



## Commencement speaker to emphasize justice, being contemplative in action

BY LAUREN VILLELLA  
EDITOR-IN-CHIEF

La Roche College's 2016 commencement speaker said he will discuss Jesuit values and the importance of a life grounded in God in his address.

Mark K. Shriver, 52, currently serves as president for Save the Children Action Network. As president, Shriver leads a nationwide effort to promote children's health and education. Shriver previously served as a member of the Maryland House of Delegates, where he chaired committees devoted to children, youth and families.

Public service is a hallmark of Shriver's family, with both his paternal and maternal roots contributing to 20th century American history. Eunice Kennedy Shriver, Shriver's mother, founded Special Olympics and was a trailblazer for individuals with intellectual disabilities. Her husband, Sargent Shriver, was one of the driving forces behind the formation of the Peace Corps and served as a U.S. Ambassador to France.

In 2012, Shriver released a best-selling memoir, "A Good Man: Rediscovering My Father, Sargent Shriver." In his memoir, Shriver reflected on the values that guided his father's life and how those values surfaced in his own life and career.

Shriver said he is honored to serve as this year's commencement speaker for La Roche and intends to keep his address brief.

"I think one of the roles of a

graduation speaker is to be brief, be sincere," Shriver said. "So I'm going to try to spill out maybe one or two messages and then let the graduates celebrate with their families, because it's a celebration, right?"

Prayer, Shriver said, has been one of the influences guiding him as he prepares his commencement address.

"I try to pray on it, I try to think about what makes a difference in my life, and maybe one or two messages that I can share with graduates and hope they remember it," Shriver said.

An equally important influence, Shriver said, is having a general self-awareness in order to imbue his address with meaningfulness.

"When I'm trying to pull some thoughts together," Shriver said, "I try to discern what I'm reading, what I'm praying about, who I'm talking to, to figure out something that's meaningful to say."

Shriver earned his bachelor's degree in history from The College of the Holy Cross in 1986. Shriver said his memories of that commencement are limited, but he does remember his graduation speaker.

"I remember it was a guy named Peter Ueberroth, who had run the Olympics in Los Angeles a couple years earlier, so he was a big deal," Shriver said.

SEE SPEAKER, PAGE 8



2016 Commencement speaker  
Mark K. Shriver.

© LARRY LEVIN

## Pacem in Terris graduate reflects on La Roche community, giving to those in need

BY MEGAN POLAND  
EDITOR-IN-CHIEF

Despite living roughly 1,000 miles away, chemistry alumnus Yohani Kayinamura still sees La Roche as home.

"La Roche is a part of me. I had to speak to my graduating class on their behalf and I said, 'La Roche will expand as we go to the different corners where we came from because it became a part of me.' Now I've started to realize how big a part of me it's become," Kayinamura said.

The La Roche graduate said, "I did not choose La Roche; La Roche chose me."

Kayinamura, who was born in Rwanda, began his college journey via the Pacem in Terris program, which brings students from war-

torn regions to La Roche to receive an education and promote global citizenship. Pacem in Terris means 'Peace on Earth' in Latin. Over 400 students from 71 nations have graduated from the Pacem in Terris program, according to the La Roche College website.

The La Roche graduate said that his American teacher told him about the Pacem in Terris program. He said that there was an application process for the program and only a select number of students from each country would have the opportunity to attend La Roche. Although almost every student would apply, he said, only the best and most driven students were accepted.

However, Kayinamura said he had no career ambitions before arriving at La Roche. That quickly changed when he met his professors and other staff members at the college.

"I knew I wanted to learn things but I didn't have any particular subject that I was passionate about—I was able to learn anything you put in front of me," Kayinamura said.

Soon, he realized his passion for teaching.

"It's something that grew in me as I observed people and the faculty members I interacted with. I basically started falling in love with teaching," Kayinamura said. "It's something that really came to me as I was attending La Roche."

Kayinamura said former college president Monsignor Kerr and chemistry professor Don Fujito had a large impact on him during his time at La Roche. Despite being the president, Kayinamura said he would talk to him in his office, where Monsignor Kerr once told him about world history. Kayinamura said he loved how Monsignor Kerr approached and spoke to students.

"I started feeling really strongly about working with young people. Doing it through school by teaching was really the obvious choice for me," the Pacem in Terris graduate

SEE PACEM IN TERRIS, PAGE 13

# Community

## Faculty marshal selected for Commencement

By SYDNEY HARSH  
EDITOR-IN-CHIEF

Dr. Don Fujito, chemistry professor, will represent the class of 2016 for this year's Commencement ceremony.

The senior class nominated Dr. Fujito as this year's Faculty Marshal.

"I consider recognition by members of the 2016 graduating class to be a tremendous honor," he said.

The chemistry professor said he will be the voice for the entire faculty at La Roche when he represents the class of 2016 at Commencement.

"I look at every graduating class with great pleasure and anticipation – since I share each graduate's sense of elations and sense of excitement going forward, and as each graduate begins to make a mark, post-La Roche," Dr. Fujito said.

He said he is extremely impressed by what the class of 2016 has accomplished.

This graduating class is ready to take on the challenges of the real world, the chemistry professor said.

However, Dr. Fujito said there is something special about this year's Commencement ceremony.

"This is the 23rd graduating class I have been associated with in my time here at La Roche," he said. "23 is also a special number in the field of chemistry. It's involved in Avogadro's number, which is  $6.02 \times 10^{23}$  – so this class will always be exponentially memorable to me."

The chemistry professor said he will approach his Commencement speech just like he would one of his

lectures – by telling a story.

"When I lecture my chemistry courses," Dr. Fujito said, "I might tell a story or two to help put topics into perspective, and I'll probably approach this speech as I would a chemistry lecture – except that I'll be talking perhaps about a different kind of chemistry."

The type of chemistry he said he will be referring to is teamwork; the type of chemistry you find now with the Pittsburgh Penguins, Pirates, and Steelers.

The chemistry professor said he will also be referencing La Roche College and the Sisters of Divine Providence in his Commencement speech.

"I love La Roche College and all of the Sisters of Divine Providence that I have come to know over the years," Dr. Fujito said, "and in my appointment as a professor I consider myself to be sort of an extension of the Sisters."

In his lectures, he said he often thinks about how Sister Maria Fest or Sister Kathleen Angel – former professors of chemistry and biology – would have approached the day's lecture or lab.

"And of course I also love teaching and influencing all of our students, whose first act of wisdom here was to choose La Roche as their place of undergraduate study, and I hope I can somehow impart these feelings as well at Commencement," the chemistry professor said.



Faculty marshal Dr. Don Fujito

© SYDNEY HARSH

*"23 is a special number in the field of chemistry. It's involved in Avogadro's number, which is  $6.02 \times 10^{23}$  - so this class will always be exponentially memorable to me."*

*- Dr. Don Fujito*

## La Roche strives to offer new on and off campus events, improve participation

By JESS LEE  
CONTRIBUTING WRITER

Assistant director of student development for La Roche College, Jeff Dailey, 26, is in charge of student events for the college. He has been a part of student development for three years and has been the head coach for the men and women's cross country teams for one. Dailey graduated from La Roche College in 2012 with a bachelor of science in communication, media and technology.

Q: What is your opinion on the type of events La Roche offers?

Jeff: I think we offer a lot. You know, besides the off campus stuff, besides the typical Pirates games and ticket sales, I think there are a lot of on campus options for students. It ranges from a straight leadership speaker, you know broadcast events, cultural events, as well as more social and physical gatherings. I think there is definitely a wide mix but we

always look into doing more and seeing what the students' specific needs are.

Q: Are there any activities you'd like to see in the future?

Jeff: Oh I mean all of them! So there are a few things I'm looking into, just from student opinions. I mean some students want to go to New York for a whole day. We've done the D.C. trip where we get a bus and they'll spend a whole day in

D.C. We want to try and do it with New York, but we might have to look into the cost of that. Everything basically comes down to how much we can spend on an event. We've done things in the past like a spring concert and hosted bigger things on the campus, but then that also takes away from some of the smaller

SEE DAILEY, PAGE 3

## Dailey, continued from page 2

things we normally do. Do we want to see something big and just go all in on it or do we want smaller things spaced out. That's always our dilemma year-to-year, what do we want and what will get us a bigger bang for our buck?

Q: Where do most of the ideas for events come from?

Jeff: It comes from mostly students, either club presidents, students in the office, or the ones I see and interact with on a daily basis. We take student opinions very seriously. When they say there's nothing to do on campus, our follow up question is 'What would you like to see on campus' and if they follow up with an 'I don't know' then that doesn't help us. If they follow up with an 'Oh I've always wanted to go to an Escape room but it was too much money or I couldn't get eight people to go.' So, yeah we can do that. We booked off two spaces and they got their friends and we took a trip to the Escape room. Anything is possible; really, we just need to know about it. I think part of the dilemma is that it's so easy to complain about something but it's hard to go somewhere and suggest ideas.

Q: In your opinion, what do you think makes for a successful student event either off campus or on campus?

