mind, we can now bust myth number three: does lack of sunlight cause depression?

Many studies have shown that

SEE MYTHS, PAGE 3



The gazebo, and misplaced couch, covered in snow.

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Battling winter blues

By JOSH BAKTAY

As you gaze out the foggy, speckled window of AB221, boasting a fat lip of powdery snow, nostalgia for sunlight and clear skies starts to creep into the room, like a student subtly arriving late to class. Next, your brisk walk across campus, to your dorm in Peters Hall leaves you insisting, "It should be illegal for it to be this cold!" or perhaps, "I swear hell is a cold place." And by the end of the day, you have begun to wish that summer was year round and that feeling of nostalgia has morphed into an underlying sadness.

These feelings are not unfamiliar to the citizens of western Pa. and other northern countries and can affect us more than we realize. Seasonal Affective Disorder is a psychological condition that can affect anyone by bringing them increased levels of depression, lethargy, and social withdrawal due to the winter season. Therefore, it is important to be conscious of one's mental health and take the best steps towards prevention and living a healthy life.

In order to understand this condition, we must first unpack its psychological implications. According to Dr. Lee Markowitz,

Assistant Professor of Psychology, SAD is "classified as a mood disorder. You can think of it as a form of depression." Some symptoms of this mood disorder can include fatigue, depression, social withdrawal, loss of interest and apathy. A more common variety is known as Subsyndromal SAD which means "you have some symptoms of the disorder but a milder degree. You can basically be more depressed than the average person, lower mood than average, but not severe enough that it's actually a clinical problem," he said.

Dr. Markowitz said that SAD is primarily caused by a lack of light exposure. The lack of light then affects the levels of serotonin and dopamine in the brain (These are often known as the "happy drugs" and are responsible for our positive moods). He said, "Those are the two most important neurotransmitter systems in depression. Those systems are affected by light exposure, they're affected by social support, behaviors like regular exercise, and drugs [legal prescription]." He clarified that light exposure is responsible for a direct

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Students hibernate to get through cold season

BY SARAH REICHLE
EDITOR-IN-CHIEF

After Christmas, who wants snow?

The winter months are hard to get through with the frigid temperatures, icy roads, and lack of sunlight. So, what do you do to keep yourself sane in the winter?

A few La Roche College students said they like to spend time indoors and as far away from the snow as possible.

Amanda Dugan, a senior sociology major, said that she likes to spend time with her friends and to sleep.

Putu Kartika, a senior health science major, said he likes to watch a lot of YouTube videos, workout and train at to the gym to keep himself sane during the winter months.

Federica Riedel Gonzalez, a sophomore child and family studies major, said she likes to sleep and watch movies during the winter.

Madison Elberty, a freshmen biology major, said she eats a lot during the winter.

"I usually go out to eat," Vanisha Purohit, a senior leadership major said. "And then anything indoors that's fun, like laser tag."

She added that she likes to stay inside but tries to go out at least three times a week.

"I want to go back to Texas," Purohit said.

One La Roche student said that the winter weather affects his mood.

To keep himself sane, Eric Cosmides, an IT and Political Science major, said, "I use UV lights to maintain a sense of daylight after civil twilight.

"I have Seasonal Affective Disorder. Late fall and early winter are the worst times for me because of the darkness. I'm a firm believer in your moods being affected by the seasons," he added.

At least one La Roche student tries to embrace the cold with optimism.

Hillary Dorian, a marketing major, said, "I try to do things you can't do in the summer." She said for example snowboarding, snow tubing and skiing.

The beautiful winter sceneries are breath taking, but La Roche seems to be over the cold. Punxsutawney Phil did not see his shadow, so we can all look forward to an early spring--well hopefully.



A wintry view from a La Roche dorm room. © SARAH REICHLE

La Roche is a winter wonderland



Photo Credit:
© Sarah Reichle

Myths, continued from page 2

occurrences of depression take place more frequently in the winter months, Dr. Ameris said.

So – does lack of sunlight play a major role in winter depression?

"Lack of sunlight does not cause winter depression," Dr. Liberto said.

However, Dr. Ameris said, people do suffer from Seasonal Affective Disorder – also known as SAD.

"SAD is a type of depression that occurs during the same season each year," she said. "You may have SAD if you felt depressed during the last two winters, but felt much better in the spring and summer."

Dr. Liberto said, it is still very important to get sunshine in the winter to keep your mind and body healthy.

"Sunshine increases the production of Vitamin D by the skin," the professor said. "Vitamin D is important in calcium regulation, healthy skin, immune system health and in bone health."

Another myth – myth number four – that deals with the winter weather is whether or not you should get out there and exercise in the cold, both professors said.

"Many studies have shown that because you are working out in these cold conditions, one may work out faster – causing you to burn more calories and increase your endorphin levels," Dr. Ameris said.

