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La Roche's dance majors choreographed and performed a dance to honor the Tree of Life shooting victims.

See page 2 for the full story

SGA plans for spring semester

By JULIA FELTON
EDITOR-IN-CHIEF

As the fall semester ends, Student Government Association (SGA) wrapped up their projects for this semester and began to plan for the spring.

SGA President Brittany Premick said the student survey they had been preparing this semester was released on November 19. The survey will provide SGA with information about student concerns that they could address in the future.

Premick said SGA would be participating in La Roche's Festival of Lights on December 7. SGA will be sponsoring a Cans for Cocoa table, where people give recyclable cans in exchange for hot cocoa. "It is mandatory that you show up to at least one time slot," Premick reminded members.

According to Premick, the group's highway clean-up service project was cancelled due to inclement weather.

"We are trying to come up with some ideas for a service project that would be quick and easy," Premick said.

The group decided to make dog toys from old tee shirts and make cards for children. Premick said they could do this during their next meeting.

Caroline Pacey, a representative of Wright Library, said the library was updating their website.

Executive Vice President Allison Bosworth said she worked on the recent wi-fi survey that students

received. "We got a lot of good information from it. Now we just have to figure out how to use that information," Bosworth said. "We have a hunch that students aren't educated on how their boxes should be set up and that could be part of the problem."

Bosworth said the Information Technology Department is also working to remedy the wi-fi issues. Bosworth said she wants to implement educational programs to teach students how to properly utilize their wi-fi equipment.

Premick announced that they had an opening for a new director of graduate and non-traditional affairs.

Robin Stih said she wanted the position. "I'm a full-time student, so I understand what the students who are here full-time go through. I do have outside responsibilities that make college life difficult, so I get that aspect, as well," Stih explained.

Stih said she would use the position to help incorporate non-traditional students into the college community. "For the longest time, I felt like I was the oldest student here. I had no idea there were other people like me," Stih said, adding that she was 45.

The SGA board unanimously voted in favor of giving Stih the position.

The board also discussed this year's SGA gift. Bosworth suggested paying for wi-fi in the dorm lounges. "Those

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Feeding the hungry

La Roche opens food pantry for students

By SARAH HEFFERIN
ENTERTAINMENT EDITOR

To kick off Food Justice Week on November 12th, the office of Mission and Ministry held a grand opening for the new food pantry on campus, called the Providence Food Pantry.

For over a year, Sister Elena Almendarez and the rest of Mission and Ministry have been paying close attention to food scarcity among the La Roche community, hoping that the new installment of the pantry will provide some relief. There often is a misconception that students, faculty, and staff in a college setting can afford food. There are meal plans that can be purchased, but it is often overlooked that each individual comes from a different background and has a different financial situation.

"We realized, we have students (and faculty and staff) who, financially, are pretty strapped. Sometimes, people buy the least expensive meal plan and run out of food before the end of the semester. Sometimes people are commuters who might be able to afford rent and tuition, but food becomes a luxury item, which it's really not. We don't want it to be," Sister Elena said.

The food pantry itself is located within the Mission and Ministry Suite in Bold Hall, or BH 216. The Mission and Ministry office accepts nonperishable goods, like boxed rice, canned fruit, or snack foods, such as chips, pretzels, and granola bars. The Providence Pantry also hopes to have a selection of non-food items, such as toiletries, and feminine hygiene products. Anyone who is willing to donate can also donate money, which is then used to buy smaller increments of gift cards from local grocery stores, or meal passes for the dining hall.

"There are a number of schools in the Pittsburgh area, colleges and universities, that are moving towards having food pantries, or already have them. We're waiting to see what the needs are. We have had people come and take food already since it opened, so there really is a need for some people," Sister Elena said.

With La Roche being a smaller school, it is easier to know people on a one-on-one basis, and it makes it easier to know how to help them.

La Roche designed their pantry based on research, along with taking into consideration the small campus community.

"We did a lot of research first. A big shout out to the people in the Counseling and Health Services office; they did some of the leg work for us, in terms of visiting other colleges and universities to look at their food pantries," Sister Elena said. "A lot of the research was geared to large universities and large food pantries, talking about keeping track of inventories, having people come with proof of financial need, but that was way more than what we wanted to do, because we're much smaller. I think, part of being smaller is that we actually know people's names and we can know their stories."

There are, however, specific parameters to the pantry, and it is not simply a place for anyone to visit and grab a snack before class. Anyone who is in need of the Providence Pantry's services must fill out an application, either in person or online.

"You can only come twice a month to get food, and it is regulated. Part of that is based on what food and other supplies we have on hand," Sister Elena said. "It really is based on what we have and how much we allow students to take of each particular item."

The pantry will learn what students are taking, how often they are taking specific items, and when specifically they are coming to pick up food throughout the next two semesters.

"We're just learning as we go along so we're just asking people to be patient with us as we learn what the needs are," Sister Elena said.

More than anything, Sister Elena just hopes that the food pantry will satisfy the needs that the La Roche community may have, whether the pantry itself gets any bigger or not.

Along with helping the community, Sister Elena is hopeful that the installation of this brand new food pantry will be able influence conversation, encouraging others who may not have the same needs to

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The food pantry will be open on Mondays and Thursdays from 2:00-6:00. Applications can be found at the pantry or online at: <https://intranet.laroche.edu/Pantry/>. A full list of items accepted by the pantry, along with general FAQs can be found there as well.

If you or someone you know is having a difficult time, do not hesitate to reach out to the office of Mission and Ministry or apply for access to the Providence Food Pantry.

Culture

Students pay tribute to local shooting victims with dance and fundraiser

By DANIELLE DiNATALE
CONTRIBUTING WRITER

The La Roche dance majors partnered with members of LAF to support Tree of Life Synagogue through a student-choreographed dance and fundraiser.

On November 14th at 12:30 p.m., the La Roche majors gathered in CC Square. The dancers dressed in all black and solemnly made their way to the center of the floor. Together they performed a three minute dance set to slow violin music. The dance majors choreographed the piece during three one-hour rehearsals.

The dancers rehearse at Bodiography, a studio in Squirrel Hill that is five blocks away from Tree of Life Synagogue. Halle Mathieson, junior dance major and one of the choreographers of the dance, said, "I interact with people in this community, I teach their kids ballet. When the tragedy happened it wasn't just another place on the TV screen, it was a place I passed by every week. It was very real to me."

Since they are in close contact with the community, the dance majors felt prompted to act. Mathieson

said, "Upon finding out about the tragedy, my first thought was, 'How can I respond?' And even though I couldn't find the words to respond, I knew I could spread a message of hope through my movement."

The dance itself is a remembrance dance, but is one of hope, not sadness. It is meant to symbolize the community comforting one another and represent unity.

"At the very end of the piece we have some partnering that leads into a final clump," Mathieson said, "and we all look up together to show that despite what happened, we are all together."

While the tribute was the dance majors' way of dealing with the emotions regarding the Tree of Life event, it was also a way for them to mend the separation that they have from the rest of the college.

"If you asked students on campus, a good amount of them wouldn't know about us or know how serious dance majors are," Mathieson said. "We all feel separated from the rest

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Sarah Hanani Fuchigami helped with LAF's fundraising event, which offered henna art and a raffle.

Former minister explains why he became a special agent with the FBI

By JULIA FELTON
EDITOR-IN-CHIEF

Leaving the ministry to become an FBI agent may seem like a drastic switch, but this special agent says it was all part of God's plan.

La Roche's Criminal Justice Club teamed up with the Alumni Relations Office to have David Foster speak about his transition from a Presbyterian pastor to a special agent in the FBI.

Foster's journey to the FBI took a unique route. As a matter of fact, Foster said when he graduated college, he had accepted a job as a therapist.

Then, his father—who was a pastor himself—suggested he join the ministry. "Life was good, life was ordered, life was worked out. But I thought, 'I think he's right,'" Foster recalled.

Following his father's suggestion, Foster said he went into the ministry. "I loved the ministry," Foster said. "I excelled. I loved that church family."

Foster said that he worked as a youth minister for a stint before becoming a pastor.