Jeff: I would say attendance but sometimes we don't have a control on the number of students we can have go, so then I would say my second top pick would be the student-learning outcome. They went in not knowing anybody and they came out of it with five friends, I think that's successful. I think now you just introduced one person to five people and now they're hanging out at other events or in their rooms or outside the classroom. I think that's successful in and of itself. Maybe it's students taking on the role of running an event. That leadership experience

they are gathering. It may not have had a great turn out, but they took something from that. They took the responsibility role from that event and again I think that's something more important than attendance.

Q: Have you noticed a difference in participation in an off campus event versus and on campus event?

Jeff: Yes and no? It depends on the event, I would say. Anything we sell tickets for, like sporting events, they sell, regardless. I would say it's definitely harder sometimes to get students to go to the museum trips that we have, and even on campus the smaller events are pretty consistent. The numbers are the same month-to-month, semester-to-semester. The bigger events we host, like the Blizzard Beach Bash, the St. Patrick's day stuff we had two weeks ago, the spring formal we have coming up. They are going to be the bigger events because that's just what it's been. It definitely varies; I wouldn't say it varies between off campus and on campus events, I think it just varies on the name and title of the event.

Q: Why do you think some La Roche students don't want to participate in these sponsored events?

Jeff: I don't know? Sometimes I want to pick their brains but sometimes I think it's hard for them to get out of their own comfort zone – to leave their room and do things outside of the classroom. I think there is this persona of what college is based off of what movies are but it's the idea of 'Oh this is what college is like because that's what it's like in the movies.' In reality it's... not. You're here to get an education, they don't show that in the movies because that's the – not the boring part of it – but that's the majority of what college is. It's education, it's leadership experience, it's becoming yourself in these four years. I don't know if they're okay with themselves or not but it does take some students until their junior

*"I think there are a lot of on campus options for students. It ranges from a straight leadership speaker, broadcast events, cultural events, as well as more social and physical gatherings. I think there is definitely a wide mix but we always look into doing more and seeing what the students' specific needs are."*

*- Jeff Dailey*



Jeff Dailey (pictured above) coordinates and promotes on and off campus events.

© JESS LEE

year to get out and experience new things. That's who they become by the time they graduate and some are more delayed in that process while others pick it up right away.

Q: Do you think whether or not the student is a resident or a commuter affects their participation?

Jeff: Yes, I think more resident students as a whole participate over commuter students. Commuter students are already close to home, they work another job, they're here taking classes and they are leaving to go to work or go home. It's harder to get them to come back on the campus for an evening event or participate in discussions later on after class. It's definitely a harder target audience to go after.

Q: I noticed they sent out an email survey to commuter students asking about events and participation. Do you have any plans for next semester, regarding the commuters?

Jeff: One thing I would like to see happen is let the commuter rep run with commuter meetings more. It's always been a goal to push that person more but in the past few years there either hasn't been someone at the start of the year, like this year she had to vote someone in, or that person just didn't know what to do or didn't know how to pick up the ball and run with it yet. It's definitely been a struggle but having more frequent commuter town halls, talking about commuter issues going on. This year the person had a town hall discussing ideas that were brought up, like seeing if we could do a commuter social – getting commuters together with other commuter students and possibly working on a car share ride share program so commuter

students can carpool and ride with each other. That's something I would like to see, so commuters are meeting other commuters. You might not go to other events but you could meet five friends there and make five friends there. I think that's my goal, to get outreach to commuters.

Q: What kinds of activities are planned for next semester?

Jeff: Don't know anything yet? Typically that's what I'll be doing in the summer. I'll start with orientation and work my way through the calendar year. I'll get a lot of input from returning orientation leaders, from the LAF president and see what they feel or what they'd like to see. I'll reach out to a few students and see their interests. Times are definitely changing, we've noticed that especially with social media being such a big thing, so we've been trying at least to do a lot more marketing on social media and start groups on there, and get students to give their feedback. It's hard to start things from nothing, but it's getting there for sure. Right now I don't know, but hopefully good things.

Q: What is most rewarding about working with students and seeing them attend events?

Jeff: I want to say it's seeing them come in, first year, not knowing anything, I don't even know them yet, but then seeing them in the next couple years develop themselves, develop their leadership skills, their communication skills, and they can take a program from their own idea and just run with it. They don't need any help or guidance and seeing that is very rewarding in my eyes.

**Are you interested in joining our staff?**

**The Courier is always looking for new writers and photographers.**

**Contact either Sydney Harsh or Lauren Villella for more information on writing for the Courier.**

**Sydney.Harsh@stu.laroche.edu  
Lauren.Villella@stu.laroche.edu**

# In Memory of Tariq Shabaz

March 10, 1991 - April 8, 2016

## LRC remembers the life of graduate Tariq Shabaz

BY SARAH REICHLER AND MEGAN POLAND  
EDITORS-IN-CHIEF

**T**ariq Shabaz, a 2014 La Roche graduate, former Courier writer, and the most genuine person, passed away on Friday, April 8 in a work-related accident. He was 25.

"Tariq always wanted to become a better person. Better at everything, better at classes, better at the work he did, a better friend. He was always looking for ways to improve both personally and professionally. He was sweet and kind and fiercely loyal to those he called friends," Dr. Janine Bayer, a La Roche English professor, said.

Nate Marsh, a La Roche alumnus, said, "Tariq was an all-around great guy. You're lucky to meet someone as pleasant to talk to as he was. He was a hard worker and always had a great big smile on his face."

Dr. Linda Jordan Platt, also a professor in the English department, said that Shabaz was loyal to those he cared about.

"The thing with Tariq is, I think when he loved something or somebody, it was all out. There was nothing held back," she said.

"My most memorable moment with him was at a basketball or volleyball game at La Roche. I was working an event and was taking a break when out of nowhere he jumped out and we started talking," Marsh said. "He had been on my newspaper staff for over a year but I barely knew anything about him until then. I also learned how much he tried with the paper. He always asked what he could do better in his writing and how he could do better."

Dr. Jordan also shared a special connection with Shabaz.

"We both loved the Pirates and we were huge A.J. Burnett fans," Dr. Jordan said.

Shabaz talked to Dr. Jordan about going to a Pirates game to watch Burnett pitch for one year, she said. The pair finally saw Burnett pitch during one of the last games of the season, Dr. Jordan said, and that she broke plans with someone else in order to take Shabaz. The English professor

said she remembered walking across the Clemente Bridge with him and how Shabaz ate everything in the ball park from nachos to hot dogs to popcorn. She added that there were fireworks at the end of the game and that, even though the Pirates lost and it wasn't Burnett's best game, Shabaz had a great time. Dr. Jordan said this is her favorite memory with the 2014 graduate.

Tariq went on the London Study Abroad trip with Dr. Bayer. After a full day of exploring London, Dr. Bayer said she and Tariq would sit and talk until 1 a.m. in the hotel lobby.

"He was fantastic. He loved traveling. He loved seeing new things," she said.

"Tariq told me once that he was on the big escalator at Ross Park Mall and he was going up the escalator and A.J. Burnett was going down and he said, 'I was really cool about it, I just went hey,'" Dr. Jordan said.

Shabaz projected his personality through every article he wrote in the Courier. The marketing major typically profiled one person per issue, wrote lists of things such as work out songs or things that were annoying, as well as articles about current events.

The questions he asked were innovative and fun. These questions included:

What is your favorite Dorito flavor?

What type of car best describes your personality?

If you could live in one time period for a day when and where would it be?

How do you say Tariq is a legend in Italian?

For his last issue of the Courier, he interviewed himself. In this interview he said the best advice he ever received was to not be the same as everyone else; that your character is your destiny.

Shabaz was one of a kind and will be dearly missed by the La Roche community.



Pictured above: Tariq Shabaz

© FACEBOOK

## ADVISOR'S NOTE

Several years ago, Tariq Shabaz showed up in my office, asking if he could write for the La Roche Courier. I was taken aback just a bit. See, most English majors have no interest in writing for the paper, despite some friendly arm-twisting by me and my colleagues! So, when a student comes out of the blue and wants to be a part of this paper, well...

Readers always seemed to anticipate and then to enjoy Tariq's unique contributions to our newspaper. Tariq had an interesting outlook on life, and his ideas showed spark and, more importantly, a genuine interest in people.

I will miss Tariq. Rest in peace, Brother...Ed Stankowski

See page 5 for one of Shabaz's Courier articles

# Remembering

## Pittsburgh baseball comes back to life

*A flashback to the past*

BY TARIQ SHABAZ

**W**e did it! We're Winners! Finally! The streak is over! Pittsburgh has a baseball team?!

These were just a few of many reactions on September 9th when the Pittsburgh Pirates defeated the Texas Rangers to clinch the team's first winning season in 21 years. With that win, a small spark of passion started to grow to within people's hearts in the city of Pittsburgh.

As the wins added up, the spark grew, and this newfound happiness and joy of Pirate baseball emerged. Slowly but surely it continued to grow. On October 1st that passion had turned into a full outburst of jubilation, triumph, and excitement when they clinched their ticket into the postseason as the 2013 NL Wild Card Champions—a title that the Pirates, the city, and the people of Pittsburgh all share.

Being born in 1991, I was only alive for two winning seasons, and since I was a baby for those two seasons I have no recollection of those in any fashion. I, like countless others, wish I was able to see Roberto Clemente, Willie Stargell, Barry Bonds, and Bill Mazeroski—names people will never forget.

Instead I was so lucky to be able to see Emil Brown, Tony McKnight, Chris Duffy, and Abraham Nunez.