However, Dr. Liberto said, it is important to get cleared by your primary care physician before you begin exercising in the cold, wintery weather.

But – should you wear sunscreen when you go out into the winter

weather?

Dr. Ameris said that this myth – myth number five – is also an easy myth to bust.

Dr. Liberto agreed.

She said, "Of course you should wear sunscreen in the winter. Even though it's winter, we all still need to protect our skin from those harmful, cancer causing rays of sunshine."

If you do go out for that cold, refreshing, winter run – should you worry about losing your hair due to the cold temperatures?

Dr. Ameris said, there is no need to worry about myth number six: cold temperatures cause hair loss.

"Studies have been done that prove that hair loss is more common in the summer than in the winter," she said.

Dr. Liberto said heredity, certain medical conditions, and scalp conditions cause hair loss – not cold temperatures.

Now that we've busted some common winter myths, the professors said that keeping up to date with your health will help you avoid believing that these myths are true.

"It is important to stress that health information is best from the individual's health care provider," Dr. Liberto said. However, she also said, students should refer to the Centers for Disease Control or contact their primary care physician to obtain more information regarding these winter myths.

Goals

Historic, beautiful travel destinations exist in U.S.A.

Get out of your comfort zone and explore a new city

BY MIKE WEAVER

OUTDOORS CORRESPONDENT



Snapshot of Virginia Beach.

© MIKE WEAVER

Different locations within the United States offer individuals the opportunity to explore their unique characteristics. Pristine beaches in Virginia offer a taste of the salt life, while Boston, Ma. presents a tourist with countless historical landmarks. Finally, Sun Valley, Id. presents opportunities for active individuals, such as hiking and skiing.

Virginia Beach, in my opinion, is one of the nation's best beaches. A well-kept boardwalk is constructed parallel to the Atlantic Ocean. Interesting stores and delicious restaurants are present along the three-mile boardwalk. Grab a few souvenirs at one of the many shops in remembrance of your vacation. Grab a bite to eat at Ocean Eddie's restaurant, which is located on a fishing pier. If dining on the outside patio, you will be greeted with the sounds of ocean. Many of the items on the menu are caught only feet away on the fishing pier, which ensures a fresh, excellent dining experience. Virginia Beach's restaurants and atmosphere are extremely welcoming to individuals of all ages.

Within Boston, Ma., countless historical landmarks are present. Boston presents an extremely unique atmosphere to visitors. Begin your vacation by visiting historical Fenway Park, home of the Boston

Red Socks. Constructed in 1912, Fenway Park is the oldest park in Major League Baseball. Although many improvements have been made, Fenway Park continues to possess its classic look. Take a tour through the park and visit the gift shop for unique memorabilia. After your visit, be sure to stop at other landmarks within Boston, such as the New England Holocaust Memorial and the Boston Tea Party Ships and Museum. Finally, take an educational walk on the Freedom Trail, which presents a fun and entertaining history lesson.

Sun Valley, Id., presents stunning scenery for the viewer. Dress in layers and grab your skis to visit the first purpose-built ski resort in the United States. While riding the chairlift, you will be presented with a stunning backdrop of the Sawtooth Mountains. Within Sun Valley, countless outdoor activities are available, such as hiking, mountain biking, and fly fishing. Visit Sun Valley year-round to experience delicious, unique food and amazing cultural events.

The United States is an amazing country filled with unique scenery. Plan a trip to one of the above locations for a memorable, fun-filled vacation. Explore beaches, cities, and mountains of America to take in its marvelous beauty.

Student perspectives on New Year resolutions

BY RITA VINSKI

ENTERTAINMENT EDITOR

"New year, new me," is the saying for the beginning of 2016. The start of the New Year brings about the beginning of New Year's resolutions. These resolutions can range from reaching a certain goal or goals, to keeping a promise throughout that year.

Students throughout La Roche College are setting their resolutions and goals for the 2016 year.

Samantha Sham, junior, explained her resolution was to keep strong in her nursing education.

"I don't normally make new year's resolutions," Sham explained. "But this year, I'm making one to get through nursing school."

Ryan Letzelter, senior, is hoping to get a job this year after graduation.

"My resolution is to find a job at some point this year when I graduate," he said. "Now that college is almost over, I just want to be able to start my career off and pay back all of my college loans."

Kim Aland, senior, explained that she sets New Year's goals rather than resolutions.

"I don't like the idea of resolutions because it focuses solely on the negatives," she explained. "I prefer making New Year goals that improve my life and the lives of people around me."

This year, Aland wants to focus eating better and cooking at home.

"My main new year's goals are to cook with more fresh produce and to eat less junk food," Aland explained. "Cooking has been a really fun

way for me to integrate myself into the 'adult world.' It makes me feel productive and I can share it with friends and family."