He specifically remembered feeling called to his work during tough times. He said: "I was cut to the heart, like most of you, at 9/11. So many young

men and women at that time were moved to go into the military or go into service. I was a youth pastor, and I doubled down into youth ministry. I mourned with our nation, I worked harder, I got ordained."

Foster said he loved the ministry so much that, for a while at least, he

trajectory of that church and my ministry was going to change. I'll always remember this—I thought, 'My life is taking a left turn at this moment.'"

Foster added that there may have been other things pushing him to leave the ministry. "[Church conference

"I took a bold—maybe reckless—choice in the leaving the ministry, but you can't outrun what God has called you to be."

David Foster

felt he would spend his entire life as a pastor. "There was no looking back. I had no notion of doing anything else except the ministry," Foster said.

"So why did I leave? Truth is, I'm not really sure," Foster said.

According to Foster, his family points to a conversation he had with his father-in-law, who was also a minister. Foster said, "I knew the

rooms] were soul-crushing to me. We were debating things that were not healthy, that didn't inspire people, that didn't show people the love of Christ," Foster said of the way the Presbyterian church was operating.

Ultimately, Foster credited God's will for his career change.

Foster said he vividly remembers a specific Sunday afternoon in 2008.

He was sitting in a leather chair in his home, watching television and holding his 1-year-old twin boys. He had just gotten home from preaching at church and he felt depressed. He didn't know if he wanted to stay in the ministry.

Foster recalled: "I was silently praying and I just remember getting permission from God. I didn't hear an audible voice or anything, but I just remember feeling that if the opportunity comes, it's going to be ok. I can leave the ministry. It'll be all right and I should go. I didn't have a job offer. I just had permission."

A week later, he did have a job offer—a job offer from the FBI.

Foster said they asked him to report to Quantico for training a month later.

"In 2008, I said, 'Yes, Lord, let's go, let's do it.' In 2008, I showed up in Quantico," Foster said.

Though Foster left the ministry, he speaks of it highly. "If our country has any hope of being less violent, it is through the ministry," he says.

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Students

La Roche student joins ROTC at Pitt

BY SARAH HEFFERIN
ENTERTAINMENT EDITOR



© SARAH HEFFERIN

Sophomore Julia Rogers studies criminal justice and participates in ROTC.

Intelligent, hardworking, resilient—these are words that can be used to describe sophomore criminal justice major, Julia Rogers.

If anyone ever had the opportunity to talk to Rogers, she comes off as quiet, focused on herself, and very studious. She holds a busy schedule, and is very involved in her academic career. She loves to mountain bike and be outside, and frequently attends the movies.

But, Rogers holds a double life; she bounces back and forth from the University of Pittsburgh and La Roche College, balancing life as a college student and a member of the Army Reserve Officers' Training Corp.

It all started in high school. Rogers explained that that was when her dreams of being in the United States Air Force came to be. She felt like she would be able to make a difference if she got involved.

"I feel that I can offer the Air Force the most in terms of my desire to serve," Rogers said. "And, my personality matches well."

Rogers chose to enroll in the Army Reserve Officers' Training Corp., more often known simply as the ROTC. The ROTC functions as a way to make a path towards service in a branch of the military, while still actively being in a college or university earning a degree. She can

participate both her freshman and sophomore year of college, without direct commitment to enlist.

The ROTC itself is considered an elective curriculum that a student takes on in addition to their college classes. It teaches skills that students will need to be competitive and handle those competitive environments. There are several branches in Pennsylvania, but Rogers participates in its Alpha branch, which works out of the University of Pittsburgh. La Roche has a crosstown agreement with the ROTC branch and with Pitt, so she is able to go to both places and have a balanced schedule.

The ROTC specifically looks for those who are in good academic standing and who are physically fit and active.

"Monday mornings, I PT (work out) from 6 a.m. to 7 a.m. with ROTC. I work out on my own for about four hours a week," Rogers said.

Along with workouts, Rogers commits time to labs and classes with ROTC, which help her learn skills she may need for a future of service. These include leadership activities, reveille—also known as wake up for the military—and marching. As a functioning elective, she also has assignments that she often has to do outside of the time spent at Pitt.

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Finance and Investment Group sends representative to business conference

BY JULIA FELTON
EDITOR-IN-CHIEF

La Roche's Finance and Investment Group (FIG) sent a representative to the Wharton's Business Conference.

Mark Mungai, a sophomore finance major, went to Philadelphia from November 2-4 for the conference, which focuses on Africa.

"For me personally, having been born in Nairobi and raised there, I was very interested in learning about Africa's way of doing business," Mungai said.

Mungai said he had wanted to attend the conference last year, but wasn't able to get funding in time. This year, however, he prepared in advance. The Student Development office paid for his trip.

According to Mungai, the conference was populated by CEOs of African companies, dignitaries, and government officials. "It's about the networking for me. I met CEOs from different companies in Africa," Mungai added.

The conference consisted of a variety of panels that focused on different topics. "We had different panels—like infrastructure, healthcare, tech, government, and business in Africa," Mungai said, noting that he was most interested in infrastructure and private equity.

Mungai said he was excited to hear about the opportunities in his native Africa. "There's a lot of opportunities in Africa," Mungai said, "but there's also immense challenges at the same time. It's exciting for me to learn that Africa has a lot of growth embedded in it."

African business differs from American businesses, Mungai said. "You have to have a shift in your mindset for doing business in Africa. It's a whole different environment," he explained.

The Wharton's Business Conference provided students with

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© COURTESY OF MARK MUNGAI

Mark Mungai attended lectures at Wharton's Business Conference, an event that discusses African economy and business.

Technology

How to protect your devices from bugs

BY ANDREW BAHORICH
CONTRIBUTING WRITER

All passwords, credit cards, and bank information you input into a computer or smartphone could be stolen. This is a shocking and concerning truth. Earlier this year, researchers discovered two vulnerabilities so widespread that they affect almost every computer or smartphone made in the last 20 years. These security flaws are commonly known in the tech community as Spectre and Meltdown.

These security flaws are so widespread because they involve the basics of how computers function. When a computer is given different tasks to complete, it does not always complete the tasks in the order that they are given. Sometimes the tasks are completed out of order to be more efficient. This way of processing data is used in almost all modern devices. Unfortunately, this process is the foundation of the major security flaws. It has been discovered that the data being processed in the first task can be collected by a secondary task. Spectre and Meltdown do this in slightly different ways but both end with the same result; stolen data. This data could be emails, photos, passwords or anything else.

So, what does this mean for the average computer or smartphone

user? The sensitive information that you input into your computer or phone daily is not safe. But don't throw away your computers and smartphones just yet. Because these vulnerabilities affect so many devices, companies such as Apple, Microsoft, and Google have all rolled out patches that address them. There are other steps you can take as well to make sure that your devices and your information are protected.

The first thing you want to do is make sure that your devices have the latest software updates. Software updates are available for iPhones, iPads, Android devices, Windows Computers, and Mac Computers. While some users can be apprehensive about installing new updates on their devices, these updates are extremely important for your security.

There are, however, a few disclaimers that need to be addressed. Only Windows computers with Windows 7 or newer will get the update. Older devices will not get it. In addition, Android devices, even devices only a couple of years old, may never get the update. While popular Samsung and Google devices will certainly have fixes available, less popular devices may not. Finally, these updates will slow down your devices.

The effect of these updates on newer devices is mostly imperceptible. Older devices aren't as lucky, with many users reporting a noticeable slowdown. Unfortunately for these users, they will have to choose between tolerating a slower device, keeping their device vulnerable, or buying a new one. None of these are attractive options.

The next step you should take to protect yourself from the Spectre and Meltdown vulnerabilities would be to use an antivirus. This is important because, for the most part, viruses will still need to get onto your system to take your data. Antivirus software does its best work keeping viruses off your system in the first place. This is especially important on computers such as Mac and Windows machines. It is important to note however, that if a virus does get onto your system, your computer or smartphone will be completely vulnerable to attack.

The last and most important step to avoid becoming a victim is simply to use your better judgement. Avoid clicking on suspicious links and attachments. Don't install iPhone and Android apps that aren't in the App Store or Play Store. Keep away from websites that seem suspicious. Following these basic computer safety

rules will be the most effective way to keep your data private. Data thieves can be clever though. It's best to be prepared in the case that malware does make its way onto your system one way or another.