Who are these people? Exactly. For 21 years a dark cloud of mis-

ery and losing loomed over this sports-crazed city.

The Pirates became a joke. Players didn't want to sign here, and the players we had didn't want to be here. Former Pirate pitcher Scott Sauerbeck once welcomed a new player traded to the team by saying "Welcome to Hell." This was the mentality in Pittsburgh.

At least we still had our loyal fans, right? They would never turn their backs!

They did. I did. Every young baseball player's dream is to one day make it to the big show for their home team. Growing up, I dreamt of playing for the Chicago White Sox. Wait, What?! Chicago?! What about Pittsburgh?

I know; it's a shame. Pro athletes, like it or not, are inspirations to many youths. The last two decades cost a lot of kids that spark to want to play the game, myself included. I had to turn to a new team. I modeled my play to that of Chicago greats such as Jon Garland, Joe Crede, and Paul Konerko.

I had to keep that dream alive. I distanced myself away from the Pirates as much as I could to point of almost forgetting they even had a team. Like my Dad once told me: "I wouldn't be caught dead wearing a Pirates hat." I didn't want to be a part of the joke, as I'm sure many others didn't want to be either. I swore I

would never turn my back on Chicago.

Then September 9th came.

When the pirates clinched that winning season, my stomach turned. When this happens it's usually a negative experience, but I never felt it be a positive one. I was confused.

Then on October 1st while I watched that playoff game on television, I realized I still had this huge love for baseball that I thought died a long time ago. I was cheering like crazy; I almost cried in front of the TV screen.

The fans, the chants, the atmosphere—I felt it all the way in my living room. I felt like a little kid again. I suddenly regretted quitting the game. I wanted to lace up my cleats again, and put my old glove on, but it was a little late for that. However I did realize that it wasn't too late for the little fans out there. The ones that can grow up with this team and look up to these winners and maybe, just maybe, they can grow up to reach their dream and continue the winning seasons of Pirate baseball.

In baseball, players tip their hats to the fans for applauding them for a job well-done. Well, here I am along with the rest of the city tipping my hat to those guys. Thank you, Pirates, for making me a fan again.

*The Courier staff selected one of Shabaz's best articles to honor his memory. This article originally appeared in the November 7, 2013 issue of The Courier.*

## The Courier Staff

### Editors-in-Chief

*Sarah Reichle  
Megan Poland  
Sydney Harsh  
Lauren Villella*

### Entertainment Editor

*Rita Vinski*

### Outdoors Correspondent

*Mike Weaver*

### Contributing Writers

*Jess Lee  
Kristen Spezialetti  
Lainey Standiford  
Sarah Turnbull*

### Faculty Advisor

*Ed Stankowski*

# Survey Says...

## Survey assesses diversity at La Roche

*Students responded to survey about international and domestic relations on campus*

BY KRISTEN SPEZIALETTI  
CONTRIBUTING WRITER

The La Roche College community prides itself in diversity. But how diverse are we?

According to the International Admissions Office, La Roche College's campus consists of 21 percent international students. "La Roche welcomes students of all religions, nationalities, and backgrounds, including students from 35 countries," the International Admissions information guide said.

In February, a survey asked 50 international students to assess the quality of La Roche's international services and their involvement on campus. Also, 50 domestic students completed the survey, responding to questions about their views on La Roche's international enrollment and their involvement on campus.

This survey concluded that four percent of American students at La Roche do not feel safe or comfortable with international students. "It seems like stereotypes cloud people's judgement," senior professional writing major Sarah Turnbull said.

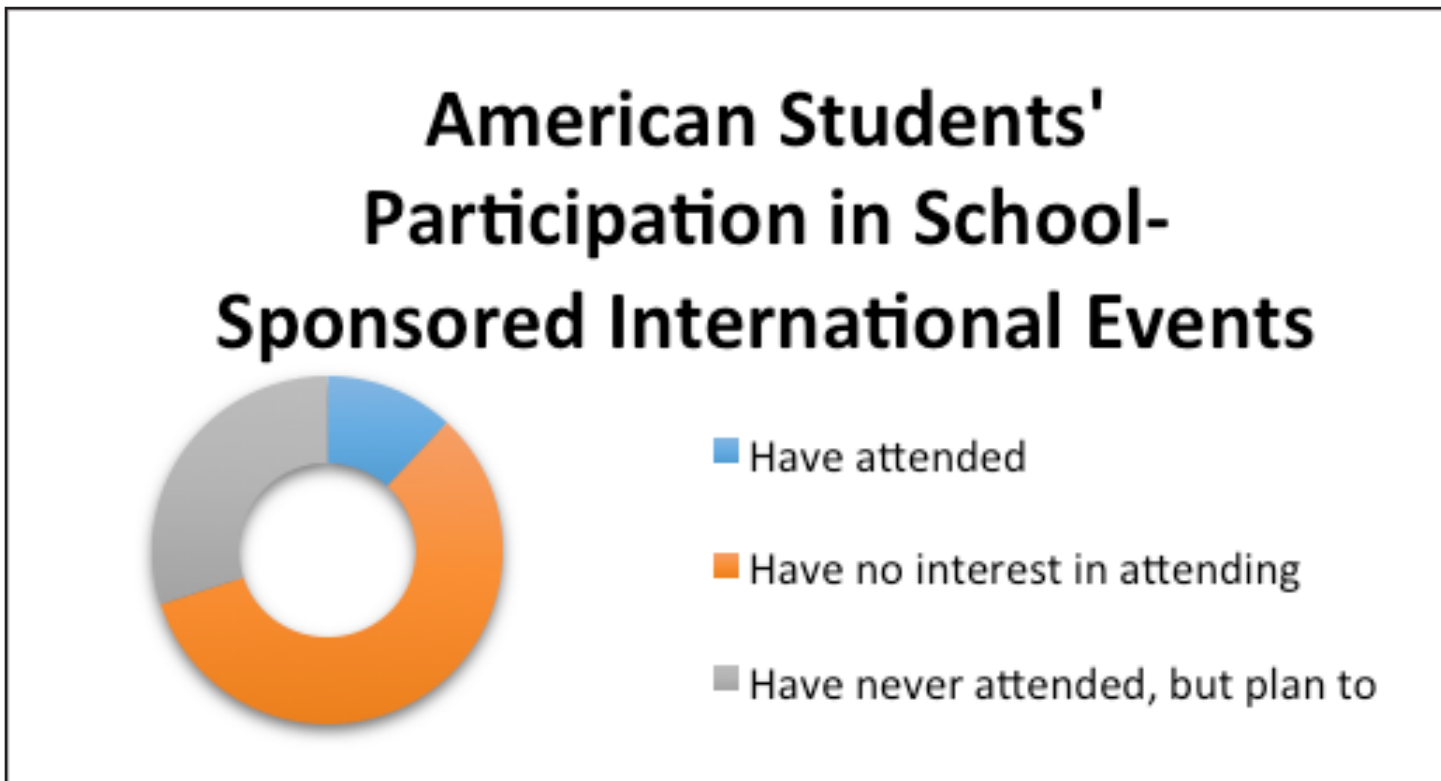
However, 38 percent of American students said they feel very safe and comfortable in the presence of La Roche's international students. "I wish there was more acceptance and understanding between American and international students," sophomore child and family studies major Lauren Villella said. However, the majority of surveyed students expressed no strong feeling toward the issue.

Fifty-eight percent of domestic students said they have never been to a school-sponsored international event, such as the GLOBE Fashion Show. Ten percent of international students do not have interest in attending an international event, in comparison, 30 percent of American students responded the same way.

But, La Roche's emphasis on diversity falls short, being as 44 percent of American students have no desire to improve their relationship with international students. "You can't force people to interact if they don't want to," sophomore graphic design major Lauren Spinnenweber said.

However, some students had a different reason for not wanting to improve their relationship with international students. "They came to the U.S., so they can put the effort in," junior Desserae Branter said.

Through the analysis of the survey results, a common issue found among international students is learning English and how to communicate. "Studying in an all English environment makes it tough when people don't understand my accent," Nepali student Laldham Tamang said.



Above: Two visuals depicting the difference between American and international students' involvement in on campus international events.

© KRISTEN SPEZIALETTI

Forty-four percent of international students reported that La Roche adequately accommodates international students. Forty-six percent said that La Roche accommodates international students very well.

Ten percent of international students said that La Roche does not accommodate international students enough. "We have to pay to stay on campus during breaks," Crucian student Amiah Huertas said.

A similar complaint arose from another Crucian student, Shane Hector: "The \$15.00 a night charge for people who stay on breaks is ri-

diculous, especially if we can't afford to go home."

Two percent of international students do not feel comfortable working with students from other countries. In comparison, 72 percent of international students feel very comfortable working closely with students from other countries. "I am pretty comfortable [with] those who are comfortable with me," Nepali student Sonam Dhargyal Sherpa said.

One question asked American students "Do you feel comfortable working closely with people from other countries?" Freshman pro-

fessional writing major Matthew Feeney responded, "Yes. Issues may arise if they don't communicate well or don't pull their own weight, but the same can be said of American students." Feeney conveyed a message no other student had: communication among American and international students is not a one-sided conversation. As sophomore Adam Rozmus said, "...in the end, everyone is a human."