Aland added that it's nice to know what's going in her meals so she has better control of her health.

Rocco Gagliardi, junior, hopes to eat more on the healthy side.

"My resolution is to eat less candy and healthier snacks," the junior stated.

Lainey Standiford, junior, explained that she would like to become a published writer.

"My New Year's resolution is to become a published writer outside of the La Roche community," she explained. "I'm tackling a new internship writing for SAE international's student magazine, and I want to see my work published for people to read across the U.S."

The junior added that she hopes to binge watch all of the seasons of "Once Upon a Time" in the shortest amount of time possible.

Zach Williams, senior, explained his resolution is to be healthier for himself.

"My resolution is to be healthier all around so I can be a better me," he said.

Paul McDonald, junior, summarized his new year's resolution in a way that's relatable to everyone.

McDonald stated simply, "My resolution is to not kill anyone this year."



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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

History

February celebrates Black History

By SARAH TURNBULL

February is Black History Month. We've all heard stories of famous African-Americans and their contributions to the country... Rosa Parks and the Montgomery bus boycott, Martin Luther King's "I Have a Dream" speech, and Barack Obama becoming the first black president. But black Americans have accomplished much more over the centuries.

So what do La Roche students know about Black History Month?

Branden Kummer, a sophomore majoring in religious studies, said, "It's like Martin Luther King Day. Celebrating a nonviolent activist who didn't see hatred in everything and welcomed people from all races."

"Honestly, I think it's weird that there's a month dedicated to black history but not any other race or ethnicity. That being said, it doesn't really affect me so I don't have a problem with it," Andre Parker, a sophomore majoring in communications, said.

According to the "International Business Times," Black History Month was originally named Negro History Week. Author and historian Carter Godwin Woodson proposed the idea of such a holiday in 1926.

The holiday gained mainstream popularity in 1976 after being renamed Black History Month. To fully appreciate the diverse accomplishments of African-Americans in the United States, here are seven things you probably didn't know about Black History Month.

PBS News said, "Before there was Rosa Parks, there was Claudette Colvin." Fifteen-year-old student Claudette Colvin made history on March 2, 1955, when she refused to give up her seat on a Montgomery, Al. bus to a white man. Along with Rosa Parks, she's credited with helping to desegregate the Montgomery bus system.

"Gone with the Wind" is one of the most well-known films in American cinema. The 1939 film tells the story of southern belle Scarlett O'Hara and her struggle to survive after the South's defeat in the Civil War. In 1940, Hattie McDaniel became the first African-American performer to win an Academy Award for her portrayal of Mammy, a house slave.

A black man designed America's capital. Scientist and mathematician Benjamin Banneker is credited with helping to design the blueprints for Washington, D.C., Biography.com

stated.

According to Biography.com, Mahatma Gandhi inspired Martin Luther King Jr. to use nonviolent tactics during the civil rights movement. King adopted his nonviolent philosophy after visiting Gandhi in India.

The fight for racial equality is not over. A poll conducted by the Washington Post revealed that two-thirds of black Americans view Barack Obama as America's most important black leader.

"Blazing Saddles," the 1974 comedy movie about an African-American sheriff trying to maintain law and order in a small frontier town, may not have been as historically inaccurate as we think. Black Americans played an important role on the American frontier. PBS.com estimates that as many as one in four cowboys were black.

So just how much have African-Americans contributed to our country's greatness?

In an interview on "60 Minutes," Morgan Freeman said, "You're going to relegate my history to a month? I don't want a Black History month. Black history is American history."

Renovations, continued from page 1

study the ecological aspects of the pond.

Sr. Candace said that the requested grant would require the state to pay for 70 percent of the project's cost. She added that she does not expect to hear back about the grant until the state passes their budget.

Another project involves the college extending the CC Square renovation into the surrounding hallways.

Sr. Candace said, "We have something else we're working on right now and that would be to take the renovations down the hallway into the bookstore. We're thinking about workstations along the whole wall, kind of like what's in the Horton Lounge—where you can sit there and charge your electronics. It's a quieter space but you can still feel connected.

Sr. Candace said there are plans to update the Redhawk Café over the summer.

"We place a great value on spaces where people can gather together. It was becoming very clear that the square was very crowded. I think getting rid of the booths has opened it all up," Sr. Candace said. "People seem to like the bistro tables and the comfy furniture with the outlets so they can charge up their phones or whatever while they're talking."

Sr. Candace said the college has plans to completely renovate the second floor of the Science Center, as well. Similar to the sidewalk project, the Science Center renovation relies on a capital grant from the state.

The La Roche president said, "We don't have a lot of room, but we're working on it."