These vulnerabilities are extremely serious because of the vast number of devices they affect. The good news is that there has been no reported malware that takes advantage of the vulnerabilities. This means that if you have been operating your devices to this point without taking any precautions you probably haven't fallen victim yet. However, everyone should take precaution sooner rather than later. It is only a matter of time before a malware author releases a new attack that takes advantage of the vulnerabilities.

It is time to stop delaying the updates for your devices. They can be intrusive and time consuming, but they are the last line of defense protecting you from data thieves. The headache caused by a data breach would be considerably larger than one caused by an update or an antivirus installation. Do yourself a favor and update your device, use antivirus, and use your better judgement to avoid getting your data stolen.

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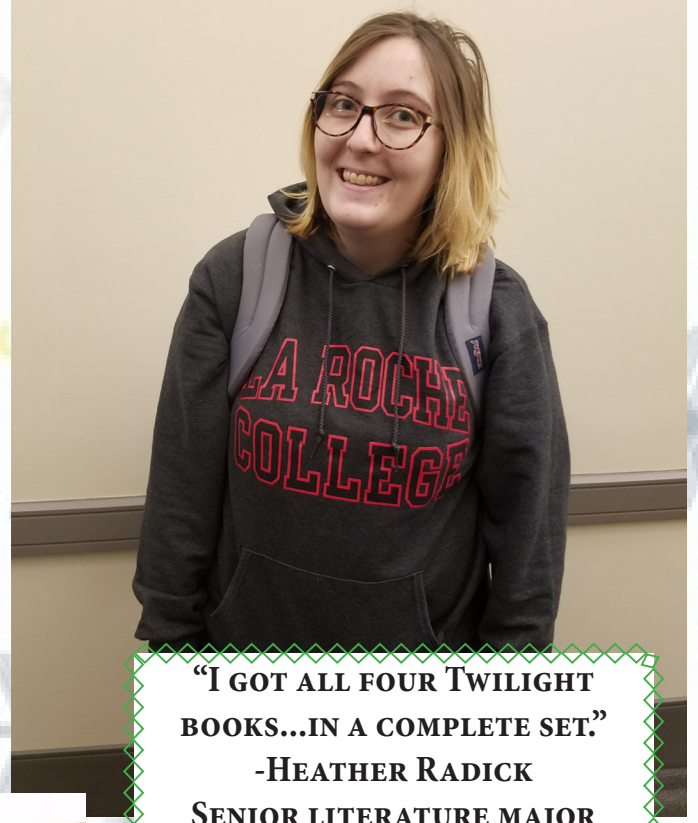
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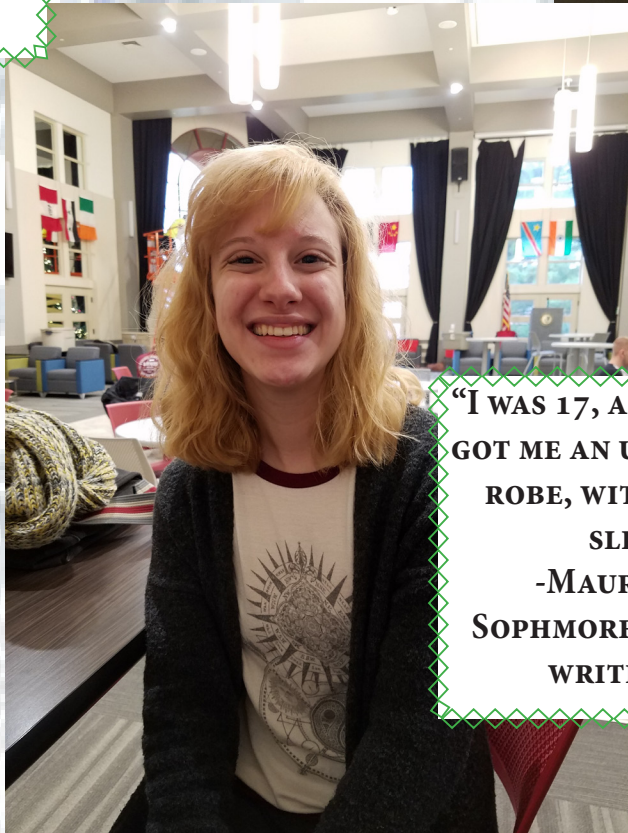
**Entertainment Editor Sarah Hefferin asks:
"What was the worst Christmas present you have ever received?"**



**"I GOT UNDERWEAR FOR CHRISITMAS FROM MY GRANDMOTHER."
- AMANDA WORKMAN
FRESHMAN EDUCATION MAJOR**



**"I GOT ALL FOUR TWILIGHT BOOKS...IN A COMPLETE SET."
-HEATHER RADICK
SENIOR LITERATURE MAJOR**



**"I WAS 17, AND MY GRANDMA GOT ME AN UGLY PINK BUNNY ROBE, WITH PINK BUNNY SLIPPERS."
-MAURA FALLONE
SOPHMORE PROFESSIONAL WRITING MAJOR**



**"IT WAS A SERVING PLATE THAT HAD SANTA ON IT."
-DANIELLE DINATALE
JUNIOR PROFESSIONAL WRITING MAJOR**



**"YOU KNOW THAT PHASE, WHERE EVERYONE WAS INTO COLORING? WELL, I HATED IT. AND LITERALLY THE NEXT DAY, MY BOYFRIEND GOT ME A COLORING BOOK FOR CHRISTMAS, AND I HAD TO DO A PAGE TO MAKE HIM HAPPY."
-KATHY KENNA
JUNIOR LITERATURE MAJOR**

Christmas

Holiday festival to light up La Roche

BY HEATHER RADICK
CONTRIBUTING WRITER

For the twenty-second year, La Roche College, along with the Sisters of Divine Providence and Providence Heights Alpha School, are hosting their annual Festival of Lights, a holiday event that features live ice sculpting, cookie decorating, a craft show, carriage rides, and a musical presentation.

The event, which is free and open to all, is sponsored by McCandless Crossing, which has joined La Roche

participate in this event by hosting activities and crafts for children. Kids can hand-write letters to Santa with the English Honors Society, then craft snowmen out of popcorn cups with film club.

At the same time, local crafters and vendors sell items such as jewelry, holiday decorations, and hand-knitted hats and scarves around the college square. "I like going, because I see something new every year," said Ryan

"I like going, because I see something new every year. I get all my Christmas gifts at Festival of Lights."

Ryan Sargeant

to put on Festival of Lights for the past three years.

La Roche began hosting the festival in 1995 after partnering with UPMC Passavant's Santa Land, which soon became a tradition. La Roche and Passavant decorated trees with festive holiday lights and hosted tree lighting ceremonies, parades, sculptors, and music.