SEE DIVERSITY, PAGE 9

# Survey Says...

## Students open up about mental health

BY LAINEY STANDIFORD  
CONTRIBUTING WRITER

**D**id you know that one out of three students at La Roche said they have a psychological health problem?

According to a recent survey, 34 percent of students have a diagnosis. These diagnoses include: anxiety, depression, and others. Seventeen percent of students said they have two or more diagnoses—anxiety and depression dominating the responses. Eleven percent said they suffer from anxiety, and three percent said they have depression.

One hundred members of the LRC community, ranging from freshmen to graduate students, responded to a recent 10-question survey about their mental and emotional health. The data gathered comes from 75 female and 25 male students, residents and commuters. They responded to the survey in February. This story protects respondents' identities by granting them anonymity.

Nearly seven out of 10 students said they know someone with a mental health diagnosis. Twenty-five percent said they either did not know somebody or did not respond to the question.

Do students believe mental health diagnoses affect a person's daily life? According to 98 percent of La Roche, it in fact does affect a person's life. Two students said that it does not. "I've learned how to manage it. It was bad at first," a junior said.

There are plenty of things to do to help manage the problem, according to La Roche students. There were nine choices: music, books, other people, counselor, physical activity, medication, all of the above and other activities. Thirty-five students do more than one activity to help themselves cope.

Thirteen students said using physical activity as an outlet helps manage their diagnosis. Talking to other

people helps 10 out of 100. Six percent of La Roche reads books to help combat problems. Five students do everything listed above to help manage the diagnosis.

A 19-year-old female said she uses yoga, meditation and listening to music to help combat the effects of anxiety and depression.

A sophomore graphic design major said, "I write in a journal, draw and listen to music."

Fourteen students said they use Accessibility Services. Eighty-three percent of students do not. Accessibility Services works closely with students and professors to make accommodations in students' classes.

The LRC students that responded yes to the previous question reported how helpful Accessibility Services are in assisting them. On a scale of "always" to "somewhat" helpful, 100 students rated Accessibility Services:

- Five students said they are

"always helpful"

- Seven students said they are "very helpful"

- Four students said they are "usually helpful"

- One student said they are "somewhat helpful"

Some students said Accessibility Services could be improved.

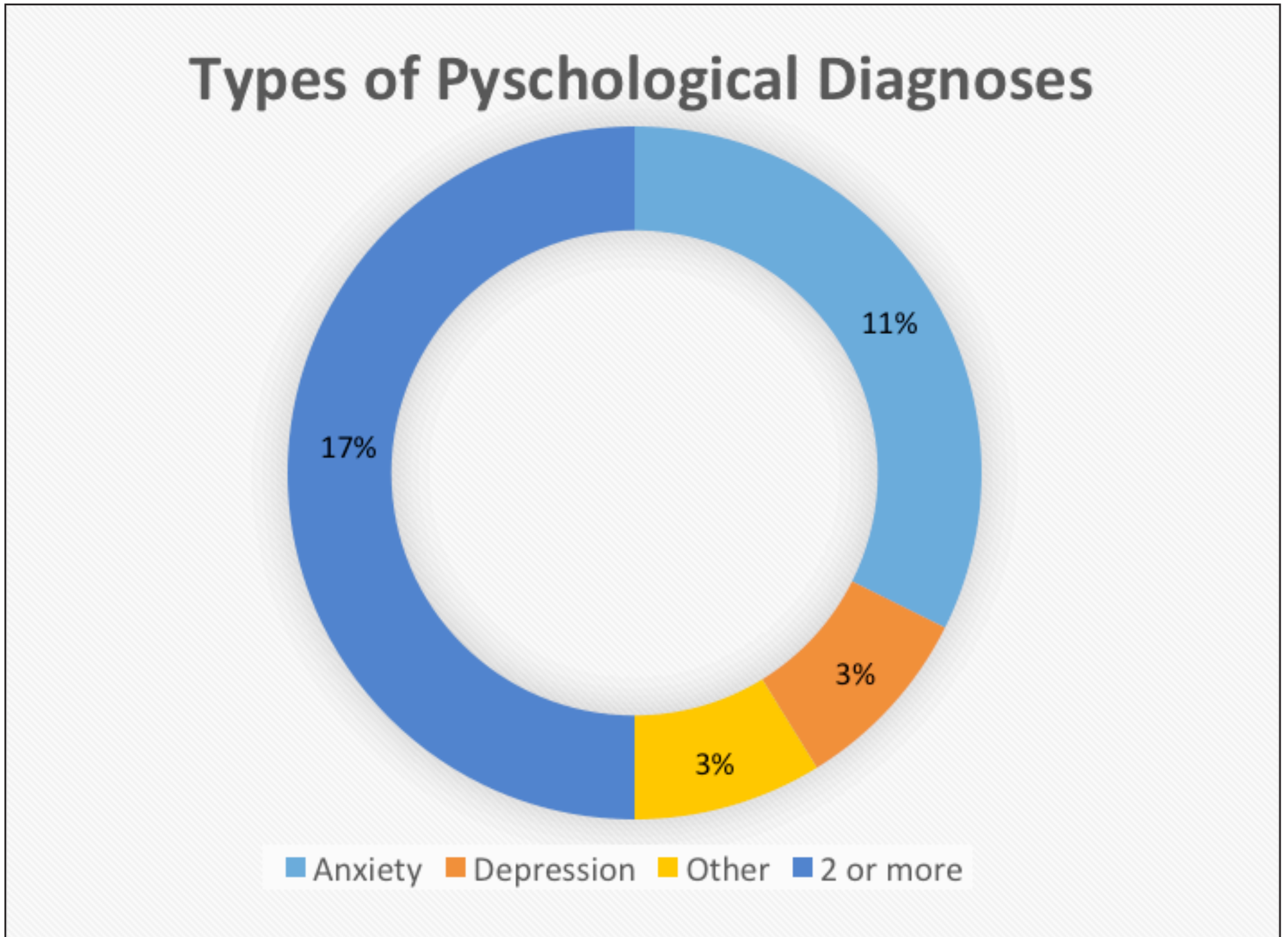
Accessibility Services also provides a note-taking service to students who need it. Concerning receiving notes, a 23-year-old male said, "Notes sometimes need to come faster when test days are close."

Eighteen out of 100 students said they use the counseling services offered on campus. Two students did not answer. Fifteen percent of students said that counseling was "always" helpful. Ten students said

SEE MENTAL HEALTH, PAGE 11

Below: A visual depicting the different types of psychological disorders students reported they have been diagnosed with.

© LAINEY STANDIFORD



# Seniors

## Editor-in-Chief reflects on Courier experience

BY SARAH REICHLÉ  
EDITOR-IN-CHIEF

The biggest thing I learned from La Roche, more specifically the Courier, is nothing amazing will happen to you until you step outside of your comfort zone. And I've learned that the unexpected that happens magically fits and makes sense. Coincidences seem to happen more often and the jigsaw puzzle becomes filled in beyond the border.

I came to La Roche in the fall of 2012 as an undeclared major and didn't declare my major until my third year. I was placed in Honors College Writing I my first semester and the class changed my college experience in an instant. I met Dr. Janine Bayer who became one of my mentors and biggest supporters at La Roche. I bombed my first paper, but Dr. Bayer insisted that good writers didn't start off nailing every paper. I began to talk to Dr. Bayer after almost every class I had with her for two years straight telling her constantly that I had no idea what I wanted to do. (Thank you for your patience and continued help, Dr. Bayer!) I thought about being an English language and literature major, an English education major, and a professional writing major. She guided me to professional writing and I almost declared it twice, but somehow found that I still was

unsure of my decision.

Since my writing courses focused on the theme of social justice I found my way to sociology classes and it led me to become a sociology major. Although without Marie Deem's help I would probably still be undeclared. She sat down with me and let me talk through my decision without being biased. All and all I still like to identify myself as a fake English major.

My second year at La Roche I met Nate Marsh, the previous Courier editor, and Professor Ed Stankowski. I took British Literature for fun and was kind of pushed into Journalism I. Within these courses, Nate introduced himself and talked about the Courier and its decline. Professor Stankowski also discussed the need for writers and said that if no one picked it up after Nate left that La Roche would cease to have a newspaper. Later in Journalism I, Professor Stankowski encouraged us to submit an article to the Courier and so I did. And this is where my journey began and it has taken me on many other adventures.

My first article was rough, but I eventually got better. I worked really hard in Journalism I and towards the end of the semester Professor

SEE REICHLÉ, PAGE 14



Editor-in-Chief Sarah Reichle on her study abroad trip to Ireland.

© SARAH REICHLÉ

### Speaker, continued from page 1

The major themes in his address, Shriver said, will revolve around the importance of working for peace and justice in the world.

La Roche's goal to create lifelong learners who understand the importance of a relationship with God, Shriver said, is a significant goal in today's society.

"I'm probably going to touch a little on that and on the importance of what the Jesuits call a contemplative in action, someone who is thoughtful, who is well-educated, but who acts and is grounded in a relationship with God," Shriver said.

To be more joyful, Shriver said, is a message he would give to his

younger, college-age self if he had the opportunity.