Design, continued from page 1



The Cantellops Art Gallery has new flooring, paint and homasote. © MEGAN POLAND

about the design departments and college's history, including the number of enrolled international students.

She said that self-evaluation was a part of the report.

"We had to put a report together that had an evaluation of our departments, our programs and student retention," Wood said.

"We don't want to say everything is hunky-dory. We want to call out things we're working on to change or we want to revise in some way because the profession has changed."

Wood added, "They kind of know before they come what they want to key in on. If you say it in the report, it better be true."

Todd Hoffman, assistant to the

department chair of graphic design, said the accreditors read La Roche's previous accreditation report to have insight on areas that needed improved 10 years ago.

La Roche is one of two institutions in the Pittsburgh area with NASAD accreditation and has held the title since 1992.

The design departments had enough funds in their budget to renovate the Cantellops Art Gallery, according to Wood. Updates included new paint, flooring and homasote (the tack space).

Hoffman said the renovation of the art gallery was related to the accreditors visiting but was also a project the design departments have been wanting to do. Wood said it was a race to finish the gallery before NASAD's visit.

Wood said there are more plans for the art gallery. She said they are going to build a wall from the Cantellops Art Gallery entrance to the modular that holds the design classes, adding security to the gallery.

"Security is the big thing. The

second part will happen toward the end of the year. I don't know what the time frame is—part of it has to do with the budget," Wood said.

She added, "It's wonderful to have gallery shows, and maybe external gallery shows, but we have no security there because students have to walk through it."

"We could accommodate the gallery better if it was secure and you could lock it at the far end near CC Square," Wood said.

She explained that the wall would create a pathway for students going to and from classes in the design modulares. The wall would extend from the modular entrance to the art gallery's main entrance and would reach the ceiling. The department is considering making the wall partially glass so that passersby can see into the gallery.

She explained that the wall would start at the entrance of the Cantellops Art Gallery—at the bottom of the staircase—and would end at the entrance to the design modulares. Wood said that the wall would extend to the ceiling. The door leading to the art gallery would be able to lock, ensuring security.

Wood said that Lisa Kamphaus, the assistant professor and design division chair, worked on the overall design for part two of the renovation.

Kamphaus said the renovation of the Cantellops Art Gallery began on Dec. 15.

Entertainment

Mission and Ministry presents 'The Giver'

'To Light Through Film' series kicks off with powerful message about memories, emotions

BY LAUREN VILLELLA
ASSOCIATE EDITOR

La Roche College's Mission and Ministry team presented the first installment in its three-part film discussion series entitled "To Light Through Film."

The film series aims to ignite discussions on faith and philosophy in cinema, Professor Ben Burkholder said. Burkholder is an adjunct faculty member in philosophy and religious studies.

"The best movies help us become more human," Burkholder said.

The Mission and Ministry team selected "The Giver" as the first installment in its film discussion series. The team made the selection, Burkholder said, because of the film's depiction of pain and its relationship to everyday life.

"The Giver" is the only film adaptation of the 1993 young-adult novel of the same name by Lois Lowry. The novel is a Newbery Medal winner and continues to be required reading in schools across the United States and other countries.

"The Giver" depicts a world of sameness, one devoid of any color, emotions or memories. The film's first scenes are shot in black-and-white, launching viewers into a monochrome community where the inhabitants are strangers to independent decision-making.

The community's leaders, the Elders, monitor every aspect of

the characters' lives like hawks. Meryl Streep stoically portrays the Chief Elder, a woman akin to an omnipresent fog. She appears unexpectedly to remind the inhabitants of their wake-up times and to advise "precision of language" when their words become too emotional.

"The Giver" depicts a world of sameness, devoid of any color, emotions or memories.

The Elders also assign the community's teenagers to the jobs they will perform for the rest of their lives. "The Giver's" central character, Jonas, is a 16-year-old boy with a destiny drastically different from the one's resigned to his peers.

On the day the Elders assign the professions, the Chief Elder tells Jonas she has selected him to be the next Receiver of Memory. The Receiver of Memory is an advisor to the Elders and the sole holder of the community's wealth of memories.

Jonas soon meets the current Receiver of Memory, known as The Giver. Jeff Bridges' performance as

The Giver is one of the film's shining qualities. Bridges' warm voice and gentle humor imbue The Giver with a grandfatherly presence and envelop him in an aura of wisdom.

The film's best scenes are between Jonas and The Giver. The Giver slowly begins to transfer the community's memories to Jonas through the simple act of clasping their hands. He shows Jonas memories of love, happiness, joy and war, and the accompanying emotions both startle and fascinate Jonas.

"Memories are not just about the past," The Giver said to Jonas. "They determine our future."

For Jonas, the transferring of memories is an emotional tsunami that leaves him desperate to share his experiences with friends and family. As the Receiver of Memory, though, the Elders swore him to secrecy, a fact that catapults him into a devastating isolation.

