

Austin Seibert (above) is a senior who is a licensed pilot

© AUSTIN SEIBERT

See page 4 for the full story

LRC's new movement to end food waste and hunger

BY SYDNEY HARSH
EDITOR-IN-CHIEF

Think. Eat. Save.

These few words will soon inspire students of La Roche College to end food waste and hunger around the world.

The department of Mission and Ministry plans to end food waste and hunger on campus, as well as throughout our community through their new volunteer experience – Campus Kitchen Days.

Sr. Karina Conrad, coordinator of service for the Office of Mission and Ministry, said, “The Campus Kitchen Days were created because an international student shared their experience about food waste with

me. Also, in the U.S., there is so much food waste; the campus and community can work together to help tackle food waste and hunger.”

She said, the student noticed that a lot of food was being thrown out and could be given to people who are hungry.

Mariana Benitez, a sophomore biology major, was that one student who spoke up about ending food waste on campus and donating it to those in need.

“It made me realize that we are

SEE KITCHEN, PAGE 7

How does technology impact education?

BY HEATHER RADICK
MANAGING EDITOR

Two in a series

In this auspicious year of 2017, the power of the World Wide Web has reached critical levels. There is hardly a facet of today's reality that is not, in some way, impacted by technology. Education is no exception.

Peterson's resource website revealed that the idea of distance education was used as far back as the

1840s, when British professors sent lessons and received students' completed assignments by mail. With the invention of the internet and online communication, it seemed only natural for this concept to use technology to advance.

La Roche student opinions of online education vary. Cassidy Shaffer, a biology and biochemistry student, said she has never had the opportunity to take an online class, but she is wary of doing so out of fear that she would “subconsciously prioritize it lower” because there is no urgency to attend class.

Similarly, communications student Dominique Greaux said he “doesn't remember a single thing” from an online broadcasting communications class, suggesting that the material was not efficiently taught or the course did not offer enough motivation to participate.

Their fears are not unfounded. In 2015, North Carolina University said that some of the biggest reasons students avoid online education are “limited social interaction, difficult usage of technology, and lack of efficiency of assessments.”

NCU went on to say that 36 percent of surveyed students cited con-

SEE TECHNOLOGY, PAGE 8



Taylor Rosso and Sister Karina Conrad working together to package the leftover soup

© SYDNEY HARSH

Former LRC student's family begins multiphase trial

BY SYDNEY HARSH
EDITOR-IN-CHIEF

A judge ruled that a Pittsburgh man is not guilty of homicide by vehicle, but is guilty of speeding and careless driving in an accident involving a La Roche College student.

Ciana Cahill was a soon-to-be graduate at La Roche studying criminal justice. On August 14, 2014, she was driving to the airport to pick up her sister.

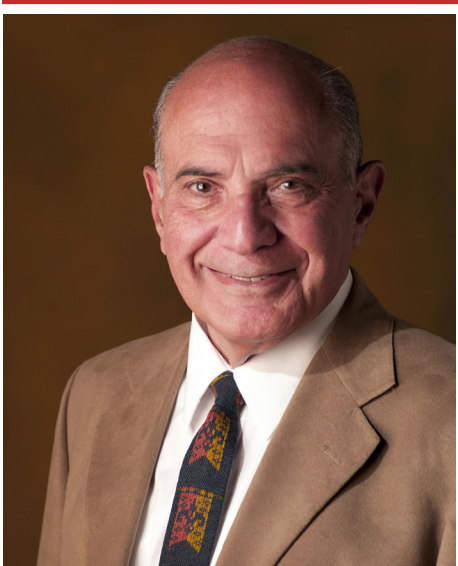
According to the Post-Gazette, Ciana was stopped on Interstate 79

in Sewickley Hills because of backed-up traffic. Dr. Rajendra Nigam was driving a Mercedes SUV at 70 mph when he rear-ended her.

“Investigators determined that the driver, Dr. Rajendra Nigam, a psychiatrist, never applied his brakes,” the Post-Gazette reported.

The Cahill family began a multiphase trial against the psychiatrist.

SEE TRIAL, PAGE 7



Sam Hazo (above) is La Roche's new Poet-in-Residence

© SAM HAZO

See page 2 for the full story

Faculty

Distinguished writer Samuel Hazo to serve as Poet-in-Residence

By LAINEY STANDIFORD
CONTRIBUTING WRITER

La Roche College welcomes renowned poet Dr. Sam Hazo as its first Poet-in-Residence for the 2017 academic year. Dr. Hazo will serve during the spring and fall academic semesters.

Dr. Hazo is the author of poetry, fiction, essays, various works of translation and four plays. He also served as Pennsylvania's first State Poet from 1993 to 2003. Dr. Hazo is a McAnulty Distinguished Professor of English Emeritus at Duquesne University and has been awarded 11 honorary degrees. Serving as the founder and director/president of the International Poetry Forum, Dr. Hazo brought over 800 performers and poets to Pittsburgh over a span of 40 years, establishing himself as one of the most enduring poets of our time.