"Not necessarily happy, but to realize that every day is a gift from God," Shriver said. "And as corny as that sounds, it's true. That every day you're alive, interaction with your family, your friends is really a gift and that everything else is not as important."

Shriver also noted the importance of experimentation and trying different jobs at the college level.

"Experiment a little bit, test different ideas and see what really makes you happy and what gives you great joy and gets you fired up in the morning to get out of bed," Shriver said. "And I don't think most people know what that is when they're 22."

Additionally, Shriver said, he would tell his younger self to not be discouraged with job changes.

"If you go to a job and it's terrible, it's not the end of the world," Shriver said. "If you go to a job and it's not terrible, but it's not making you excited, don't worry about it. Find another job, experiment a little bit. And realize that every day is a gift because you get older fast."

Shriver said he hopes there will be

doses of humor in his address, and that a few key ideas will resonate with the graduates.

"I hope they laugh a little bit," Shriver said of the La Roche graduates. "I hope they remember one or two things I say and I hope they remember that I didn't talk a long time."

Shriver also said he hopes the graduates realize they are blessed.

La Roche has a great reputation, Shriver said, and he has great admiration for the work of the Sisters of Divine Providence.

"I'm a huge admirer of the Sisters," Shriver said, "and I have a huge admiration for the mission to create a world of faith and peace and justice and compassion."

Shriver said he has heard a little bit about La Roche's Pacem in Terris Institute and would like to explore it more.

On May 7 Shriver will deliver the commencement address to La Roche College's class of 2016. In addition to delivering the address, Shriver will also receive an honorary doctorate of humane letters, his fourth honorary degree.

*"I think one of the roles of a graduation speaker is to be brief, be sincere. So I'm going to try to spill out maybe one or two messages and then let the graduates celebrate with their families."*

*- Mark K. Shriver*



# Alumni

## Alumna shares career journey after graduating from dual degree program

BY MEGAN POLAND  
EDITOR-IN-CHIEF

A computer science graduate reflected on her La Roche College education and experience with the dual degree program.

When Heather Evans started her freshmen year at La Roche College as a chemistry major she didn't know what she wanted to do, but she knew she wanted to be a science major. After discovering her passion for computer science and engineering, Evans took off on the fast track of her career.

Evans works as a technical project manager at the Software Engineering Institute, a federally funded lab that the Department of Defense sponsors and Carnegie Mellon University operates. Evans said that the goal of SEI is to conduct research on new tools, technologies and best practices.

Some of these technologies include robotics, software engineering and biometrics, she said.

"We think about the best ways to integrate them into government organizations," Evans said.

The La Roche alumna said that her job responsibilities include problem decomposition—figuring out what the pieces to a problem are and deciding which pieces need focused on—customer relations, and managerial tasks like creating schedules and budgets.

Evans earned two bachelor degrees in five years through La Roche's dual degree program. She spent the first three years of her college career in the North Hills earning her computer science degree; Evans then studied industrial engineering at the University of Pittsburgh.

This allowed Evans to experience the best of both worlds: the small, supportive and Catholic environment of La Roche as well as the big, bustling and hip environment of Pitt's Oakland campus. While Pitt's lab equipment and technology is more advanced than La Roche's, the diversity and quality of the education Evans got at La Roche is incomparable in its own way.

"One thing I always talk to people about is I got to experience a smaller school at La Roche and a big school at Pitt," Evans said.

She said that she had heard horror stories about auditorium classrooms with hundreds of students and how difficult it could be to get one-on-one time with teaching assistants. But at La Roche, Evans said, professors knew her by name. Unlike at big schools where professors have to do research, La Roche professors are actually able to focus on students.

"I got a really great education," she said about La Roche. "It really set me up for a good place at Pitt because I could go back and talk to them if I needed help."

The La Roche graduate added that having a close relationship with professors taught her the importance of having a mentor. Evans said she always looked for a mentor when she started a new job. "They ended up being helpful in my career—any time I had questions I could talk to them about it and they'd always help," she said.

Evans said that La Roche also helped hone her time management and problem solving skills. Studying two disciplines allowed her to see that different perspectives are needed to solve problems, she said.

"I'm on an interdisciplinary team and we have people from all walks of degrees: law, science, technical writers, robotics. Everybody works together to solve problems," Evans said. "I wouldn't have realized how valuable that was if I wasn't able to do that [dual degree] program."

Evans has proven before that she excels at teamwork and understanding how to break down problems.

"I was given a project at my previous job that nobody thought would ever work. We were planning for computer networks for the Department of Defense and nobody thought we'd be able to do it. It started out as a three month prototype and I was able to grow that work—

*"One thing I always talk to people about is I got to experience a smaller school at La Roche and a big school at Pitt."*

*- Heather Evans*

and the team—from a three month prototype to it being in its third year of running," Evans said. "It was hard but we did it."

Evans said that attending a diverse institution like La Roche helped her see new viewpoints.

"The year I started [college] a lot of international students started, too," Evans said. "They had to do STEM degrees so I got to meet many people from many different cultures. I don't know how many smaller schools have that."

In one of her La Roche classes, Evans said, there were students from Africa, Bangladesh, Eastern Europe and Jamaica.

However, La Roche didn't prepare Evans for the challenge of being a young woman in a male-dominated field.

"I walk into a room and people don't take me seriously," Evans said. "It's been a very interesting struggle to prove to people that I am capable of doing what I'm supposed to do and what I came to do, particularly as a manager at such a young age. It becomes difficult to manage people older than you with more experience."

She continued, "For some people, you need to do a good job for a while and then they'll get on board and they'll respect and trust you. Then there's some people who are never going to change their minds and I've learned to remove myself as quickly

as I can from those situations. If I do a good job and know I did, I'm not going to waste my time."

But there's hope, Evans said. She said she heard that nobody takes a woman seriously in her career until she is 30 with kids.

"I think it gets better the older you get because you don't look so young—but it's the truth of life. People don't respect younger ideas sometimes and you just have to prove them wrong," Evans said.

She said to current students, "Take the time to learn everything you can. I've been so surprised in my career when some random class or random thing I did in college helped me connect with people."

"I learned a lot at La Roche," Evans reflected.

She said one of her fondest memories from La Roche was seeing the Jamaican students experience snow for the first time. Evans said the memory involved a giant snowball fight and a lot of students in jeans and t-shirts.

While at La Roche, Evans had a part-time job off-campus and tutored both computer science and math in her free time.

As well as her two bachelor degrees, Evans has a master's degree in technical management from Johns Hopkins University.

### *Diversity, continued from page 6*

Unexpected results arose as the recent survey was distributed. Should students from the Virgin Islands fill out the domestic or international questions? This puzzled some of the Virgin Islanders as well. "The most challenging obstacle I have faced

would be [wanting to be] treated the same as American bred [students]," Virgin Islander Ashley Dersormeaux said.

Although the Virgin Islands are a territory of the United States, making island-born individuals citizens

of the United States, culturally, the Virgin Islands differ greatly. The Virgin Islands are home to many different ethnicities and traditions, not native to state-born individuals.

Virgin Island students face similar struggles to international stu-

dents, such as having to stay on campus during breaks, because home is too far away. Language and dialectic barriers also shield islanders from being socially considered an "American."

*Should students from the Virgin Islands fill out the domestic or international questions?*

# Entertainment

## Pittsburgh Ballet Theatre concludes season with scenic performance

By RITA VINSKI

ENTERTAINMENT EDITOR

The Pittsburgh Ballet finished off the 2015-2016 season with a beautiful rendition of "Le Corsaire."

"Le Corsaire," also known as "A Pirate Saga," is a love story about a pirate and a slave girl.

The ballet goes through the intense journey of the pirate, Conrad, and the slave girl, Medora, and their undying love for one another.

Between the battles with a terrible slave buyer and his followers, Conrad and Medora fight for the love they feel for one another.

The three act performance included a prologue, an epilogue and two

20 minute intermissions.

Between the music and the beautiful sets to represent the scenes of Turkey and a sailing pirate ship, "Le Corsaire" was a perfect way to end the season.

The sets were different for each act to set each different scene. A long piece of gray/blue material was used to create the flowing ocean the pirate ship was set a sail on.

In order to feel the surroundings of Turkey during slave times, they used beautiful, elaborate rails, drapes, and buildings to bring the story to life. It was the perfect taste of that time period in the form of a

ballet.

Besides the elegantly done sets, the dancers completed the scene.

Using a mixture of complicated choreography, and beautiful lifts, the dancers showed off their amazing talent.

Principal dancers Yoshiaki Nakano and Hannah Carter shined in their roles as Conrad and Medora.

Both showed not only strong emotion represented in the story, but also strong talent in their field.

Nakano displayed strength in the numerous leaps, jumps, and lifts performed throughout the performance, creating an impressed si-

lence in the theater.

Carter displayed her strength in her dancing; specifically the multiple eight counts of fouette turns spun in a row and the attitude jumps on her toe shoes.

The ensemble as a whole danced as one and created a performance that will be hard for audiences to forget.

"Le Corsaire" was the perfect way to end a fantastic season and leave audiences excited for the upcoming year.

## Acoustic Night showcases student talent

By SARAH TURNBULL

CONTRIBUTING WRITER

La Roche College hosted an open mic night on April 6, 2016 in the Bold Union Room. The event featured performances by La Roche students Katie Pavlot and Joseph Kelsch.