With his newfound knowledge of memories and emotions, Jonas feels acutely what his whole community is missing. He sets out to surpass the community's border, known as Elsewhere, in order to release the memories back into the community.

"The Giver" presents a fascinating example of what a world would be like without the emotions that create vibrancy and uniqueness. Its script, however, is moderately problematic.

Some of the lines truly capture the depth of the particular scene, but others are inclined to make the viewer cringe.

"Memories are not just about the past. They determine our future."

-The Giver

The underdevelopment of Jonas' parents and his two friends, Fiona and Asher, give the film a fleeting, touch-and-go quality. Nevertheless, what "The Giver" as a whole says about memories and how they color our lives is timeless.

"The Giver" provides little glimpses into how memories can both drag us back and propel us forward. Its depiction of a people drained of emotions for the sake of sameness is sure to ignite in viewers an appreciation for the brutal and beautiful.

"The Giver" was the first of three installments in Mission and Ministry's film discussion series. The third film in the series will be shown on Feb. 28.

'The Finest Hours' takes viewers to perilous sea

BY RITA VINSKI
ENTERTAINMENT EDITOR

The film "The Finest Hours" is a movie based on actual events in 1952.

Chris Pine, known for his roles as Captain James T. Kirk in the Star Trek films, plays the role of Bernie Webber.

Set in February 1952, the story begins when a severe storm hits the New England area causing two oil tank ships to break into two.

While the one ship found contact with a coast guard station, the other lost all contact. However, a station in Chatham, Massachusetts was able to catch them on radar.

Not wanting to leave them stranded, Bernie Webber gathered a team onto a small rescue boat and set out into the storm.

Pine shined in his role as the coast guard hero that braved the treacherous waves and the storm to save the 30 plus men stranded on the

broken ship.

Holliday Grainger, known for her role as Anastasia, the ugly stepsister in Disney's Cinderella, played Pine's love interest throughout the film.

Grainger's role equaled Pine's in portraying a worried fiancé as she waited for the rescue boat to return. She was able to produce a strength in her character that was admirable to any woman, especially from that time period.

This movie had all of the elements to create a fantastic drama with lots of suspense through the eyes of 3-D lenses.

The beautiful landscapes of the frightful oceans during the rescue created a beautiful disaster that could fear anyone about to board a ship.

While the oceans could frighten any lover of the waves, the setting of 1952 Chatham in winter was

refreshing and created the image of the time period.

This movie had all of the pieces for a fantastic period movie; however, there were set backs that made it hard to fully get through the film.

During the sequences of the broken ship, as the men were trying to keep their half a float, the dialogue being spoken was extremely hard to hear.

Much of the movie was hard to hear because of the sound effects

"The setting of 1952 Chatham in winter was refreshing and created the image of the time period."

that took over.

While the quality of seeing it in XD 3-D was amazing worth the money, the surround sound ruined some important dialogue that was essential to the story.

Understanding actors with accents didn't help with comprehending the dialogue.

Quite a few of the actors both in the coast guard station and on the sinking ship had strong accents. With the sounds effects drowning out any voice, theirs were taken away more than others.

Overall, this movie was very well done.

Besides the dialogue issues, and the way too loud sound, the movie was suspenseful, emotional, and very real. It made a wonderful period piece that is recommended to everyone.

Science

Planets align, creating unique sight

BY SYDNEY HARSH
ASSOCIATE EDITOR

Five planets lined up for a cosmic dance in the night sky that dazzled sky watchers all over the world in January.

This cosmic dance makes February 2016 a great year to see some of the planets together, Dr. Rebecca Bozym, chemistry professor, said.

"Mercury, Venus, Mars, Jupiter, and Saturn are aligned for the first time in over 10 years," she said.

The professor said these five planets will be visible until February 20, 2016; however, there is no need for telescopes or binoculars!

"All the planets will all be bright like Venus normally is in the morning sky," Dr. Bozym said. "They hit the spot in their orbit where they will reflect the sun light and all be visible in the sky for us to see in one view."

She said, it is really neat waking up a little bit earlier to see the planets aligned next to one another.

"The moon also makes it neat because it has been hopping from planet to planet over these past couple of weeks," the professor said.

Dr. Bozym said students, faculty, and staff can see these five planets at predawn.

"When we say predawn, it is usually about 30-60 minutes before local sunrise," she said. "If you look too early Mercury will be behind the horizon, too late and it will be blocked by all of the sunlight."

The professor said to be able to see all five planets you need to understand that their orbits are relative to the Earth and the Sun – then to position yourself correctly.

Since the orbits are all different sizes, Dr. Bozym said, it makes seeing these five planets a once in a lifetime event.