According to La Roche College's

president, Sr. Candace Introcaso, this makes Dr. Hazo a great choice for La Roche's first Poet-in-Residence. "La Roche College awarded Dr. Hazo an honorary doctorate of humane letters in 1996," Introcaso said. "He has been a loyal supporter of the College and our Literary Society programs for years, and we were very honored when he delivered the commencement address in 2007."

This residency is the first of its kind for La Roche, and having Dr. Hazo fill the position is quite the accomplishment. Dr. Hazo has several things planned during his residency at La Roche, including a class in the spring and fall semesters, and a poetry recitation that will be open to the public.

Dr. Hazo plans to use the opportunity presented by his residency to get in touch with students again. When

asked about what he's most excited for as Poet-in-Residence, Dr. Hazo said, "I am excited for the opportunity to teach students again. I haven't done it in so long."

Beginning on March 15, Dr. Hazo will lead a non-credit course called "The Spoken Page," which will explore the art of spoken poetry. The class will examine some of Dr. Hazo's best-known poems, as well as others from around the world.

"I'd like to stress in the class the importance of studying poetry by hearing it," Dr. Hazo said. "Poetry is like sheet music. It doesn't become music until it's played. Poetry doesn't become poetry until it's heard. I'm going to try to instill that."

The class, which runs from 6 to 8 p.m. March 15th to May 3rd, is a spectacular opportunity for anyone who enjoys poetry. Dr. Janine Bayer, Eng-

lish department chair and residency coordinator, is not surprised that the class is filling quickly.

"As soon as the announcement hit our website, my phone started ringing and emails started pouring in with interested students and community members," Dr. Bayer said. "People are thrilled to be given an opportunity to study poetry with a virtuoso such as Sam Hazo."

But it's not only Dr. Hazo who is excited for the residency—La Roche faculty members are too. As a former colleague of Dr. Hazo, Sr. Rita Yeasted is thrilled to have him as the Poet-in-Residence. "As someone who has loved the work of Dr. Hazo since 1961, I am thrilled to have him be our first Poet-in-Residence," she said.

The one thing that Sr. Rita is most

SEE HAZO, PAGE 9

Retiring professor's last act at La Roche caps a long and varied career

By LAUREN VILLELLA
EDITOR-IN-CHIEF

Dr. Harry Strickland, Ph.D., is retiring after 26 years as a professor at La Roche College in the administration, management and finance departments.

Dr. Strickland's time at La Roche capped a decades-long career that included stints as a security analyst, broker and university dean.

There are many things, Dr. Strickland said, that he will miss about La Roche.

"I'll miss the people," Dr. Strickland said. "It's a special breed here. I've never had a harsh word here in 26 years. It's amazing."

Other La Roche retirees he speaks to also say they miss the people, Dr. Strickland noted.

"It's very friendly, very professional," Dr. Strickland said of La Roche. "No hard bickering, even on controversial things."

In 1990, Dr. Strickland joined the La Roche faculty. Dr. Strickland said he had a connection in Pittsburgh through his work at Merrill Lynch.

"I saw an advertisement. I applied, and they mistakenly hired me," Dr. Strickland joked.

His interest in finance, Dr. Strickland noted, stemmed from experiences with his Uncle Harry, who was the eldest in a family of 13 children.

"His father died, and he took

over the management of the finances of that family," Dr. Strickland said. "When I was in high school, he would take me with him when he went down to the brokerage house, and he gave me the insight to it."

Dr. Strickland said he grew up with one older brother and one younger brother. A test he and his brothers took at Bucknell University further strengthened his interest in finance, Dr. Strickland said.

"I was tested as a quad guy, numbers and business," Dr. Strickland said. "And so my testing of interest and aptitude came out business."

According to Dr. Strickland, his parents routinely emphasized the importance of education to him and his brothers.

"We had to read The New York Times on Sunday and at Sunday dinner, except in the summer, get up and say what you read," Dr. Strickland said.

His father, Dr. Strickland noted, was a Greek and Latin professor.

"I was brought up in a very strict family," Dr. Strickland said. "Everything was by the clock. We would have dinner on Sunday, except in the summer, at 6 o'clock, and you better be there at 6 o'clock. If you weren't, you didn't get dinner."

After high school, Dr. Strickland added, he spent 18 months in the army infantry.

"I always claim it was the smartest thing I ever did, because I avoided the



Dr. Harry Strickland (above) is retiring after 26 years as a professor at La Roche College

© RYAN GEORGE

Korean War and the Vietnam War," Dr. Strickland said. "And because my brother was missing in action, my older brother. He was buried over in France. They kept me stateside, and so I ended up in the Honor Guard out of Fort Meade, Maryland."

Dr. Strickland received his Ph.D. in finance from the University of Pittsburgh. In 1969, Dr. Strickland said, he wrote "Inside the Trojan Horse," a book on municipal authorities. He

added he served as the dean of the University of Scranton's graduate school, and he negotiated their first union contract.

When he started at La Roche, Dr. Strickland said, he believed the business program needed revised.

"I suggested that we go for ACB-SP accreditation," Dr. Strickland said.