The night opened with a three-song playlist by Katie Pavlot. Pavlot sang "Casimir Pulaski Day" by Sufjan Stevens, "Pink Rabbits" and "This Is The Last Time," both by the National. Joseph Kelsch played a two hour long playlist featuring music by Bon Jovi, Billy Joel, Green Day, and the Foo Fighters, to name a few.

Lori Arend, Director of Counseling and Health Services, started Acoustic Night as an outlet for the

students at La Roche.

Arend said, "I started Acoustic Night because I know a lot of kids on this campus play music, but they don't have an outlet for it at La Roche. I wanted to give them the chance to do that."

In addition to playing guitar and singing, Pavlot is a sophomore majoring in communications. Kelsch is a junior mid-level education major who runs cross country and is a member of the La Roche Activities Forum.

Students can sign up to perform at Acoustic Night by contacting Lori Arend in Counseling and Health Services.



Joseph Kelsch performing at acoustic night.

© VERONICA RUSSO



Joseph Kelsch performing at acoustic night.

© VERONICA RUSSO

*"I started Acoustic Night because I know a lot of kids on this campus play music, but they don't have an outlet for it at La Roche. I wanted to give them the chance to do that."*

*- Lori Arend*

# Outdoors

## Local, outdoor summer destinations

By MIKE WEAVER  
OUTDOORS CORRESPONDENT

With warm weather finally upon us, we are able to enjoy hot summer days and evenings. Accompanying this change in weather are countless opportunities for enjoying the summer season. Local destinations offer opportunities for enjoying nature and engaging in aquatic activities.

Just a few miles from La Roche College, North Park presents many activities for outdoor enthusiasts. Take a walk around the five-mile lake and enjoy the warm sunshine. Locate the nature trails within the park; both mountain biking and hiking are encouraged. When you get tired, take a break in one of North Park's many shelters or grab a bite to eat at Over The Bar, a café located at the boathouse. On a hot summer day, rent or bring your kayak for an enjoyable day on the lake. Explore North Park and make memories with friends or family.

Countless public swimming facilities are available for enjoyment

on hot summer days. The Wave Pool at Settler's Cabin Park in Robinson Township presents an enormous wave pool to cool off on a warm day. Test your fears on the high dives at the pool. North Park also offers a well-maintained swimming facility. Just outside of Allegheny County is Economy Park Pool, located in Baden, Pennsylvania. The pool, located within Old Economy County Park, is never extremely busy and it offers a baby pool for toddlers. Visit the swimming pools within the county to stay cool in the scorching summer sun.

The summer months are extremely refreshing and relaxing. Plan to spend most of the next few months outside, enjoying the beautiful weather. Plan trips to local parks or pools with your friends and family. Leave the electronics at home and enjoy nature. Take in the sights, sounds, and warmth of summer before it's too late.



Kayaking in North Park is a great way to take in the scenery and relax on a hot summer day.

© MIKE WEAVER

*What's on your summer to-do list?*

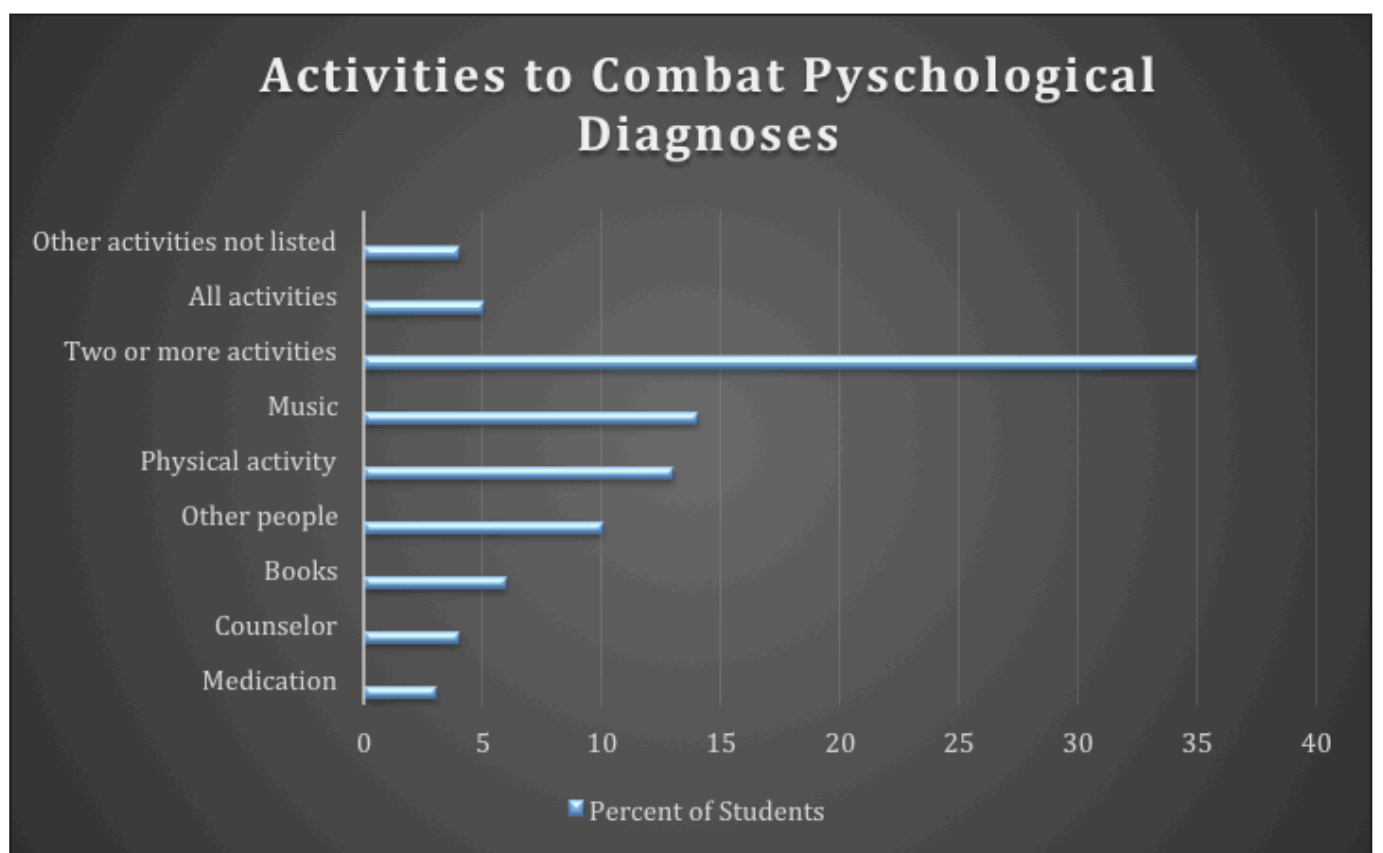
### Mental health, continued from page 7

counseling is "very" helpful. Counseling is "usually" helpful, four students said.

There are sufficient mental health resources on campus, according to 22 percent of respondents. They said that there are enough opportunities available. On the other hand, 16 percent of students disagree and believe more could be done to help others.

Students who said the mental health resources are insufficient offered suggestions for improvement. Out of 100 students, 11 percent said that adding meditation rooms for student use would be great.

"I would greatly like thinking rooms," a junior forensics and biochemistry major said. According to another 11 students, there are other ways to add to La Roche's mental health resources. An interior design senior suggested group therapy or group informational sessions. Two students, a 22-year-old female and a 21-year-old female, said more information and awareness would help.



Above: A bar graph representing what La Roche students reported they do to manage their diagnoses.

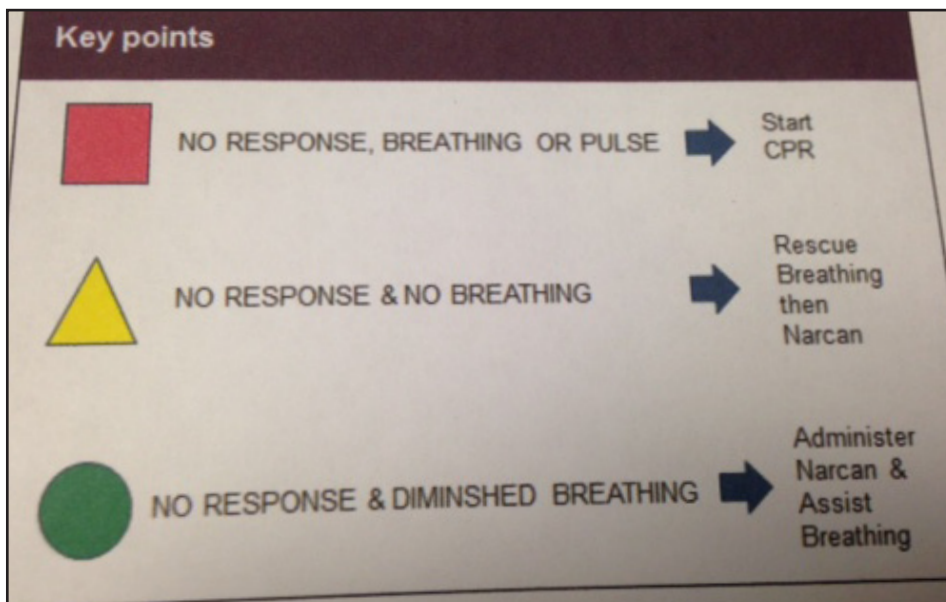
© LAINY STANDIFORD

# Heroin

## Understanding Narcan, the life-saving drug

*This article explores Narcan and the multifacets of heroin*

BY SARAH REICHLE  
EDITOR-IN-CHIEF



A handout given to those who attended the naracan training session on April 13.