She suggested that everyone should take advantage of this event because it won't happen again for another four years.

"The next time all five planets will be aligned again will be in July 2020," the professor said, "you can probably see them in August from the 13th to the 19th; however, Mercury and Venus will be low and rather hard to spot in the sky."

Dr. Bozym said she thinks the last time this cosmic dance happened was in May of 2000.

"In May of 2000 – there were six planets that were aligned instead of five," she said.

This can be confusing for some people to understand, the professor said, because some

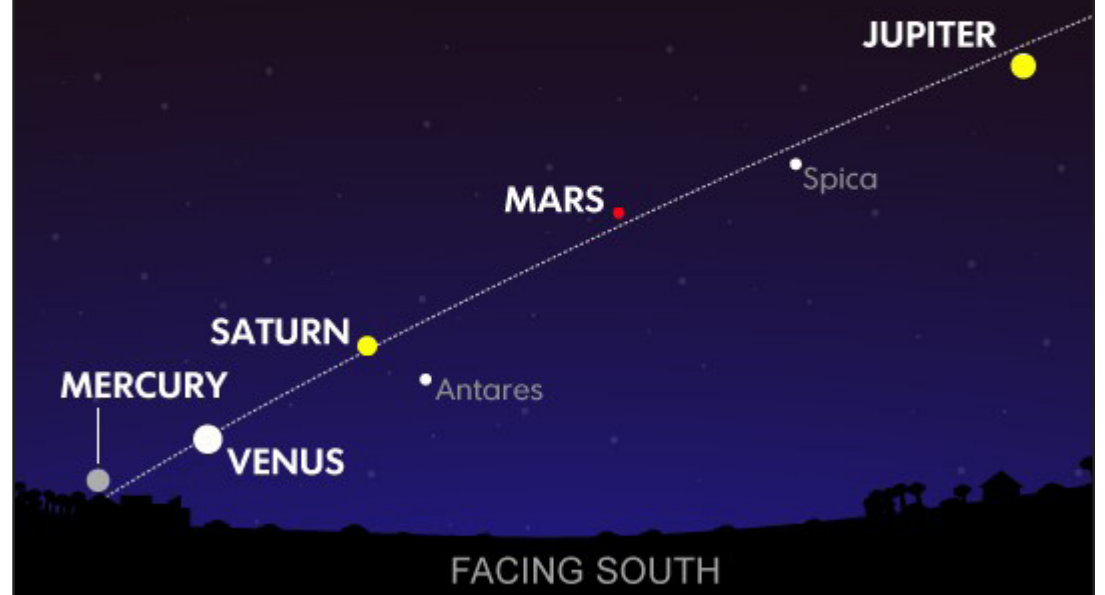
sources say that such a phenomenon only takes place every 100 years or so, while other say it will happen every few decades.

With that in mind, Dr. Bozym

said, she highly encourages students, faculty, and staff to get up a little bit earlier within the next week to see this phenomenon take place.

PLANETARY PARADE

Five planets will be visible to the naked eye in the pre-dawn, southern sky from Jan. 20 to Feb. 20.



SOURCE: Earthsky.org

Ramon Padilla, USA TODAY



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is a second language for me and I am not fluent in speaking English," Gurung said. "It decreases my self-confidence."

Jinal D. Prajapati, a freshman from Kenya majoring in biology, said English was her first language.

"It wasn't quite difficult for me," Jinal Prajapati said of learning English. "It has always been a first language to me and in my school too. My country takes English as a first language."

Bryan Mutiso, a senior from Kenya, said his accent was initially an obstacle in interacting with other students. Mutiso said he is double majoring in political science and sociology.

"First coming here, everyone has an accent," Mutiso said. "That was the first thing I noticed. People wouldn't understand exactly what I was saying. Just because of the culture, I might not say it the way an American would say a certain phrase."

Jinal Prajapati said she believes her ability to speak English has improved at La Roche.

"After interacting with many and new, both national and international students, my accent seems to be changing and also my confidence level is boosting," Jinal Prajapati said.

Mohammed Alabdulkader, a freshman from Saudi Arabia majoring in interior design, said he began to learn English at 15 in middle school.

"In my country," Alabdulkader said, "the people who teach English are not Americans. They are mostly from Egypt, or Asians or Arabs. It comes hard to us to learn English because they have different accents. So, they are international students who teach English."

The quality of his English did not improve, Alabdulkader said, until he came to the United States. Alabdulkader said he spent a year studying English at North Seattle College before coming to La Roche.

Jigar D. Prajapati, a sophomore from Kenya majoring in computer science, said he began to learn English when he was 4. Interacting with friends and professors, Jigar Prajapati said, helped him to improve his English at La Roche.

"English has never been a problem for me to participate in classroom or engage myself in other activities," Jigar Prajapati said.