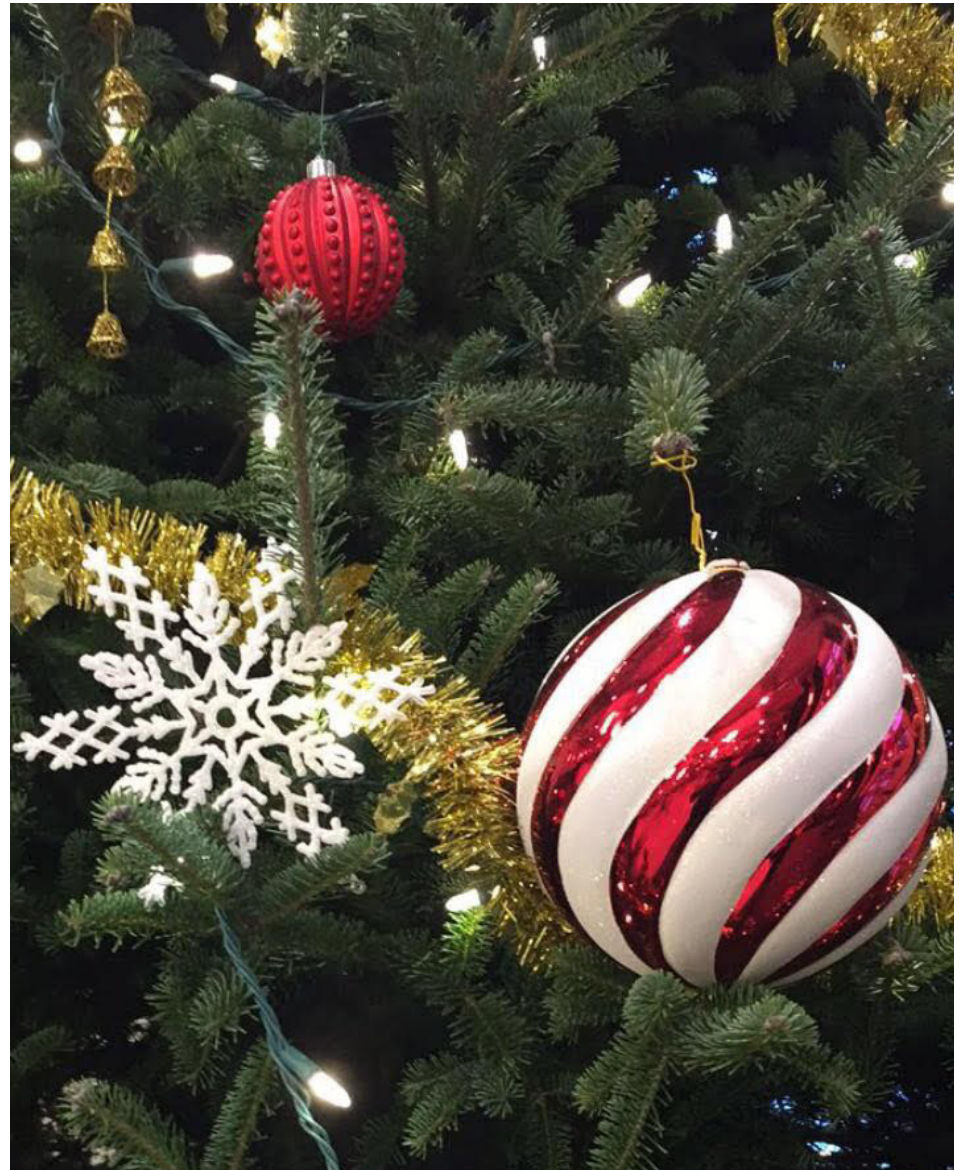
After Passavant withdrew from the event, the College was not willing to walk away from it. Colleen Ruefle, Vice President for Student Life & Dean of Students, has been working with the event since 1996 and considers the event a way for the College to give back to the community. "Thousands of people come to the festival each year," she said. "We've been doing this for years."

La Roche's clubs and organizations

Sargeant, a senior at La Roche. "I get all my Christmas gifts at Festival of Lights."

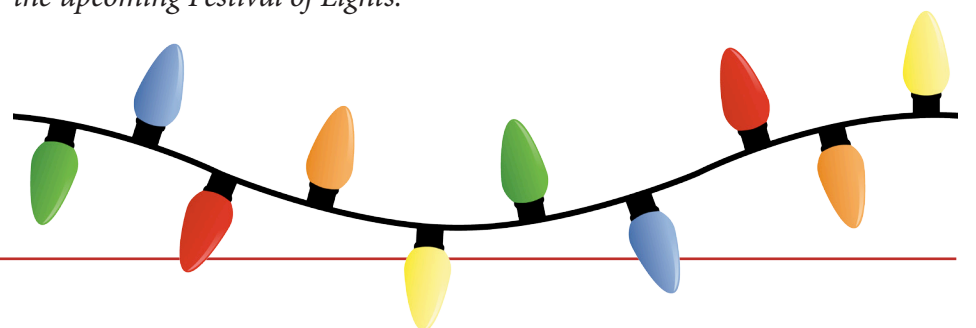
Jessica Lee, president of film club, organized her club's crafting table with the hopes of providing an easy task that would take only a few minutes. "There's so many cool crafts that the clubs put on," she said. "I want the kids to be able to do everything."

The Festival of Lights allows all members of the La Roche community to be included in the festivities. Dance majors will present their originally choreographed performance of "The Nutcracker" in Providence Heights Auditorium. Additionally, the Student Government Association will be accepting donations for the Cans for Cocoa food drive, in which kind donors receive a free cup of hot cocoa for their generosity.



© HEATHER RADICK

La Roche has decked its halls with Christmas decorations in preparation of the upcoming Festival of Lights.



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The Courier is always looking for new writers and photographers.

Contact Julia Felton for more information on writing for the Courier.

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Sports

What Pittsburgh sports need this Christmas

BY JORDAN SMITH
SPORTS EDITOR

Pittsburgh Penguins – Young Players

It came to my attention recently that the Pittsburgh Penguins are the third oldest team in the NHL (Matt Cullen at age 42 certainly helps that!). The average age of an NHL player is between 26 to about 28.7 years old. Not a huge gap. General Manager Jim Rutherford said a few weeks ago after a miserable losing streak, “Maybe this team’s been together too long.” Maybe it has.

The Penguins currently sit out of a playoff spot. It’s only a fourth of the way through the season. There’s still so much hockey to play. But, their 9-8-5 is a disappointing record. This team began its Stanley Cup run in 2016 when Mike Sullivan took over behind the bench. He called up some young guys that really helped them begin their speed system: Bryan Rust, Tom Kuhnhackl and Conor Sheary. The team, in 2017, called up Jake Guentzel. These guys all played important roles in winning the Cup.

It’s a copycat league. The Penguins were the first to begin thriving off the speed system. Now teams have followed. The Toronto Maple Leafs, Buffalo Sabres, Vancouver Canucks and Colorado Avalanche are a few teams that didn’t do too well the past couple of years, but now they have youth and are becoming quite effective. The Penguins need to find those guys or, at least, that one guy who can make a difference.

Presently, there isn’t much depth in the minor leagues. The only possibility of a call up from the AHL that I can see happening is Teddy Blueger. He could fill in at 4th line center, considering Riley Sheahan only has two points in more than 20 games and is a minus 10.

Some young guys like Dominik Simon have started to produce. But it’s time to let some guys have a chance to get more minutes.

Zack Aston-Reese started off in the minors this year instead of the NHL and Daniel Sprong has continuously been a healthy scratch too often. ZAR and Sprong have not produced much yet but need to gain confidence. They’ll only do that if they’re in the lineup night in and night out.

Bryan Rust and Derrick Brassard have somewhat been disappointments so far. Rust only has one goal and Brassard only has two. I bet they keep Brassard because trading him now won’t get much for him. Rust is more likely wanted by some teams, but he just signed a big contract with a salary that is higher than he’s worth right now.

Defensively, Kris Letang, Brian Dumoulin, Jack Johnson and Justin Schultz are most certainly all going to stay. No one will want to trade

for Johnson, and the other three are must haves on this team. The only two options to trade are Ollie Maatta and Jamie Oleksiak. Maatta gets more hate than he deserves, but he still has potential and could get a decent return.

In conclusion, some guys like Rust and Brassard specifically should be playing better. Maybe it’s time to move Maatta. This team just needs some energy from some new guys. I think Sprong, if he gains some confidence, can really bring some secondary scoring.

They need some new young faces.

Oh, and Matt Murray needs to wake up, too.

Pittsburgh Steelers – Linebacker, Cornerback

As of this publication date, the Steelers are 7-3-1. The offense has not been much of an issue this year. The problems still lay on the defensive side. Beginning the season with a tie against the Cleveland Browns still haunts them. I think when anyone sees the one at the end of their record, yinzer fans cringe.

After that tie, they had a defensive meltdown against the Kansas City

Chiefs, giving up 42 points. But, since then, the defense has really settled in better. Missing Ryan Shazier still hurts. It hurts a lot. That hole won’t be filled right now. The Steelers will draft a linebacker after this season.

Overall, the linebackers aren’t exactly the Steel Curtain that they used to be. Vince Williams and Jon Bostic aren’t bringing in many sacks. TJ Watt is really the only solid linebacker they have.

The secondary has been questionable for the past couple of years. Artie Burns, Terrell Edmunds and Sean Davis still all have time to develop. What the Steelers really need is for them to stay healthy.