## Naracan Training

Narcan is fairly simple to administer and it is not harmful.

Jaye Graham, EMS Specialist for UPMC Passavant, said, "There are a lot of things to understand about [Narcan]. It's really a benign drug."

He added if you were to administer it someone not overdosing you wouldn't see any changes. The person might get nauseous or sick, but there would be no effect.

There were nearly 803 deaths due to heroin overdose in 2013 in PA. Allegheny County, alone, had 27 heroin overdoses in 2013, Graham said.

"It's one of the leading causes in death for people ages 25 to 64 years old," he said.

Steve McKinniss, the administrator of McCandless-Franklin Park Ambulance Authority, added, "It's a problem across socioeconomic lines."

Some symptoms of an overdose include extremely small pupils, blue colored lips and fingertips, shallow or no breathing, and a weak pulse.

If they have pinpoint eyes or if their eyes do not respond to a flashlight or when you open them then there is a good chance that they are overdosing, Graham said.

He added, "When you get the overdoses, many times they are going to be breathing six times a minute."

The average breathing rate, according to Graham and McKinniss, is about 20 a minute.

"What you may see in their res-

pirations is that they are not taking a normal breath, 20 times a minute," McKinniss said. "They might be snoring respirations. It might be gurgling because everything is so depressed."

Breathing is the biggest issue when dealing with an overdose.

"We are concerned mainly about their respiratory drive," Graham said. "If they are breathing but they don't wake up, then we did our job. As long as they're breathing and they're pink, then we've done our job."

Before administering any treatment, it is important to assess the scene for safety. Graham said to make sure the floor is clear of needles.

"Don't reach in their pockets. Don't go through their clothing. If the needle is still in their arm just leave it there," McKinniss said.

Onset of Narcan is very rapid and you will know in five minutes after administration if it had any effect.

Patients can revert back. Opioids have a longer life than Narcan, Graham said.

Narcan intranasal spray kits come with prefilled syringes containing 2ml of the antidote. You administer half of the liquid into one nostril and administer the remaining half in the other nostril, he said.

"Shelf life is approximately 2 years," he added.

Graham and McKinniss presented this information at a training session held in the Fischer room on April 13.

## Nursing

Narcan is used for intentional opioid overdoses as well as accidental overdose in hospitals, said Stephanie Illig, MSN, RN, a nursing professor.

She said, "The only thing to reverse the effects of a heroin overdose is Narcan."

There are two forms of Narcan. "They actually have an inhaled form and an injection form," she said. "The injection form works just like an epi pen. So it's not hard to give. The trick is with any of these if they are not used correctly, they won't deliver the full medication, so this is a little trickier than the nasal spray."

Any time Narcan is used, the person it's used on needs to be taken to the hospital.

Illig said, "Narcan only lasts 30 minutes. Opioids, heroin specifically, last longer so the Narcan will block the receptors so the drug is no longer connected; it reverses the high and everything they are experiencing. It makes them able to breathe again, but the Narcan only lasts 30 minutes. When the Narcan

wears off, in most instances, the person still has heroin or pain medication, whatever opioid causes it, in their system and they'll go back in."

Many colleges and high schools are pushing to have Narcan on campus.

"School nurses are fighting to have Narcan in high schools because if you have an opioid overdose Narcan is the only solution," Illig said.

She said she supports Narcan. "I think it should be in high schools. I think it should be in colleges," Illig said, "I think people should be educated on how to use it and educated in the fact that Narcan isn't going to cause addiction."

It saves lives, she said. "I will say if we are going to have Narcan on campus, I believe that there needs to be a lot of education on how to use it and what to expect," Illig said.

She added, "To say that we don't think that we have students here that have that problem, I think it would be an irresponsible view to look at when you consider the number that it affects."

## Counseling

Lori Arend, the Director of Counseling and Health Services at La Roche College, is working on bringing Narcan to La Roche's campus.

Currently, there have been no reports of heroin use on campus, she said.

Arend believes there may be people using heroin. She said if you look at the statistics of those using and compare that to the number of people here at La Roche, then there is a good chance that someone is using.

According to Arend, LJ Morgan, the Coordinator of Residence Life, reported to her that there was a post about using heroin on Yik Yak. Yik Yak is an app in which you can post anonymously and your post is then

pinned to your location. In sum, the post about heroin was posted near or directly on campus.

Resources about opioid use and opioid overdose are available on La Roche's website under Counseling and Health Services

Arend said they plan to incorporate heroin overdose education into RA training next year. She also planned a Narcan training session on April 13. She brought in guest speakers from UPMC Passavant and McCandless-Franklin Park Ambulance Authority who trained residence life, public safety, and counseling service members on how to use the Narcan nasal spray and how to detect an opioid overdose.

See Heroin on page 14 for more info

## *Pacem in Terris, continued from page 1*

said.

Kayinamura is an associate professor at Daytona State College in Florida, where he teaches chemistry.

While at La Roche, Kayinamura prepared for his career in teaching through his involvement in ChemSolve, a program in the chemistry department to help students learn lab equipment and instruments.

“I worked with ChemSolve on a daily basis which was a really good opportunity,” he said.

Kayinamura also tutored fellow students.

“My advice to students is don’t waste your time and energy, use every opportunity La Roche offers. There’s a lot of opportunities—the sky is the limit,” he said. “La Roche is like a springboard that helps you reach where you want to.”

Kayinamura said that learning at La Roche was fun to him and that he enjoyed going to class every day.

The La Roche graduate explained how the variety of cultures and countless outreach programs benefited him.

“It was a window that opened up all corners of the world. Every day I learned something from a different country or culture and for me that was so important because it opened up my view of what variety is all about,” he said.

Kayinamura said there were over 300 international students while he was attending La Roche.

The chemistry professor said the college’s partnerships with community outreach programs expanded his perspectives and gave him opportunities to make lifelong friends.

“I like the fact that it’s not just a school that teaches you about the world,” he said. “It really keeps the spiritual values a priority, too.”

While attending La Roche, Kayinamura was involved with the Memorial Park Presbyterian Church and went on several mission trips

tional students.

“All of the friends I had made from the Host Family program are still my good friends. When I come to La Roche, I stay with one of them; they regularly come to visit me and stay with me for a few days. We’re like family,” Kayinamura said.

The people Kayinamura encountered at La Roche inspired him daily to work harder and take advantage of every opportunity he came across.

“I got to La Roche and as I started interacting with the people from the community and Monsignor Kerr and the administrators I started realizing how undeserving I was to be at La Roche,” Kayinamura said. “The Pacem in Terris opportunity is something that one did not earn even though they got good grades—not everyone that got good grades got the opportunity. Then you think, what does this mean? Why me and not somebody else?”

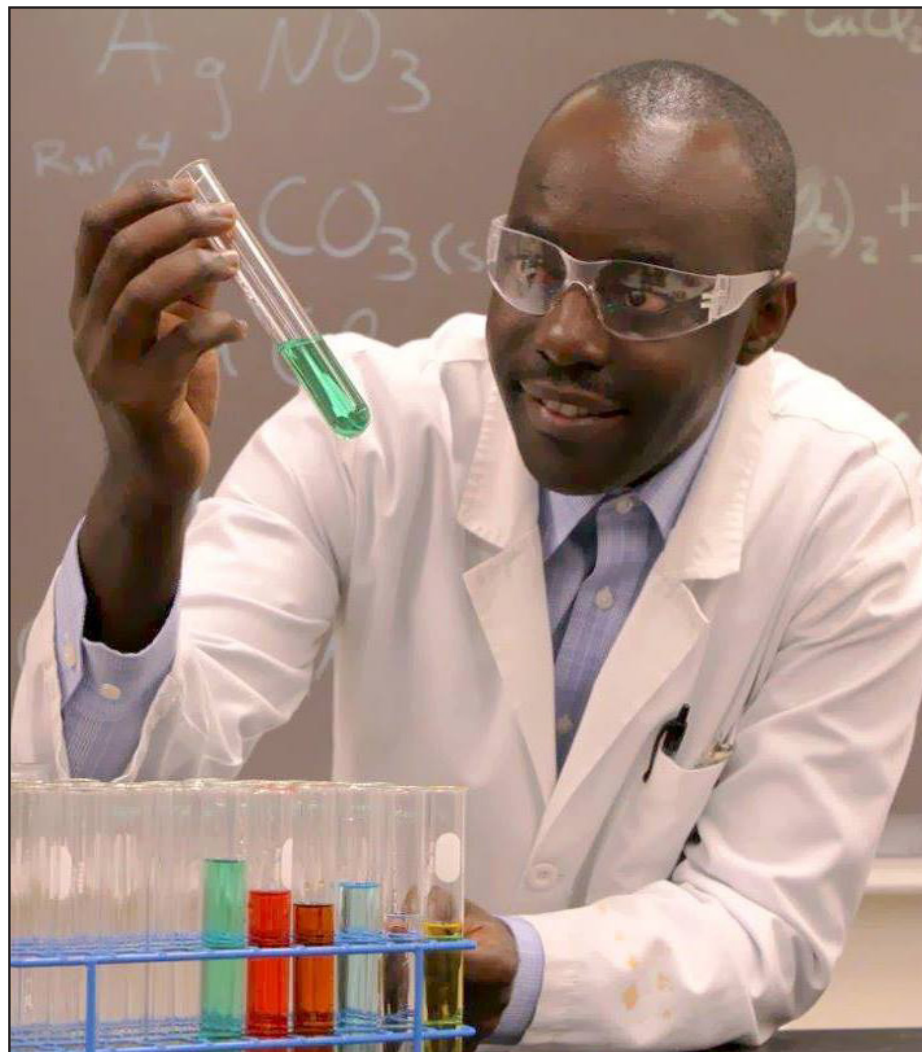
Kayinamura said he then began exploring his inner being and his purpose at La Roche.