Unfamiliar subjects are also obstacles for international students, some of whom are unaccustomed to classes La Roche requires in its select courses. Other tasks, like writing research papers and understanding plagiarism, can be barriers for students coming from a wide variety of academic backgrounds.

Gurung said she never heard of plagiarism before coming to La Roche, and she had limited experience writing research papers. Biology, Gurung said, was the main subject of study in her high school.

Jinal Prajapati said she had no experience writing research papers in high school, but she did understand plagiarism through her computer learning. A history class at La Roche, Jinal Prajapati said, was

a difficult academic adjustment for her.

"What I found hard was my history class as I've never done any history before," Jinal Prajapati said. "But as I move on, I feel I will get the main point."

Jigar Prajapati said he had difficulty grasping the concepts in a

especially chemistry, biology and physics. Mutiso said he did have experience writing research papers and exposure to subjects like art, literature and history.

"I was lucky enough in my last couple of years of high school, I went to an American school back in Kenya," Mutiso said. "I had to take

hot and equatorial climates.

Before coming to La Roche, Mutiso said, he had only seen snow in movies.

"When I first moved here," Mutiso said, "I remember it was a really bad winter, and all my friends were laughing at me because I was freezing the entire time."

Adapting to Pittsburgh's climate, Gurung said, was a little difficult for her, especially because she was unaccustomed to snow.

"In my hometown it never snows and in my whole life I have never experienced snowfall but I always wanted to," Gurung said. "So, I am happy now. I love snow."

Alabdulkader said adjusting to Pittsburgh's climate has been one of the toughest challenges for him overall.

"I'm used to very hot weather, so when I moved to the States, until now, I can't like the weather," Alabdulkader said. "But I've got to deal with it."

Jinal Prajapati said she never experienced seasonal changes before coming to the United States.

"The weather back in Kenya was equatorial," Jinal Prajapati said. "I used to live in a cold area so temperatures like 10 C wasn't a problem but negative Celsius – yes!"

"My country's weather was somehow unpredictable," Jigar Prajapati said. "Meaning, we did not have seasons. We could either expect a sunny day or a rainy day. Pittsburgh's climate is more similar to the one of my country. However, the winter gets very extreme but it wasn't difficult for me to get used to the cold."

Alabdulkader said adjusting to the food in the United States has also been very difficult for him.

"Food here, I can't accept it," Alabdulkader said. "I really can't accept it. I don't like it at all. It tastes like plastic."

Alabdulkader said he feels the food lacks flavor and spices. Alabdulkader said he will take a salad or closed items like chips from La Roche's cafeteria.

Jinal Prajapati and Jigar Prajapati both said they are vegetarians. They added the selection of food choices available to them at La Roche's cafeteria is limited.

"For me as a vegetarian, there are not many varieties but what is available is quite good," Jinal Prajapati said.

Mutiso said one of the reasons he moved off campus after his freshman year was because of his difficulty adjusting to the food. An equally difficult adjustment, Mutiso said, was learning to navigate Pittsburgh's different modes of transportation.

"When I first came here," Mutiso said, "I didn't know how I was going to get around. I didn't even know where the stores were. I used the bus. Then I found out it only comes once every hour."

Mutiso said he was accustomed to the bus coming every two to five minutes in Kenya.

"It took me awhile to adjust to getting around," Mutiso said. "I realized you have to have a car to get around."



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"In my country the people who teach English are not Americans."
- Mohammed Alabdulkader (above)

"In my hometown it never snows and in my whole life I have never experienced snowfall but I always wanted to."
- Dolma Gurung (below)



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history class at La Roche and decided to drop the course. However, Jigar Prajapati said, he enjoyed taking a select philosophy course.

"Taking select courses like philosophy has helped me improve my thinking and perspective about the world," Jigar Prajapati said.

Alabdulkader said he is currently taking a select philosophy class, and is open to taking subjects he did not encounter in high school.

"I've never had a philosophy class before, but I'm interested," Alabdulkader said. "It needs critical thinking and that is a big, major key in college. I would love to know anything new."

Meeting due dates for assignments, Alabdulkader said, is a difficult academic adjustment for him. In his high school, Alabdulkader said, there were no due dates.

"If a teacher gave you homework and he told you, 'I need it tomorrow,' and you don't bring it tomorrow, that's okay. You could bring it the next day," Alabdulkader said.

Mutiso said there was heavy emphasis on math and science subjects in his high school,

African history classes as well as European history."

Mutiso said being on time for class was a difficult adjustment for him, especially in his freshman year at La Roche. In Kenya, Mutiso said, punctuality is not a big cultural value.

"Even living on campus I was late most of the time," Mutiso said of his freshman year.