SEE STRICKLAND, PAGE 9

Humans of La Roche

Similar to Brandon Stanton’s Humans of New York, Editor-in-Chief Sydney Harsh set out to ask students inspiring and motivating questions, eliciting insightful responses



Question:

What impact do you want to leave on the world?

Answer:

“I want to impact the world by being a positive role model. In these current times, there are so many negative things going on that we tend to forget the good in the world. I want myself to be a small reminder of the positive things in life.”

Kai Javois, junior information technology major

Question:

When you close your eyes, what do you dream of?

Answer:

“When I close my eyes, I dream of myself as a successful writer. Someone like J.K. Rowling or Rick Riordan. One who has changed lives just by stories. Even though writing isn’t my major, it has always been my dream to write a novel.”

Ashley Waltz, sophomore international affairs major



Question:

If a doctor gave you one year to live, what would you try to accomplish?

Answer:

“I would try to find a way to have fun and do a bunch of crazy stuff, but record or write about it so I can make money. I want to live my life to the fullest, but also try to leave something behind for my family. I would try to make people smile and laugh, so that when I die people would look back and be happy, and remember me with a big smile.”

Mitch Yard, senior business management and marketing major



Question:

What are you most proud of?

Answer:

“I am most proud of the strong and independent person I have become since coming to La Roche College. Going to school two hours away from my hometown, where I lived my whole life, wasn’t an easy transition. But, I was able to overcome that and couldn’t be happier with the decisions I’ve made at La Roche.”

Tiela Hunt, sophomore health science major



Students

LRC senior is on the radar, literally

BY HEATHER RADICK
MANAGING EDITOR

Austin Seibert is a 21-year-old communications senior at La Roche College, and is a licensed pilot. Siebert began his adventure as a pilot his sophomore year of college.

An interview was conducted by the Courier about his experiences as a pilot.

Give me the origin story. When and how did you become a pilot?

I first started my flight training after getting in touch with a flight instructor from the Zelenople airport. Flying has always been a thought, but I always figured I'd never be able to get to the point where I could fly a plane. We went for my first flight in a Cessna 172 when I was a sophomore in college and that was it. I was hooked. I now have my private pilot license and can fly whenever I want, weather permitting of course. I still cannot fly for hire; that requires more certifications and training, which I will get some day.

What types of planes do you fly? Large aircrafts, or small planes?

I fly primarily fly the Cessna 172 single engine aircraft. Sense I fly with a flight club, they have six planes that I can pick from to fly. To fly bigger and faster planes more training is needed.

What type of training did you have to undergo? Was it difficult?

There is a lot of training you must go through to get in the air. The cockpit is a noisy classroom so it is best to get all the reading and theory down before you start your flight training. Once the ground work is out of the way the real fun begins. The flight portion of my training required me to do a multitude of different things: flying at night, flying in simulated emergency situations, flying in all different types of airspace and much more. Once this is completed, you go for the check ride which is essentially a driver's license test but more intensive and for an airplane. It was definitely a challenge but if I am going to get to

where I want to be I have to do a lot more.

Where is the farthest place you've ever flown?

The furthest I have ever flown was around 160 nautical miles round trip, so not super far. I plan to do more long distance flights this summer when the weather is nicer.

Are the skills you've learned applicable to other life situations? Would you encourage others to learn these skills?

Yes, for sure the skills you learn in training are applicable to other life situations. You learn skills such as organization, proper planning for any and every situation, and much much more. I would for sure encourage others to peruse flight training because it's fun and the lessons you learn from your experiences are so valuable in every situation.

What's the biggest misconception you believe people have about pilots?

The biggest misconception I believe people have about pilots is that we're all straight A students, and have been since first grade. Although this may be the case for some, it is not for me. Don't get me wrong I consider myself a good student and I have good grades but I'm not a rocket scientist, I just love aviation. Find something you're interested in and it won't be annoying to learn, it will just be fun.

Besides the essentials, what do you always take with you on a flight?

Besides the essentials, which can be a lot sometimes, I like to always keep a flash light, multi tool, barf bag, my iPad and secondary GPS, and lastly my hand-held radio just in case the one in the plane becomes inoperative.

SEE PILOT, PAGE 9

Mother and son students tackle college together

BY LAUREN VILLELLA
EDITOR-IN-CHIEF

The college experience has a way of defying age, time and circumstance.

A mother and son, Darla Cameron and Tyler Cameron, are attending La Roche College simultaneously. Darla Cameron is a junior majoring in health science, while her son is a freshman computer science major.

"I think that going to school with your parent can be a little strange," Tyler Cameron said, "but I see older people in the classrooms and I don't think much about it. If they want to change careers, they should be able to go to college to do that."

Darla Cameron said she has numerous years of experience working as a cosmetologist. An experience working for a dermatologist, she noted, allowed her to train as a medical assistant.

"That is when I decided to go back to school to become a nurse," Darla Cameron said. "I enjoyed working in the medical field and helping people. I was unable to finish on the nursing track due to a car accident that left me with a back injury. I decided to use my credits and finish college, so I currently have an associate degree in

tourism management."