The Steelers have a very hard schedule in front of them. They play the San Diego Chargers, New England Patriots and New Orleans Saints within the next four weeks. Losing a game or two seems a high probability. It is a passing league. The teams that win have the best quarterbacks. That is why Tom Brady, Peyton Manning and Big Ben Roethlisberger have won a lot of games in recent years. The teams they play have great quarterbacks.

The Steelers need to get consistent because they’ll probably end up playing a team like the Patriots or the Chiefs in the playoffs. This team just needs to stay healthy and the defense needs to continue to head in the direction they’ve been going. Hopefully, in the off season, they can draft a good linebacker and secondary player.

Pittsburgh Pirates – Power Hitter, Shortstop

It would be much easier to say the Pirates just need a whole new front office. But we know that won’t happen.

For years, the Pirates have lacked power hitters mainly because they’ve never had a true first baseman. They’ve had a lot of people play that position when it wasn’t really their main position.

The deep ball is important. There hasn’t been anyone since Pedro Alvarez hitting more than 30 homeruns a year. This past season, Gregory Polanco and Sterling Marte

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LRC basketball shoots for back-to-back championships

BY JORDAN SMITH
SPORTS EDITOR

The La Roche Men’s Basketball team was the AMCC champions in 2017. They simply would like to do it again. The team has been off to a solid start, winning 1-1 at the recent Shrine Tournament at Marietta College.

As the season has just begun, I asked Head Coach Herman Carmichael some questions.

How does the team avoid the hangover after winning last year?

“Our expectations are high, so our goal every day is to go 1-0. If we win each day, we have a chance to contend again for a conference championship. We are talking a lot this year about ‘the process.’ Championships don’t just happen; you must embrace and enjoy all the parts of the process. Complete with intensity and be focused in between the black lines.”

How does the team replace a guy like Arnes Bajgora?

“You don’t just replace a guy like Arnes who ended his career as second leading scorer and second leading rebounder of all time. We lost two other key players and a combined 36 points and 21 rebounds a game. The

good thing is we were pretty deep last year, and these guys need to be ready to step in and fill voids. We also brought in some freshmen and a transfer who will play very important minutes for us this year down inside.”

What does the team need to work on to make it back to the final?

“We need to work on being tougher, both mentally and physically, and we need to hold each accountable and be able to be held accountable. Learning from our mistakes and how we respond to those failures will be huge for us along this process as well.”

Coach Carmichael couldn’t have said it better.

In other good news, senior Ray Quan Phifer already hit the 1,000-point mark in his collegiate career. Recently named La Roche Athlete of the Week, he is the 15th Redhawk to score 1,000 career points.

They play Penn State Behrend on November 28. The Redhawks beat Behrend last year to win the championship. So anticipate this to be a big game.

Upcoming games include Penn State Altoona on Dec. 1, Carnegie

Mellon University on Dec. 3, Pitt Greensburg on Dec. 5, D’Youville on Dec. 8 and the Great Lakes Invitational at Hope College in Holland, Mich. on Dec. 18.



© JORDAN SMITH

Kennedy Smith is part of the team aiming for its second championship.

As I See It...

Female student tries dressing as a man

By MINA HOLLAND
ASSOCIATE EDITOR

Students in La Roche College's creative nonfiction writing class had an unusual assignment: Do something they've never done before and write a story about it. What follows is one of those stories. We invite you to read this and the other stories that will appear throughout the semester... Professor and Courier Advisor Ed Stankowski

Have you ever wondered what being your opposite gender would be like? I decided to learn this the hard way. On a warm, sunny Wednesday in the middle of April, I spent the day around La Roche College campus, dressed as a man. Feeling out of my comfort zone from my usual feminine look and persona, I decided to challenge myself for a day, to see how society would treat me if I was the opposite gender.

This is not a story about dressing up for fun. This is a story about challenging myself by first hand experiencing the male gender roles of society, and how being a man is equally as difficult as being a woman.

Sometimes, being a woman is no fun. Women are expected to dress properly, groom ourselves well, wear makeup- not too little and not too much- and have ladylike mannerisms. No slouching, no swearing, no shouting, and absolutely no spitting.

However, it is more socially acceptable to do all these things as a man- even roll out of bed in yesterday's clothes- and no one bats an eye. There is more to being a man that physical

This was all the products used for my look. It only took ten minutes, yet the self-consciousness was setting in with the minimal makeup I just applied. For my outfit, I borrowed some of my brother's clothes to achieve the stereotypical masculine look. At least, to pass an extremely feminine girl off as one.

Donning my brother's gray American Classic t-shirt, I knew I would never wear this again after that day, as long as I lived. A gold chain hung around two belt loops on my brother's washed out blue Levi jeans, which constricted my legs as I struggled to put them on.

The finishing touch to my signature Heterosexual-Male-College-Student look was my only pair of combat boots and a camouflage Pittsburgh Pirates baseball cap, hiding my waist-long brown hair, tied up in a bun underneath the hat. After multiple convincing text messages from family and friends that said: You can do this; I managed to leave the safety of my dorm to the judgmental world outside.

I ended up staying in character

Fragile masculinity was apparently a thing, where a man is insecure with defying his gender's roles. Fragile femininity was never talked about, yet I definitely had it.

appearance, however. And from that fateful day's experience, sometimes being a man has its disadvantages.

That Wednesday morning, the alarm next to my bed in my dorm room read 10:30 a.m. In the back of my mind, I dreaded this day, yet it finally came. Time to get this done and over with, I thought. It was only one school day. How bad could it be? I stumbled out of bed, brushed my teeth, and washed my face, careful not to apply floral smelling body lotion because of my experiment. Then I went to work.

Even though most guys don't wear makeup, I sat in front of my vanity mirror at my desk, ready to alter my features using bronzer, eyebrow gel, and concealer.

For any man that is reading this and does not know what I am talking about, I applied bronzer to my cheekbones to give the assumed facial structure of a man, I used thick eyebrow gel on my light, natural eyebrows to make them thick and dark- like a man's, and I put concealer- a skin colored cream, on my lips to make them look thinner.

for the whole day, despite the many obstacles I faced. As I walked, talked, and even ate like a man, students gawked, some quickly walked past, a few gay women smiled, and many of my friends didn't recognize me until I approached them, their response being, "Mina you look so different!"

"I'm switching it up for the day," I said in a deep voice. "My name is Mike right now."

In my head, I was preparing to explain my reasons for this ridiculous getup the next day. My friends laughed with me as I left them to go to my psychology class. I only know two people in that class, and neither one of them showed up that day.

I stared down at my smartphone, hoping to avoid eye contact with people, and took my usual seat. At this point, they had to know it was me. Either that, or they didn't care. The class dragged on for an hour and a half, the reason it felt so long being that I couldn't wait to get back into my dorm and relax for a few minutes.

I needed to breathe. And yet I had a hard time doing just that, sitting down, head in hand, in my psychology

class. My body started shaking, my legs felt weak, and I wanted out of the room. Thanks to my eleven-year-and ongoing-anxiety diagnosis, I experienced a panic attack, right in the middle of class.

Still, I remained seated, silent, and self-conscious dressed as a man, which was the whole reason behind my panic attack. This was enough of a challenge for myself, but I promised I'd make it the whole day. I tried my best to ignore my struggle and continued my day as a man. Just today, and I'll never have to do this again, I thought.

By the time I got to my campus work study job at the Student Development Office, it was 2:00 p.m. And I was still in my stupid outfit. As exhausted as I was, that being the aftershock after what happened in my class, work study was much better than the rest of the day.

Everyone knows me there, they went along with my appearance for the day, and my self-consciousness lessened. I missed being a woman. I liked dressing in pink, wearing makeup, and doing my hair nicely. Even the constant slouching while walking with my legs apart was really bothering me.

Fragile masculinity was apparently a thing, where a man is insecure with defying his gender's roles. Fragile femininity was never talked about, yet I definitely had it.

Once work study ended, I couldn't bear to eat in the dining hall for dinner, dressed as a man. I rushed back to my dorm, replaced my brother's clothes with yoga pants and a tank top, thankful to get those hip hugging jeans off, wiped off my face-altering makeup with a makeup remover wipe, threw my hair in a ponytail, and also threw my brother's clothes in my

hamper. Never again.