“I quickly knew that we are all here for each other,” he said. “It’s a decision; it’s a commitment; I want to be here for someone else.”

During his sophomore year at La Roche, Kayinamura founded the nonprofit Umuryango Children’s Network, whose mission is to keep kids in Rwanda off the street, educated and loved. Kayinamura was also inspired to adopt a child of his own.

“When I came here, one of the things that struck me was the love I saw in families when I visited different families in the Pittsburgh area. I would see how they really care about their kids and then I kept thinking about the kids in Rwanda that did not have that opportunity,” Kayinamura said. “Those are the kids that are abandoned and homeless.”

Although they are not technically orphans, he said, their parents have essentially abandoned them and left



*Pictured above: Yohani Kayinamura in a chemistry lab. Kayinamura is an awardee of La Roche College’s Distinguished Alumni Circle.* © YOHANI KAYINAMURA

of the homeless children living in Rwanda. Even though he was still an undergraduate student, he stuck by his plan and asked his parents to help with the funds.

Kayinamura said the child he adopted began to act like a kid again—life began again for him. He said he did not know the child’s age when he adopted him, but guessed that he was around eight or nine years old.

According to the nonprofit’s website, over 280 children have received support and an education thanks to Yohani’s dream. The nonprofit has also provided medical assistance to over 300 children. Umuryango’s Children Network is currently raising funds to provide more medical assistance, school supplies and a playground to the kids.

The Pacem in Terris graduate said, “I felt the calling and I felt that God wanted me to do that—to help more. That’s how we started building a house for them and getting them off of the street and getting them educated. We have started working with those in the community to help them avoid the potential to end up on the street.”

While Kayinamura’s nonprofit may not be changing the life of every child in Rwanda, it is making large

and necessary steps to protect youth.

The chemistry professor’s life would be completely different if it hadn’t been for the inspiration and encouragement he received at La Roche. The people he met and places he visited changed him for the better and helped him discover his purpose in life: to help others.

“If I had to choose, La Roche would be my number one choice,” Kayinamura said.

In what little free time he has, the chemistry professor enjoys learning how to program. However, Kayinamura said, “I really never have free time—if I do maybe I’ll have a few minutes to catch a movie—I feel like there’s always something to do.”

After earning his bachelor’s degree in comprehensive chemistry at La Roche, Kayinamura received his PhD in analytical chemistry from Georgetown University.

In 2013, Kayinamura was inducted into La Roche College’s Distinguished Alumni Circle.

Despite all he has done so far, Kayinamura cannot name his biggest accomplishment.

“In the end, I want my biggest accomplishment to be what people say about me when I’m not here,” he said.

*“I like that fact that [La Roche is] not just a school that teaches you about the world. It really keeps the spiritual values a priority, too.”*

*- Yohani Kayinamura*

to Mexico, making more lifelong friends along the way. He said he continues to go on mission trips to Mexico twice a year.

The Pacem in Terris graduate said he participated in the Host Family program the college had for interna-

them to fend for themselves. Kayinamura said this is very damaging to the children, both physically and spiritually.

Seeing the love that some American families have for their children inspired Kayinamura to adopt one

**Visit the Umuryango Children’s Network’s website to learn more or to donate to Yohani’s cause:**

**<http://umuryango.org/>**

*Heroin, continued from page 12**Sociology*

**H**eroin addiction is a racialized problem in the US, according to Dr. Azlan Tajuddin, head of the sociology department.

From the '60s to the '80s, minorities made up the majority of people involved in selling and buying hard drugs, he said.

When it was a minority problem, society sent people selling and buying drugs to jail and treated them as criminals.

"Now the policy has changed. We no longer see heroin addicts as deviants but as victims," Dr. Tajuddin said. "The police in suburban areas have become desensitized and now advocate for rehab."

This changed when it became a white problem and now insurance companies are forced to provide therapeutic services in healthcare plans, he said.

Dr. Tajuddin said, "The issue could have been confronted early on if people would have listened to black voices."

Heroin addiction affects everyone, but specifically, Dr. Tajuddin said, people from upper classes.

"Heroin addiction is an upper class problem even among the upper classes in richer countries."

With heroin on the rise, sociologists analyze the trend. They investigate the possible reasons as to why there is a drug epidemic.

Dr. Tajuddin said, "Sociologists are still investigating why this is, but it could be related to what Weber talked about— that as we become more and more modern, society becomes more and more dehumanized."

*Psychology*

**T**here are two facets to addiction according to psychology professor Dr. Janet Gates.

"One is the physical addiction where your body becomes so used to having a particular substance in it that when that substance is absent you experience withdrawal symptoms; so things like nausea and vomiting, and depending on the nature of the drug you can actually experience convulsions and those typically last anywhere from two to five days," she said.

The other facet is psychological addiction.

"Psychological addiction is the compulsion to use even when there's not a physical urgency about use," Dr. Gates said.

She explained that this is when there are no physical dependencies on the drug, but there are psychological thoughts that trigger usage, such as 'I don't really think I can cope without this drug.'

Dr. Gates said she believes heroin is on the rise because of the introduction and availability of prescription drugs.

"My understanding is that so many people have gotten hooked on prescriptions drugs that heroin

is actually cheaper and more readily available," she said. "It's a pretty quick switch to go to heroin because as I said, the price is right."

Alcohol is also considered to be a gateway drug to heroin use.

"The gateway drug is frequently alcohol. Most people begin their use with alcohol. And what you find with heroin addicts is that frequently they begin their usage very young and they frequently then progress to harder drugs because they are looking for more of an immediate response than you would get from alcohol," she said.

According to Dr. Gates, people with alcohol and other drug problems frequently have problems with depression, anxiety, and antisocial personality disorder.

Addiction is complicated. Dr. Gates said that a person's relationship with their addiction overwrites all other relationships in their lives.

"I don't think a simple intervention in the hospital was helpful," Dr. Gates said. "On the other hand heroin addicts do get sober, do get straight, do manage to clean up their lives, but it's just so difficult because the compulsion to use is so intense."

*Reichle, continued from page 8*

Stankowski asked me to be the next editor. I accepted.

Since then I have written over 25 articles and have been given so many neat opportunities. I began to interview Sr. Candace for articles about future renovations, which was neat to write about, and got to talk to her about her love for the Pittsburgh Pirates. I also formed close bonds with many of the LRC faculty members. The Courier pushed me to be more actively involved at La Roche and taught me how to be a leader. I faced my fear of talking to people head on. My legacy at La Roche is the Courier and it's been my life's work there. I'm proud to say that when I began writing for the paper there weren't any section editors and the newspaper was averagely about 6 pages long. The paper now has expanded to more staff writers and editors: we have an outdoors correspondent, an entertainment editor, associate editors, etc. And this year our biggest issue was 15 pages.

In between this journey I have become close to a few faculty mem-

bers: Dr. Bayer, Professor Stankowski, Marie Deem and Dr. Tajuddin. Each one of them has contributed to my success at La Roche and each of them has provided me with awesome opportunities. They all have pushed me to work harder when I started slacking off and continually had faith in me, even when I didn't believe in myself. I want to thank them for everything they have done to help me. I want to especially thank Professor Stankowski, who has put up with me coming into his office randomly to just sit and talk during these last couple of weeks.

It's so hard to say goodbye when the Courier is on such an elevated path with more and more consistent writers and more and more articles full of substance.

Sydney Harsh and Lauren Vilella, I am confident in handing over the reins to you. Your articles are superior and the ideas you have already been introducing are creative and fun.

Megan Poland, it's been a good two years of working on layout, the

*"The Courier pushed me to be more actively involved at La Roche and taught me how to be a leader. My legacy at La Roche is the Courier and it's been my life's work there."*

*- Sarah Reichle*

dreaded man-in-the-street interviews, and the numerous articles we co-wrote. I will miss you and our days spent in the newsroom trying to figure which article should go where.

My biggest advice to the future editors and writers is to continue writing and to let your curiosity get the best of you. You never know where a simple observation will take

you and that makes stories all the more interesting. Also, use your resources; the faculty and staff members are there for a reason and I have never heard the word 'no' come out of their mouths. They are willing and eager to help you accomplish your goals. And one last thing, enjoy your time with the newspaper; cherish the simple moments because those are the ones you will miss the most.

**Graduating students suffer from senioritis**