A client who worked as a physician assistant, Darla Cameron said, informed her about the possibility of a bridge program at La Roche.

"I decided to check with academic advising, and they informed me that it would be possible to continue on a path in health science," she said. "I plan to go on for my master's degree to become a PA."

The most interesting thing about attending college at the same time as his mother, Tyler Cameron said, is being able to support each other.

"We can carpool together and have lunch at the same time," he said. "It is good to have someone to navigate the school with."

Tyler Cameron, a graduate of Deer Lakes High School, added he gave his mother advice on being a college student.

"The advice I gave my mom was to make sure she studies and gets her homework and papers done on time," he said. "She is a very organized person, so I think she will be okay."

SEE STUDENTS, PAGE 10



First row, left to right: Superintendent Mark Capozza, Professor Albert DeAmicis, Brianta Hilton, Kindra Smalls, Brianna Ratay, Monique Cooper and Nicholas Mysnyk. Second row: Dylan Kobert, Dakota Harbison, Branden Pilardi, Cara William, Crystal Brantner, Ayanna Phillip and Desserae Brantner. Third row: Alex Rigel and Jesse Pry.

© COURTESY OF ALBERT DEAMICIS

On Nov. 30, 14 students in the CRIM2010: Introduction to Corrections course visited the State Correctional Institution at Pittsburgh. Professor Albert DeAmicis, who has been in corrections for 30 years, organized the trip. According to DeAmicis, the trip's purpose was to allow students to see a prison in real time. The students toured the facility for over three hours, DeAmicis said, giving them a realistic view of what happens when a person is incarcerated. This semester, DeAmicis' Introduction to Corrections course will travel to the Allegheny County Bureau of Corrections in April.

Community

Gardening journalist teaches students how to 'grow' their futures

BY HALEY EBERSOLE
CONTRIBUTING WRITER

A veteran journalist visited La Roche College last semester to share his experiences working in his field while teaching the students how to make themselves valuable.

Doug Oster, 57, is the home and garden editor for the Pittsburgh Tribune-Review. He is also the co-host of The Organic Gardeners Radio show every Sunday morning at 7 a.m. on KDKA radio, and he appears every Thursday on KDKA TV. And he is also responsible for creating Cultivating Success, which is a garden program for foster and adoptive kids.

When talking about his gardening pieces, he said, "That's something that I love, and I'm lucky to be able to write about it."

Oster shared stories from experiences he's had and people he's met. "I love meeting the people and telling their stories," he said. "There's a million good stories right here. Tell interesting stories and have fun with it," he said.

"You've got to get them to trust you." The self-proclaimed "garden guy" shared an inspirational story about a Vietnam War vet and his tomato seeds that pulled on the hearts of those listening. This proved his

point that every person has a story. "Everybody has a story," he said, "your job is to uncover it."

He shared tips to the audience on writing a story, starting with the most important, yet most basic habits. "The number one thing that you have to know when you're doing this for a living, is that you have to get the name right."

The journalist with 17 years of experience added, "Whenever I interview someone, I always record it. You should practice your interview skills

all the time." He warned, "Journalism is kind of a cut-throat business. You have to get to the lymph nodes of it."

Oster went on to explain that biases are never okay. "Nothing smells worse than when you read a story and you can tell how they felt," he said.

After discussing the mechanics of writing, Oster reviewed the more emotional and human aspect of journalism. "You should be happy in whatever job you end up doing. Make yourself valuable," he said. "Without drive, you're never going to make it.

You have to be better than everyone else, or, at least think you're better."

Oster shared his experience on how to be successful. "When you are trying to be better than everyone else, you have to also help your colleagues. Don't be a backstabber. Being a good person is part of being a good journalist." He stated that by being helpful to coworkers and building relationships, you build a network while still remaining competitive.

"Part of being in any kind of business is making yourself valuable," Oster said. "It's very hard for them to cut me out when I'm working for charities, and I'm on TV. In every business it's going to be between you and you. There's going to be a guy sitting in a board room going 'which one are we going to go with? Because we don't have money to pay both of them.'"

"Look for the opportunity where you think you can have the best professional growth and happiness, and the rest will just all come, and it does. When you work hard and tell good stories, and you're conscientious to the people you work with and your sources, you're going to succeed," Oster concluded.

"When you work hard and tell good stories, and you're conscientious to the people you work with and your sources, you're going to succeed."

- Doug Oster

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Man on the Street

*Entertainment Editor Jess Lee asked students:
“What is the most unusual food you’ve ever eaten?”*



Name: Francisco Alejandro
Year: Senior
Major: Management and Marketing
Quote: “I was in the United States and [my friends] made me try French fries and ice cream from Wendy’s. It’s not bad, but you think about all the calories, it’s insane.”



Name: Nick Gonzalez
Year: Junior
Major: Biology
Quote: “Goat cheese. It was terrible.”



Name: Andie Lippmen
Year: Junior
Major: Health Science
Quote: “Shark. It tasted like chicken.”

Name: Rebecca Najdzinski
Year: Sophomore
Major: International Affairs
Quote: “A fermented egg from China.”