When I arrived at the dining hall as a woman again, a huge weight lifted off my shoulders. People stopped judging me. They were more courteous. I was happier. Being a man for a day was draining. It started off fun, but as soon as I faced the public, my mood went downhill. My panic attack certainly worsened my situation.

Being a man was not as all it was cracked up to be. Sure, men receive higher paychecks and get away with behavior and appearance much easier than women, but being a woman was more comforting to me. Being a man, just for one day, made me feel trapped in the wrong body.

Even dressing tomboyish, people look at you differently. They're not as courteous. No one said hi, no one opened doors for me, and at times, I was unrecognizable, even to my friends. I learned that society will judge you based on appearance and gender alone, no matter what you look like, for better or for worse. As unfortunate that is, it's true.

Taking on the role of a man- though I probably passed off as more of a tomboy looking woman- was something I would never do again. However, the learning experience was worth it. Defying gender roles do make society judge you more, since humanity still lives in a world where worth is based off of appearance.

As much of a learning experience I had, I would never wear boy's clothes again. If a woman wants to dress like a tomboy, by all means, she should go for it. But by dressing as someone you're not, whether it was me dressing as a man, or a tomboy woman wearing a dress, it impacts you and the way people view you, whether it's for better or for worse.



© MINA HOLLAND

Mina Holland tried to disguise herself as a man for a day.

Good News

Sister reflects on serving as WWII nurse

BY JULIA FELTON
EDITOR-IN-CHIEF

At 97 years old, Sister Melanie Kambic has lived a full life—and she is not slowing down yet.

As a matter of fact, Kambic—a member of the Sisters of Divine Providence congregation—is still full of enthusiasm. She smiled and laughed as she told stories of her life, fiddling with a wooden rosary as she spoke. The former army nurse even donned a red, white, and blue patriotic scarf for our conversation at the Motherhouse.

Kambic said she had always wanted to be a nurse. She spent five years working in a tailor shop to earn money for nursing classes. “We were poor and I didn’t have the \$75 to pay for the nursing class,” she said.

In addition to the standard classes, Kambic said she took an advanced nursing class at Duquesne. This allowed her to earn her bachelor’s degree and become qualified to teach other nurses.

But Kambic said she decided she didn’t want to teach then. “I said, ‘I don’t want to go and teach nursing. Let’s join the Army,’” Kambic said, adding that she recruited a friend to join the Army with her.

“When I went to the Army, they were desperate for nurses,” Kambic recalled. She was 25 when she enlisted during World War II.

Kambic said she worked at an

Army hospital near Richmond, Virginia. “I had five wards with 30 patients in each room,” Kambic said, “and I was the only nurse [with] 150 patients. I worked 12 hours a day, five days a week, for three years.”

In lieu of formally trained nurses, Kambic explained that soldiers worked there under her supervision. She said, “I didn’t do much real bedside nursing. I was running around supervising, making sure those poorly trained soldiers were doing what they were supposed to be doing.”

According to Kambic, their training was so poor that a soldier once approached her to report a patient acting strangely. “I went in and he was dead. They were poorly trained and they didn’t recognize the symptoms of death,” Kambic said.

Aside from working with poorly trained help, Kambic said she encountered other issues while working with the Army. “It was kind of a lonely place,” Kambic said, adding that she missed her church community and having close friends.

Kambic said there was one particular incident that she remembered well. She said: “One day, when I was sleeping, my clothes were being grabbed. There was a man in my room. I screamed as loud as I could and this figure got up and

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© JULIA FELTON

Sister Melanie Kambic was a second lieutenant in the U.S. Army Nurse Corps during WWII.

Martyrs teach Catholics timely lessons

BY JULIA FELTON
EDITOR-IN-CHIEF

Imagine living in fear of persecution because you practice your faith.

Imagine watching your friends die for teaching their beliefs.

Imagine being killed for helping others.

For the seven missionary martyrs discussed in Ed and Donna Brett’s latest book, “Martyrs of Hope: Seven U.S. Missionaries in Central America,” this was reality.

Ed Brett, a former La Roche College professor, has written many books about the Catholic Church in Central America.

To the Bretts, these people are far more than characters in a history textbook. The Bretts say they these people could be the model for change in the modern world.

The couple spoke to the La Roche community about some of the martyrs discussed in their book. They urged their audience to use these martyrs as examples in their own lives.

They spoke in the Ryan Room on November 14.

Ed Brett said that Central America has historically been a place of

extreme poverty and oppression. He explained: “The majority of people are poor not by accident. They’re poor because they’re meant to be poor. The upper class has set up certain structures—government structures, social structures, economic structures, that are meant to keep the poor poor. The poor are in a position where if they want to eat at all, they have to accept their position.”

Until Vatican II—an ecumenical council held by the Catholic Church that took place from 1962-65—the Church in Central America did little to help.

“For much of their history, the Catholic Church was part of the problem, not the solution. There are a lot of exceptions to this, but the bishops and the priests through Central America preached to the people something historians call fatalism,” Ed Brett said, explaining that fatalism refers to a belief that some people are predestined to be poor.

Vatican II, however, spurred Catholics to action.

Ed Brett said: “Vatican II said that it’s not sufficient for Christians to just be totally concerned with personal sin. Vatican II said that’s not enough—that there’s another sin aside from personal sin. That, of course, is structural sin. That is a sin that is put into structures—into economics, into politics, into social life—that are meant to keep people poor. If you look the other way on that, you’re not being a good Christian. Christians have to be concerned with structural sin—ending poverty and so forth.”

According to the Bretts, Vatican II was the turning point for the clergy in Central America. Ed Brett explained, “[The Central American bishops] say that the Church should have been more involved in social justice issues. In fact, they even call themselves a sinful church.”

The Catholic Church began to train locals as catechists, Ed Brett explained. These catechists were deployed to poor areas to help lift up the poor through faith.

Ed Brett said these catechists would find Biblical passages that would

help fight fatalism. He said: “In the Gospel of Luke, Jesus says it will be easier for a camel to get through the eye of a needle than a rich man to get into the kingdom of Heaven. Let’s say a Christian community is meeting and somebody reads this passage. The people start talking—these people who have fatalism in their minds—and they say, ‘Wow, right here where we live, we do all the work and we hardly get any money for it. Something is wrong here and maybe that’s what Jesus is saying.’”

But it was not just locally trained catechists who helped the poor of Central America. American missionaries also went to Central America to serve in this cause, Ed Brett said. Unfortunately, many of these missionaries would become martyrs. These are the people the Bretts emphasized in their book and their presentation at the college.

Ed Brett said, “They died because they chose to work for the poor

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SGA, continued from page 1

spaces aren't being used," Bosworth said, explaining that she felt people would be more likely to use the dorm lounges if they had wi-fi.

Bosworth also mentioned the possibility of turning a lounge into a movie theater or a relaxation space.

Bosworth and Premick said they wanted the entire board to participate in an upcoming SGA conference.

"We got information about Akron University having their own student government summit February 1. I would like to make a summit mandatory for everyone to go, because I think it'd be a really good experience," Bosworth said.

According to Bosworth, this would be a one-day event. She said the Student Development office would pay for it.

Premick discussed making a donation for Lori Arend, a counselor battling brain cancer. The board tabled idea with Premick saying they would discuss definitive plans at the next meeting.

Bosworth said that they wanted to begin working on a five-year plan. Bosworth explained: "The five-year plan is so that we don't have to keep starting over every year. Starting next year, we could have some big goals. Each year, you could pick up where you left off. We'd be able to complete bigger goals and have a bigger impact on the La Roche community."

Bosworth encouraged SGA members to come to their next meeting with ideas for this five-year plan.

Premick added that members should also consider goals for next semester.

Premick said they will hold meetings on Tuesdays at 5:00 next semester.

Individual SGA members also

reported their progress and goals:

- Alexandra Mroczkowski, director of Resident Affairs, said she had to cancel the latest take-out night due to inclement weather.

- Academic Vice President Sarah Thomas said she is working on an alumni directory. She is also spearheading the ongoing student survey.