Mutiso also said he noticed a more relaxed relationship between La Roche professors and students. Mutiso described the relationship as very different from the one he experienced with his teachers in high school.

"The way we address professors back home, we'd say sir or madam, and you might stand up when the professor enters the classroom," Mutiso said. "Here it's kind of a loose interaction."

Adjusting to a climate drastically different from the one in their home countries is a challenge some international students describe as their hardest. Many international students transition to Pittsburgh's weather – and snow – from extremely

SAD, continued from page 2

effect on neurotransmitter levels while other factors have an indirect effect.

During the winter, the sun sets earlier and the weather is usually more cloudy due to snow storms. Together, these cause a decrease in sunlight that can lower neurotransmitter levels. This leads to a general decrease in positive attitude and in clinical cases, depression. There are other factors that can indirectly augment the development of SAD. One of these factors is physical activity. As the outside environment becomes

When analyzing the demographic component of SAD we can see that, “those countries which are located up north do have higher rates of depression especially during the winter months,” Dr. Tajuddin said. Consequently, these societies have different systems to help counteract the effects of these climates.

According to Dr. Tajuddin, “These societies have very good safety nets to sort of keep these rates down, places like Finland, Scandinavia, and Canada. They have good social support systems. Health care is free [government funded]. With health

are aware that this is a time when a lot of these things can happen, even though they cannot really describe it scientifically in terms of depression,” he added.

SAD formally affects 6.1 percent of the population on average with percentages increasing as you move north. Subsyndromal SAD affects approximately 14.3 percent of the population. Taylor Zediker, a graphic design student said “I like the winter but I hate being cooped up in side 24/7 because I’m an outdoor person. I get very tired, lethargic, and cranky. I just have a general feeling of, I

SAD formally affects 6.1 percent of the population on average with percentages increasing as you move north.



The Motherhouse pictured on a snowy evening

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more hostile, people tend to stay indoors more. This causes a decrease in activity. Overtime, people can develop a sadness or anxiety from spending extended periods of time

care come all these therapeutic services like counseling. So the populations there are able to fend off what otherwise would be an age old natural phenomena.”

“I feel like I have cabin fever. I get tired more often and I get sad because there’s no sun”

- Kayla Mauk

Moreover, he explained that the key to surviving in locations where winter is the predominant season is community involvement. He said, “They live in neighborhoods where the community supports each other in terms of child care and communal living spaces. They encourage

indoors.

Kayla Mauk, a sophomore at La Roche, describes this sensation, “I don’t like winter cause I’m stuck in my house where I can’t do anything, I feel like I have cabin fever. I get tired more often and I get sad because there’s no sun and I can’t do anything inside.” This ‘cabin fever’ in combination with the lack of sunlight can further decrease one’s mood during the winter months.

Dr. Azlan Tajuddin, Department Chair of Sociology also provides some excellent insight on the sociological implications and further elucidates the condition.

a lot of interaction between people. A lot of communities activities that are put together make people be more in touch with each other.”

A fascinating perspective arises when analyzing different cultures in history who lived in harsh, cold climates. For example, Dr. Tajuddin teaches that the Inuit — the indigenous tribe of Alaska, otherwise known as the Eskimos — have lived in an area where winter lasts for six months out of the year. He said that their festivities help thwart the depressive tendencies that can develop during such an extended period of darkness. “They

wouldn’t say 100 percent depression, but I get sad. It doesn’t make me want to be antisocial, but I hate that there’s nothing to do outside.”

If you feel that you are affected by Seasonal Affective Disorder, it is important to seek professional help where treatment methods are known to be effective. If not, there are many preventive measures that you can take to not only counteract the development of this condition specifically, but also improve your

mental health in general.

The most suggested method is to increase your exposure to light, which treats the root of disorder. You can accomplish this by increasing the amount of light in your room, spending time in well-lit areas, and by spending more time outside on sunny days. A more formal treatment involves sitting in front of a light box for varying intervals of time. Another method, which addresses an indirect cause, is to exercise more because it is known to increase your energy levels. This increase in energy will help lift your spirits and raise your attitudes. Dr. Markowitz suggested aerobic activity because it releases a larger amount of endorphins at a faster rate (referring to the concept of a ‘runner’s high’).

Finally, one of the most effective protective techniques, as we learned from Dr. Tajuddin, is to increase your level of human interaction and engage in group social events. Altogether, by adopting these lifestyle practices you can help prevent this condition. Even if you’re an individual who enjoys the winter, these lifestyle practices will improve your mental health and increase your quality of life.

While our physical health remains important, we cannot forget about our mental and emotional health. Lucky for us, some simple changes can have some very positive effects on our day to day life. So let’s take after our lovable friend, Olaf, and not let the grey skies and white snow get us down while we dream of summer.



Mahler parking lot illuminated by snow

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