Name: Sara Crissman
Year: Sophomore
Major: Psychology
Quote: “I eat noodles for dinner on Thanksgiving.”

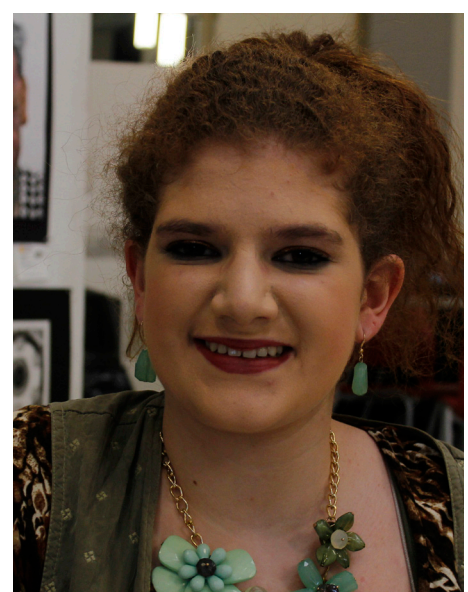


Name: Samantha Depew
Year: Junior
Major: Health Science
Quote: “I’ve had snails before.”

Name: William Blefer
Year: Senior
Major: Psychology
Quote: “Spaghetti squash. It’s pretty weird for a vegetable, but I suggest people try it!”



Name: Jenevieve Woods
Year: Freshman
Major: Psychology
Quote: “I haven’t experienced many weird foods yet, so probably fish?”



Kitchen, continued from page 1

privileged to eat three meals a day when there are people that don't even get to eat one meal a day," she said.

The student also said, the food that is being thrown out in the cafeteria could feed an entire small village in most countries.

"By delivering food to places," Benitez said, "we are giving a warm plate of food for a person that needs it."

Sr. Karina said, "It just took one student to speak up to make a difference."

She said, Campus Kitchen Days works directly with Sage Dining to prepare the food for donation.

"Throughout the week, Sage freezes the leftover food," the coordinator said. "Their role is to daily pack the food that was not eaten and freeze it until delivery day. Light of Life Rescue Mission, one of the local missionaries that help the homeless, is going to pick up the food on Fridays and students and I will take the food on Monday evenings."

Sr. Karina said, they will be donating the leftover food to two different missionaries that are known for feeding the homeless by organizing a soup kitchen staff.

"The two main missionaries we are currently working with are the Light of Life Mission and Northside Common Ministries," she said. "However, we are also looking for other places to donate. If anyone on campus knows of either a local missionary or soup kitchen, please feel free to share it with the Office of Mission and Ministry."

Light of Life is a ministry of Jesus Christ, said one of the staff members of the ministry, who wishes to remain anonymous. "Light of Life provides a home for the homeless and food for the hungry, and will build disciples for the Kingdom of God among the

poor, addicted, abused and needy."

North Common Ministries meets the needs of the hungry and homeless with support provided by member and affiliate churches, individuals, businesses, foundations and government agencies that are concerned about those who are living in crises, Sr. Karina said.

They answer to Jesus Christ's call to feed the hungry, clothe the naked, and receive the stranger and the prophet's call to do justice, love kindness and walk humbly with God, she said.

The coordinator said, she hopes to soon expand the number of ministries they donate to each week.

Campus Kitchen Days takes place every Monday evening at 7 p.m. in the dining hall.

"Interested students can sign-up through email," Sr. Karina said. "When students sign up to volunteer, they will help pack and deliver the food. Emails are sent out on a regular basis with the link to sign up."

Benitez strongly recommends this volunteer experience.

"This experience will bring others satisfaction, especially since we are collaborating with the community for a good cause," she said. "It also makes me feel that I am making a difference by helping those who are in need and not wasting food."

Sr. Karina suggests that students keep these three words in mind: think, eat, save.

Think. Wasting food is often a subconscious act – become aware of how much food you throw away.

Eat. Become a more mindful eater. Eyes bigger than your stomach? Serve yourself smaller portions if you are unsure whether you will like the food or not.

Save. Save your food, save your money and save the environment. Donate to food banks and become a



Mariana Benitez packaging leftover food from the cafeteria to take to Light of Life ministry

© SYDNEY HARSH

conscious consumer.

She said Campus Kitchen Days will strongly impact our community.

"Allegheny County has a population of 174, 110 people who are food insecure. That's 14.2-percent of people who are not guaranteed a meal each day, whether it be hot or cold," the coordinator said. "The rate is even scarier for children. There are approximately 42, 170 children

who do not get fed each day. That's 17.8-percent of children who are not getting the nutrition they need to go about their day."

However, La Roche College students can make a difference in the community.

"Students can become food rescuers, and make the world a better place," Sr. Karina said.

Trial, continued from page 1



Ciana Cahill

© CIANA'S
GoFundMe
ACCOUNT

The nonjury trial started Monday, January 23, 2017, the Post-Gazette reported.

"[Ciana] sat in a wheelchair in the front of the courtroom with large color photographs of her previous life pinned to her top," the Post-Gazette described.