- Cory Rezak, the judicial vice president, reported on a recent issue behind Peters Hall. According to Rezak, there was broken glass behind the residence hall. He noted that there were cameras, but they did not catch the incident.

- Director of Student Activities Lauren Ranalli announced that winter formal tickets are now on sale in Student Development. She also said that Student Appreciation Day will be held on December 6.

- Adam Greb, director of design and technology, said he is working on updating the recycling program.

- Jennifer Kardos, director of community service, said she has been working on implementing the college's new food pantry. "The food pantry is stocked up and we're still getting donations," she said.

- Director of Commuter Affairs Rheanna Abel said she is holding a commuter meet and greet next week.

- Abby Doyle, director of green initiatives, reported on the use of water fountains. "They're very well used," she said. "But the water bottles that were given out at the beginning year, students don't use them, so we talked about trying to find a way to incentivize students using reusable water bottles."



Missionary Martyrs, continued from page 9

majority, to better their condition. To do that in Central America is to take your life in your hands. It's to attempt to overthrow the status quo in the area and to do that, you can die."

Donna Brett told the stories of two missionary women who gave their lives serving the Central American poor.

Maryknoll Sisters Carla Piette and Ita Ford met in 1973 in Santiago, Chile, according to Donna Brett. Though they witnessed violence as Central American missionaries, Donna Brett said the conditions never deterred

to Ed Brett, he returned home, but soon realized that he could not leave the Guatemalan people he had come to love.

"The shepherd can't run at the first sign of danger, so he went back," Ed Brett said, adding that Rother told his family he didn't want to become a martyr.

On July 24, 1981, a fellow priest warned him of a death threat, but Rother refused to leave. He would become a martyr four days later.

"Stan died for his people," Ed said. Though these stories are in the

"What better models for real, radical Christian reform than these martyrs--people who immersed themselves with the poor and were changed?"

Ed Brett

these women. "In spite of all this violence, their faith actually grew stronger," Donna Brett said. "They were being prepared psychologically, physically, and especially spiritually."

Ultimately, both women would give their lives serving the poor.

Ed Brett also explained the story of Father Stanley Rother, the first official American martyr. Rother went to Guatemala, where he served the Indian population, learning their language and living among them.

Threats of violence plagued Rother, whose family and fellow priests urged him to return to the safety of the United States. According

past, Ed and Donna Brett maintain that their stories are relevant today.

Ed Brett said that, after the recent scandals in the Catholic Church, the stories could guide the Church in the right direction. He explained: "I postulate that our Catholic Church needs massive, radical reform. What better models for real, radical Christian reform than these martyrs—people who immersed themselves with the poor and were changed and came to be Gospel Christians? Maybe that's the model that we need to get our Church out of the mess that it's in today."

Food Pantry, continued from page 1

understand, and inspire them to help.

Sister Elena said: "We need to raise awareness. I think (it is), in part, because the North Hills is a fairly affluent area and (La Roche College) is just sort of tucked in the middle of McCandless, which is a fairly affluent township. People don't know where people in need are but, they could be your neighbors. They could be living in an apartment building, your neighborhood, in a duplex, wherever. But there are people who are financially struggling. And it can happen in lots of different ways. It's definitely something we need to be aware of, not in an intrusive way, but if you see somebody who looks like they are having a rough time, say something to them. Or, if you don't feel like you can say something, come to me, or go to the Dean of Students, or somebody, and say 'so and so looks like they are having a rough time, can you talk to them?' and we would be more than willing to do that."

As a college, there is a hope that the food pantry will inspire conversations that may need to be had, whether they

are about food, or other issues.

"Of course, as a college, we're all about learning. But there are a lot of things that need to be in place—a lot of structural support. One of the things we're hoping is that if people come and get food, it will be a doorway to a conversation to say, 'so are there other things you may need? Do you need to talk to somebody?'" Sister Elena said. "But I think that, if students can say that to one another, that is a really good thing. It's way more powerful for that to come from your peers, than from someone whom you might see as an authority figure."

The key aspect of the food pantry is no judgement. Sister Elena stresses that, no matter what, students can enter the Providence Food Pantry, and know that they will be okay. She wants students to be able to come to her, or to the food pantry, and be comfortable talking about whatever they need.

"Providence means 'God's care,'" Sister Elena said. "And we are here to be God's providence for one another."



© JULIA FELTON

Authors Donna and Ed Brett believe that Central American missionary martyrs can inspire change in the Church today.

"We are here to be God's providence for one another."

-Sister Elena Almendarez

Foster, continued from page 2

Yet, Foster also said, “In leaving the ministry to join the FBI, I took the easy road.”

Just a year after leaving the ministry, Foster said he found himself in Newark. “When I went to the Newark Office, they threw me on the Gambino Squad. All my friends were super jealous that I got this assignment,” he said.

Foster spoke of a particular case in Newark that affected him. He discussed Nicky Stefanelli—a leader of the Gambino crime ring. He explained: “Nicky Stefanelli was my first big win. I was a new guy and all the old, salty agents were like, ‘Listen, don’t even bother this guy. He’s never going to buy drugs from you. He’s never going to be stupid.’ Not only did I buy cocaine off his cohorts, but then I bought pills directly off Nicky.”

According to Foster, Stefanelli surprised the FBI not only with his honesty, but also by agreeing to cooperate. Foster said they wired Stefanelli long enough to document over 100 recordings, which could be used in 19 indictments.

But Foster said Stefanelli surprised the FBI again on the day they were ready to put him into witness protection. Foster said he was supposed to meet with Stefanelli. Instead, the FBI told him they couldn’t find Stefanelli, Foster’s source had been shot to death, and Stefanelli had given his family all his money.

“We found Nicky that evening. He was dead in a hotel room,” Foster said. “He had overdosed on the very pills we had bought off of him—it was some kind of poetic gesture, I guess.”

Nonetheless, Foster said Stefanelli had been surprisingly helpful. He explained: “His recordings allowed us to arrest nine people. There are some recordings that we needed him to testify to, so we lost some of the indictments we would have had. But he never spoke against the family—he recorded, but he refused to speak. That was a sad case.”

Foster said he learned from that experience, but he soon moved to a new aspect of his career.

According to Foster, he has actually enjoyed many aspects of an

FBI career. “I’ve had the privilege [to] work all five departments of the FBI,” Foster said.

The Stefanelli incident was an example of his experience working in the criminal department.

He then moved to counter-intelligence. “I was assigned to working Iran cases, specifically cyber attacks coming out of the Iranian government. There was a lot of activity,” Foster said.

After his time with counter-intelligence, Foster moved to a human sources position. He said, “What is a pastor to do in the FBI but talk to people? So, they threw me in on human sources, going out and finding people, recruiting them. These are my favorite years.”

Foster said his transition into the cyber crime department brought him to Pittsburgh. “Pittsburgh is probably the best division for cyber crime in the country,” he added.

Now, Foster works in anti-terrorism, which is where he says he found his niche.

“We have been touched by hate crimes this month in a way we never thought we would be. Our unit is working quite intensely on this,” Foster said of the recent shooting at the Tree of Life Synagogue. “I was second on the scene and got in the ambulance with Mr. Bowers. He had just murdered 11 people and I’m standing over him. I spent eight hours with what I would say is a monster—somebody who has no regrets.”

Foster said he had reported to other terrorism tragedies before. He went to Las Vegas after the shooting at a concert and to Newtown after Sandy Hook Elementary School was targeted.

“I was in Newtown and that’s the one that’s the hardest. Going up to Newtown, I was weeping. Sitting with those SWAT operators who were crying like babies—I will never be the same,” Foster reflected.

Despite the difficult aspects of his work, Foster maintains that he is meant to be an FBI agent. “I joined the FBI, because I thought I could be used in a meaningful way. I thought I could serve God in that capacity and not just behind the pulpit.”



© JULIA FELTON

Though he says he enjoyed working as a pastor, David Foster left the ministry to become an FBI agent.

According to Foster, this job has allowed him to minister to people to whom he never would have been able to minister. He says his career in the FBI allows him to utilize the skills he honed as a minister.