It was that day that Judge Manning found Dr. Nigam not guilty of reckless driving but guilty of other summary offenses, speeding and careless driving, according to the Post-Gazette.

"He will only pay mandatory fines," said the Post-Gazette.

On the day of the crash the psychiatrist told police that he saw Ciana's Honda Acura SUV ahead of him but did not see its brake lights on.

According to the Post-Gazette, "Investigators found no mechanical failures in either car. Dr. Nigam initially was charged with aggravated assault by vehicle, but Assistant District Attorney William Petulla said he had to withdraw that charge for lack of evidence. Pennsylvania State Police said they believed he was using his cell phone, but phone records showed his activity occurred after the impact."

Petulla argued that Dr. Nigam had to have been distracted at the time of the crash because he made no attempt to stop.

The Post-Gazette stated that Judge Manning agreed but also expressed sorrow that he could do nothing more than impose fines.

"People come here for justice, but full justice would be to give them their loved one back," Judge Manning said. "The law can only go so far."

The civil court records reported that the Cahill family has settled a lawsuit against Dr. Nigam; his employer, Western Pennsylvania Psych Care, which owned the Mercedes; and State Farm Insurance Company.

According to the 2015 settlement, "State Farm was to pay \$2.1 million to the family, while the employer and Dr. Nigam would pay \$1 million," reported the Post-Gazette. "A law-

suit against Honda Motor Co., which made the Acura SUV, is pending."

Ciana suffered a severe brain injury from the accident, and can no longer walk, talk, breathe on her own or feed herself, the Post-Gazette stated.

She survived through 22 surgical operations.

Ciana's mother, Jeanine Cahill, wrote a letter to the court describing her family's existence.

"Everything changed that day; I went from being a hairstylist behind the chair, to a caregiver trying to comprehend if my child is going to live or die," she said.

According to the November 2, 2015 issue of The Courier, former Editor-In-Chief, Sarah Reichle, wrote that the impact of this accident has a tremendous effect on the Cahill family.

"She was moments away from death, but by the grace of God, a million angels and a million more prayers we are blessed enough to still have her on this earth," Katrina Cahill, Ciana's sister, said. "I could write a novel on how this has affected our lives. My entire family's lives have been turned upside down. My mom hasn't been back to work in over a year and spends every day, morning until night, at my sister's side."

Katrina continued, "I've watched everyone I love fall apart and then fall apart again. I don't think any of us have ever cried so hard, and hurt as

deeply as we all have in the past few years."

She also described how close her and her sister were; they weren't just sisters, they were best friends.

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

The Courier stated that Katrina created a GoFundMe account to specifically raise money funds to renovate her parents' house to accommodate a wheelchair. The renovation will allow Ciana to feel comfortable and at home.

The account is no longer accepting donations; however, the Cahill family will continue to accept the La Roche community's love, thoughts, and prayers.

"Ciana has come such a long way on such a hard journey and her recovery is still a few years down the road," Katrina said on the GoFundMe page. "I would love to make it as easy as I can on my parents in this tough time. Anything that you can do, including sending love and prayers would really help us in our time of need."

Technology, continued from page 1

Some students said they subconsciously prioritize online classes lower, and don't learn a thing from taking online classes.

cern about employers' acceptance of online education. They said they worried that their online degrees would not impress future employers as much as traditional degrees.

Dr. Terri Liberto, chair of the La Roche department of nursing, said this myth is just that: a myth. The La Roche nursing department offers a nursing bachelor's degree entirely online, and Dr. Liberto asserted that this program is just as challenging and effective as traditional classroom programs.

According to Dr. Liberto, state accreditation standards require online courses to match or exceed current standards for traditional courses, and this requires online instructors to put just as much effort into assuring online courses are both stimulating and interactive. She said she must put even more effort into constructing online courses because of the various

limitations of communication and time-sensitive issues.

Dr. Liberto puts to bed quite a lot of assumptions about online education. Another one of North Carolina University's cons for online classes is "limited social interaction." Greaux agreed when he said the "lack of interaction with other students and the professor" is a glaring difference from traditional classes, and this makes him feel like the assignments and their deadlines are "less dire."

While it is true that the majority of nursing courses take place online, Dr. Liberto and the nursing department have ensured new and innovative ways to encourage student participation. There is a function on Blackboard called "Collaborate" that allows students to talk in real-time with their instructors and fellow classmates. Dr. Liberto said her graduate students are able to lead sessions themselves while the instructor observes.

The limited social interaction compared with traditional classroom settings, however, does require more self-motivation from the student. Professional writing major Kristen Spezialetti said she has taken numerous online classes, and said she "would not recommend online classes to everyone because of the self-motivation and initiative a student has to take."

Despite this, Dr. Liberto said she has seen a trend of online students who are able to attend school fulltime

while also maintaining jobs. She said nurses usually work odd hours that could potentially conflict with a traditional classroom schedule, and online education has enabled them to receive the valuable knowledge and experience of a postsecondary education without having to give up their job.

Indeed, Dr. Liberto said that the biggest advantage to online education is convenience. In fact, in 2014, the United States National Center for Education Statistics reported that 49 percent of students enrolled in online educations were located in a totally different state than their institution.