Foster said: “I worked some awesome cases and I’ve really enjoyed my career. But the things where I feel like I’m having the greatest impact are going back to my ministry skills. It’s working with the people around me who are fighting with alcoholism, are fighting with a broken marriage, are fighting with a child who’s fighting with suicide. I will tell you, in these moments, when I’m ministering with my presence or with my words, it is having the greatest impact.”

Foster explained that the FBI has found specific roles that allow him to use those ministry skills in unique ways. He said: “I’m a crisis negotiator, because I like to talk to people. That’s a skillset that works very well for my background. I’m also the religious outreach coordinator—they invented that one for me. I talk to the imams, I talk to the rabbis, I talk to the priests and the pastors. I speak chaplain.”

Although Foster says he still can’t specifically explain why he left the ministry for the FBI, he was meant to do so. He said, “I took a bold—maybe reckless—choice in the leaving the ministry, but you can’t outrun what God has called you to be.”

Tribute, continued from page 2



© DANIELLE DINATALE

The dance majors rehearsed at a studio five blocks from the Tree of Life Synagogue, which they honored with this dance.

of the college. So while this was our response to the tragedy, it was also a platform to engage the student body. We want them to care about what we do.”

Although not an immediate reaction to the tragedy, the LAF members wanted a way to support Tree of Life in the aftermath of the event. The club’s goal of the

“I interact with people in this community, I teach their kids ballet. When the tragedy happened, it wasn’t just another place on the TV screen, it was a place I passed by every week. It was very real to me.”
-Halle Mathieson

After the performance, the dance majors directed onlookers to the LAF table set up in the hallway. The table offered multiple fun ways to donate to Tree of Life, including a Pittsburgh Penguins ticket raffle and henna art.

Lauren Ranalli, president of LAF, said, “Tree of Life is a part of our Pittsburgh community and we believe that it’s important to always support our community when it is in need.”

fundraiser was to continue with the awareness of an ongoing issue and continue to support the affected families.

“LAF’s goal is to bring the community together and create a stronger sense of unity,” Ranalli said.



Kambic, continued from page 9

he lumbered out of the room with his big boots on. In a minute, my room was filled with females.”

Kambic said they apprehended the man and put him on trial. She said he was punished, but she never learned the details of the charges.

She also recalled a time when she visited a hospital dedicated to amputees. “There were all sorts of amputees—some with both arms off or both legs off. It was a horrible sight,” Kambic said.

Despite the drawbacks, Kambic said she liked being an Army nurse. She said, “Working in the wards was satisfying, because I could go around and talk to the patients and give them what they needed. It was rewarding to be able to do things for people.”

Kambic said she always felt appreciated. “I used to get tributes from [patients] when I got home,” she recalled. “They would write and tell me how much they appreciated what I did.”

By the time she retired from the Army, Kambic was a second lieutenant in the U.S. Army Nurse Corps.

Kambic said she had an easy time finding a job after the army. “I didn’t have any trouble finding a job, because I had a bachelors’ degree. I got a job—I taught nursing,” Kambic

sister. This was hard for her sister—who had six children to care for—so Kambic said she helped as much as she could. She said, “I was working up near Erie, and I used to come

said.

Kambic said she had considered a religious vocation for much of her life. “Even as a young girl, when I was in high school, the sisters from our church thought I was a good candidate for religious life,” Kambic recalled. “In fact, they took me to their convent one time and I stayed with them for a day.”

After joining the Sisters of Divine Providence, Kambic continued her nursing career. She said she had a difficult position in this nursing stint, but she had enough experience to handle it. “They gave me the hardest patients to take care of, but I was good at it. I’d developed a good personality,” Kambic said.

When Kambic finally retired from nursing, she refused to slow down. She began to campaign for recycling—and she is still passionate about the issue today.

“I decided saving the world will be my vocation from now on,” Kambic said.



“I decided saving the world will be my vocation from now on.”

Sister Melanie Kambic

explained.

Kambic eventually became a nurse practitioner, earning her master’s degree from the University of Pittsburgh.

In addition to numerous nursing and teaching jobs, Kambic said she served as a nurse in rural areas, where medical care was hard to find.

Her nursing instincts also came through when her family needed her. Kambic said her mother broke her hip and had to move in with her

home every weekend to take care of my mother, to relieve my sister.” Kambic said she eventually moved home to care for her.

She added that she nursed her brother as well. “I used to take good care of him,” Kambic said.

When her brother passed away, Kambic said it opened a new door for her. “When he died, I said, ‘I guess I’m free to go to the convent now.’ I was 37 years old when I joined the Sisters of Divine Providence,” she

Rogers, continued from page 3

“To be in ROTC, you have to devote all of yourself to working towards the end goal.”

-Julia Rogers

Rogers said, “I have to plan a lot of my time carefully. ROTC gives homework to do and I devote a lot of my time to preparing for it, so there isn’t much time to waste. Since I plan out most of my time I am able to relax and do things I enjoy a lot.”

Along with the rigorous work involved in ROTC within the classroom, Rogers also gets to participate in more involved and rewarding events outside of the classroom. She was able to fly a plane with the help of her ROTC branch, and Pitt honored them at their last home football game.

“Before the game, we marched to the field and people outside were clapping for us,” Rogers said. “They announced us in front of everyone and they all cheered. It felt good to be recognized.”

Through all her experiences, she knows that, in order to succeed, she must stay committed, and work hard. All of the hard work pays off in different ways, and the end goal will be rewarding.

“To be in ROTC or even just a regular college student, you have to devote all of yourself to working towards the end goal, whether that be a degree, a career, or your passions,” Rogers said.

Rogers hopes that, after completing her time with the ROTC, and her criminal justice degree, she will go on to be an Intelligence Officer within the Air Force, along with flying planes.

For now, she plans to continue to work on school and ROTC, and plans to study abroad in the spring.



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As a member of the ROTC, Julia Rogers was able to fly this plane.

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information that Mungai said is important to get from people directly involved. He said that you can learn about Africa in the news, but it’s better to hear from people with direct experience.

He said, “The conference gives you a window to see what’s really going on.”

Mungai said this experience taught him things he would not learn in the classroom. “In all of my classes I’ve taken in finance, I have not learned anything about Africa,” he said.

This information can also help Mungai make the most of his academic experiences. He explained,

“There’s a lot of opportunities in Africa, but there’s also immense challenges at the same time. It’s exciting for me to learn that Africa has a lot of growth embedded in it.”

-Mark Mungai

“The conference is going to help me navigate around my classes more. Now I know the kinds of questions I need to ask [about] how these things relate to the business in Africa.”

As a member of FIG, Mungai said he tried to share this new knowledge with other La Roche students. He said he gave a brief overview of what he learned at the conference during a FIG meeting. He added that he’s trying to encourage other students to attend in the future.

Mungai said he hopes to go back next year, too.

Though the conference is always about Africa, it presents unique and updated information annually. “Every year, the theme changes and the speakers change,” Mungai said.

He explained that students who attend every year will be able to stay up-to-date on these issues. Mungai said, “The benefit of attending this conference year after year is you get to see what’s really happening and what’s not happening. You’ll be in touch with what’s happening economically, politically, socially.”

According to Mungai, attending this conference will also help his career prospects. He said, “This can make you seem like a very valuable person wherever you’re working.”

Mungai explained that he already knows what he wants to do after college. “Upon graduation, I hope to get into private equity as an analyst,” he said, adding that he wants to work in the U.S. after graduation.

“Maybe long-term, I hope to go back to Africa. But it depends on how my career spirals,” Mungai said, adding that he may want to work in other parts of the world, as well.

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both hit at least 20, but both didn’t hit to their potential as their average was in the mid .200s.

Josh Bell, the first baseman, only hit 12 homeruns. He’s young and needs to keep developing. This team could use a big-time hitter playing third base, perhaps. Jordy Mercer was their consistent shortstop. Sean Rodriguez sometimes played there or whoever Manager Clint Hurdle decided to throw in that spot.

This team could use a new shortstop who hits for average. Unfortunately, there is not much on the market. If the management is smart, they’ll make a trade or a signing for a power hitter and maybe a shortstop or, at least, a better utility man than Sean Rodriguez.