To attend a university without having to move cross-country is an important benefit, said Spezialetti. She said while she was working in Iowa during the summer, online education allowed her to continue her Pittsburgh education without difficulty.

Dr. Liberto said that the efficiency of online assignments is guaranteed because of the many ways the department attempts to introduce new and interesting methods of learning into the program. She spoke of a new technology called "Augmented Reality," where La Roche students use iPads to transform an ordinary object into a completely interactive application.

Considering the speed with which technology develops, it is no surprise that online education would be expected to be at the cutting edge of in-

vention, and instructors pass this on to their students.

Unfortunately, this kind of advanced technology requires a certain knowledge and skill in order to understand and participate. This is a problem that cannot be circumvented. However, Dr. Liberto said there have been steps to alleviate the burden on technologically-disadvantaged students, including step-by-step instructions online and availability of instructors on campus.

Obstacles and disagreements are inherent in revolutionary technology, and online education is only at the cusp of the new millennium. But it's been steadily incorporating into education everywhere, and, as Dr. Liberto said, online education is not any better or worse than traditional education; it's just different.

"Online education is not any better or worse than traditional education; it's just different."

- Dr. Terri Liberto

Correction:

In the December 2, 2016 issue, the Courier incorrectly identified a student in a photo on page 2. The student at the far right of the photo is Zhentian Chen of China.



Snowfall in front of the Motherhouse

© OLIVIA HEALY



Snowfall in front of Zapalla College Center

© LRC MARKETING AND MEDIA



Snowfall in front of Bold Hall

© LRC MARKETING AND MEDIA

LRC captures the beauty of the first major snowfall of the year

Hazo, continued from page 2

eager about is for students to have the chance to meet and study under Dr. Hazo. "I am most excited about another generation of students hearing a world-acclaimed poet recite his poetry or study under his tutelage," Sr. Rita said. "Poetry raises the level of civil discourse in an environment. We are blessed to have this opportunity."

During Dr. Hazo's residency at La Roche, Dr. Bayer will be continuing her work on the literary biography she's writing about Dr. Hazo's life and work. In an effort to enhance Dr. Hazo's cyber presence and provide resources for those who wish to teach or study his poetry, she will also be working on a multimedia project combining video and audio of Dr.

Hazo as well as various web resources.

Having Dr. Hazo as the Poet-in-Residence will open opportunities for everyone on campus. Friends and colleagues can reconnect, and the younger generation gets the chance to learn from the great Dr. Hazo.

President Introcaso said, "I am excited to welcome Dr. Hazo to La Roche because I have such a person-

al and high regard for him as a man of great wisdom and integrity and, from my personal experience, I think students will be mesmerized by Dr. Hazo's inspirational verse and powerful delivery."

The cost of the non-credit course is \$50 per person and registration is required. Email janine.bayer@laroche.edu to register.

Strickland, continued from page 2



Dr. Harry Strickland's 1952 St. Vincent College graduation photo

© COURTESY OF DR. HARRY STRICKLAND

"And so they came in, and I think that's my real accomplishment, that I got rid of the old program and got them accredited."

During his years at La Roche, Dr. Strickland noted, he has seen many changes in the finance and business fields.

"For instance," Dr. Strickland said, "in the area of finance and investments, you have robots now. That's what's changing."

According to Dr. Strickland, technology is embracing the world and integrating itself into many different fields.

"That's the problem with people who were in the steel industry," Dr. Strickland said. "They don't need them. They have a robot. And they use them in medicine, in finance."

Technology in the classroom, Dr. Strickland noted, could interfere with students' ability to pay attention. Dr. Strickland said he would use a whistle in the classroom if a student was using electronics and distracted. He got the idea from his years in the service, Dr. Strickland said, because when somebody needed help, he blew a whistle.

"I've carried a whistle since I've been in the service," Dr. Strickland said. "I always carry it with me."

Dr. Strickland added he also witnessed changes in daily attire and the college environment.

"When I first started at the University of Scranton," Dr. Strickland said, "I walked in and they all stood up, and they were all dressed coat and tie. You don't find that anymore. The environment's changed."

Dr. Strickland noted he started a couple of courses at La Roche that the college did not offer when he began teaching there. These courses, he said, include personal finance and entrepreneurship.

Personal finance, Dr. Strickland noted, is a beneficial course for students regardless of their major.

"Sooner or later they're going to have to make finance (decisions)," Dr. Strickland said. "And they're already making them. Some of them are taking loans. Which loan do you take? And it's baffling."

Macroeconomics, Dr. Strickland said, was one of his favorite courses to teach. Dr. Strickland added he also enjoyed teaching finance courses that

dealt with investments or financial institutions. He said he always tried to instill in students the importance of staying up-to-date with changes in their field.

Seeing students' accomplishments, Dr. Strickland said, is very rewarding. The joy of teaching, he added, is sharing one's knowledge and insights with students.

"I read daily the local newspapers," Dr. Strickland said, "The New York Times, The Wall Street Journal, and I share that. Now who am I going to share it with? That's what I'm going to miss."

In his retirement, Dr. Strickland said, he plans to divide his time between Pennsylvania and Florida. Dr. Strickland currently serves on the Bloomsburg State University Foundation Board, and on two subcommittees. He said he plans to maintain his commitment to these boards, as well as two other corporate boards and one public board.

He may, Dr. Strickland noted, take up playing the piano again, a hobby his aunt initially taught him decades ago.

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

Pilot, continued from page 4

What's the most difficult thing about flying?

I would say the most difficult thing about flying is finding the money and time to do so. As a fulltime college student with a job I can't exactly fly every day.

Tell me the scariest thing that has ever happened to you while flying. Did you ever consider quitting?

The scariest thing that has ever happened to me would probably have to be when my door opened on takeoff as I was receiving ATC tower instructions. An open door in an airplane can be very problematic. Despite this, I never considered quitting because to me it's just too fun and I can't just stop flying. That would be crazy.

"I never considered quitting because to me it's just too fun and I can't just stop flying. That would be crazy."

- Austin Seibert

Students, continued from page 4

Organization, Darla Cameron noted, is crucial to managing a college workload. In addition to being a college student, she added, she continues to work as a cosmetologist.

"The most difficult part of being a non-traditional student is the juggling of home and career responsibilities," she said. "In the past, I have tried doing some online classes since this is a way I can work it into my schedule. This field (cosmetology) is seasonal, which allows me to do my school-work and classes in the slow season. I try to schedule my classes all on the same days as well."

According to Darla Cameron, adjusting to technology in the classroom was a challenging aspect of being a college student again. Her son, she noted, helps her use the computer.

"I am very new to technology since I did not grow up with it," Darla Cameron said. "He (Tyler) is help-

ful to me when I have to put together PowerPoints, for example. I have used the computer somewhat in my work environment, but mainly for cashiering and scheduling appointments. It is very different using it in the classroom or library."

Darla Cameron and Tyler Cameron both said they never anticipated attending college at the same time. According to Darla Cameron, the economy influenced her to seek opportunities in other fields.

"My career as a cosmetologist changed over the years due to the economy, and the work is not as steady as it used to be," she said. "The healthcare field is growing and there is a lot more opportunity. I would like to take advantage of this since I still have many more years in the workforce. I would love to have the security and benefits the healthcare field has to offer."

There are many advantages to at-

tending college at the same time as his mother, Tyler Cameron noted.

"She knows about financial aid and all the paperwork that is needed for college," he said. "She can help me get organized and keep on track for the courses I need to take."

In the past few years, Darla Cameron said, she has noticed an increasing number of adult students attending college.

"Most have stories similar to mine," she added, "and that the economy has changed their former career path. I believe it is never too late to further your education. I have noticed that my memory has improved over the years as well. It has brought me closer to my children and has helped me to understand the struggles they go through. I still remind them why it is important to get their education while they are young. It can be challenging the older you get."

"The most difficult part of being a non-traditional student is the juggling of home and career responsibilities."

- Darla Cameron

Senior basketball night spotlights star players



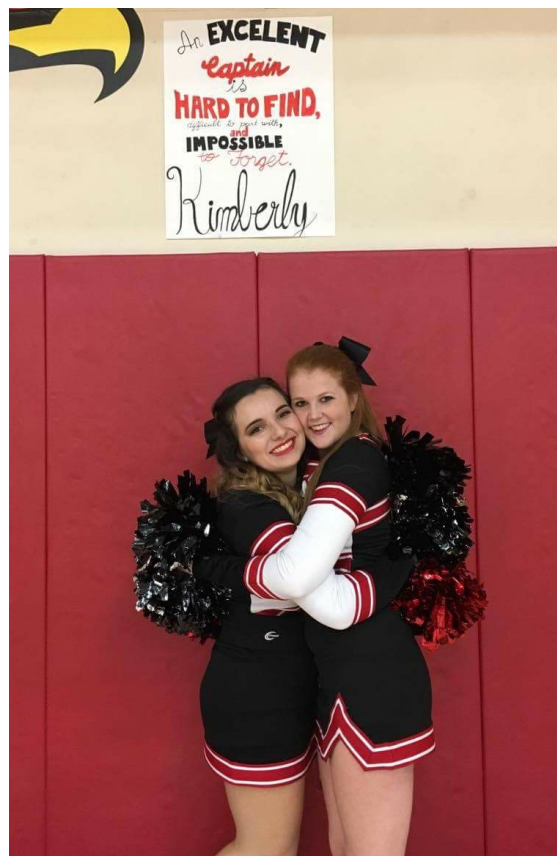
From left to right: Sabrina McLin, Danasha Harris, Gloria Schifino, Mackenzie O'Donnell and TiChina Mitchell © JIMMY FINLEY



Guards Trell Thomas and Evan Bonnaure © JIMMY FINLEY

Kimberly Elser (below) posing next to her senior night poster

© KIMBERLY ELSER



Brooke Audino (left) and Kimberly Elser are captains of the cheer and dance team © KIMBERLY ELSER

Congratulations and good luck at this year's semifinals!