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La Roche University President Candace Introcaso and Academic Vice President Howard Ishiyama joined La Roche students at the new La Roche University sign after announcing the school's name change on March 26.

See page 2 for the full story

Science Center set for redesign

BY JULIA FELTON
EDITOR-IN-CHIEF

Palumbo Science Center is getting a makeover.

Academic Vice President Howard Ishiyama said renovations are scheduled to begin directly after the May commencement ceremony. The renovations will mainly focus on the second floor. Ishiyama said the school discussed the possibility of updating the first floor, but those plans are not yet definitive.

Ishiyama said they expect renovations to be completed in December. "We are absolutely going to be open for the spring semester," he said.

Though the first floor may not see any renovations, it will be temporarily closed during the second-floor renovations. Ishiyama explained: "Since we're doing the second-floor renovation, we also have to close the first floor for a period of time. The first floor is going to be closed over the summer entirely. Depending upon what stage they are, we'll reopen probably at the beginning of the semester, but it'll invade the fall semester a little bit. It'll depend on the construction."

According to Ishiyama, these renovations will provide larger and

more updated labs and classrooms. He said: "The whole purpose is to provide a larger footprint for those classrooms. At the same time, in so doing, modernizing everything. Students are going to see top-of-the-line equipment and technology. It's just going to be so much nicer."

Ishiyama added that some equipment in the existing labs is simply too outdated. With the new renovations, "issues with older equipment simply won't persist."

Dr. Rebecca Bozym, associate professor of chemistry, said, "The renovation will entail completely knocking out all of the walls on the second floor. The space will be redesigned into faculty offices on one side and labs and support on the other side, so the unending circling hallway will be no more."

Bozym said they will be adding a new tissue culture lab. She said: "There I will be able to culture cell lines that we can use to test responses to external stimuli or alter their gene expression and study intracellular

SEE PALUMBO SCIENCE
CENTER, PAGE 19

LRU cracks down on hazing

BY JULIA FELTON
EDITOR-IN-CHIEF

La Roche instituted an anti-hazing policy on April 4.

The policy states: "La Roche University is a community of people dedicated to academic achievement and personal development. The University recognizes the value of student engagement through student organizations and student involvement. At the same time, hazing, a ritual often associated with participation in a student organization is strictly prohibited at La Roche University."

This policy applies to students, faculty, and staff, as well as student and alumni organizations. The policy says it pertains to any event hosted by a La Roche organization, on or off campus.

Director of Student Development David Day said, "It is illegal to intentionally, knowingly, or recklessly force or coerce a student to violate criminal laws, consume food, liquids, alcohol or drugs that would subject the person to risk of emotional or physical harm." He added that hazing could also include date rape, gang rape, or sexual harassment.

According to Day, this policy was enacted in accordance with a new

state law that requires all institutions to enforce an anti-hazing policy. "It is in response to the death of a Penn State student at a fraternity house a couple years ago," he said.

Any student who witnesses hazing should report it to Day or Director of Public Safety Mark Wilcox.

The policy says, "No student seeking medical treatment for the effects of hazing will be subject to university discipline for violating the university hazing policy."

Day said it is important for students to report any incident of hazing. He said, "Hazing is unacceptable in any form and will not be tolerated."

According to the policy, "La Roche University will investigate all allegations promptly and in accordance with defined internal procedures."

The policy states that students, organizations, or employees who violate the hazing policy will face disciplinary actions. These actions could include "withholding of diplomas, disbandment of the organization, probation, dismissal or termination."

The hazing policy can be found at https://www.laroche.edu/About/Public_Safety/Hazing_Policy/.

LRU

BY JULIA FELTON
EDITOR-IN-CHIEF

Welcome to La Roche University!

La Roche University President Candace Introcaso announced the news on March 26 to a standing room only crowd in College Center Square. Introcaso said, "Defining moments, whether in our personal lives or in the life of an institution, can be marked by internal feelings of great joy and pride in accomplishment. I hope that you will feel that this afternoon.... Today, March 26, 2019, all of us are gathered together as we reach another milestone in La Roche's history. It's official. We are La Roche University!"

Students, faculty, and staff cheered at the news.

Introcaso said, "Thank you first to God who blessed this college. First and foremost, we express our gratitude to God."

She then thanked Dr. Howard Ishiyama. "I'd like to take this

opportunity to personally thank Dr. Howard Ishiyama for his outstanding leadership in guiding La Roche University. His tireless work—along with that of his staff and his university transition committee—has brought us to this day."

Introcaso recognized the entire transition committee: Dr. Rosemary McCarthy, Brady Butler, David Day, Hope Schiffgens, JR Young, Joan Cutone, Gina Miller, James E. (Chip) Weisgerber, Tom Schaefer, Lisa Camphouse

The entire event was also broadcast live on FaceBook so that alumni and friends of the school could participate across the world.

During the announcement, the La Roche community enjoyed cake and cookies, as well as new shirts and cups bearing the new name.



*"It's official. We are La Roche University!"
- President Candace Introcaso*



People

Providence Heights welcomes two Korean sisters

By KATHLEEN KENNA
CONTRIBUTING WRITER

For the past few weeks, Julia Felton and I have had the privilege of helping two Sisters with their English while they are touring America. Sister Thomas and Sister Paul are from South Korea. I spoke to them with Sister Veronica Kim's help as a translator.

Thomas and Paul are touring America before they return to Korea for their final vows. After Pittsburgh, they will go to Texas and finish their trip in Chicago. Their goal for visiting America is to improve their English and offer help where they can.

The Sisters' Motherhouse is in Hwaseong City which is near Suwon. For reference, it is directly across the country from where the 2018 Pyeongchang Olympics were held. In Kim's words, "they are city girls," and the more rural aspect of our campus was exciting to them.

During their time here in Pittsburgh they have been first and foremost studying English and going to prayer. But, they have found time to squeeze in some quintessential Pittsburgh touristy things.

They both attended the St. Patrick's Day parade with some of the other sisters, and they got to meet Bishop David Zubik. Some of our local sisters took them to Mount Washington to see that beautiful aerial

view of the city that Pittsburghers are so proud of.

"It was cloudy," Thomas said, but she still enjoyed it.

Something else they both enjoy is taking walks and they both have loved to see all the nature here. Thomas even showed me a picture of a groundhog she saw one day.

I asked them if they had heard of Pittsburgh before they came here. Paul had; she knew sisters in Korea who had studied here. But, Thomas shyly shook her head with a laugh. However, she is glad to be here and told me she would like to return someday.

Paul even has hopes of returning to study here at La Roche someday. She said the people here are very friendly and she will miss them all.

In fact, the friendliness of people here is one of the things they both stated as a reason for liking the U.S. They were happily surprised by people's patience. Paul said she was very happy to not have to be embarrassed or nervous when speaking. Before they came here, they thought of the U.S. as a strange place, but now they both feel comfortable here.

SEE SISTERS, PAGE 15



© KATHLEEN KENNA

Sister Thomas (left) and Sister Paul (right) are visiting Providence Heights.

LRU dancer to dance with renowned studio

By SARAH HEFFERIN
ENTERTAINMENT EDITOR

Freshman and Pittsburgh native Renee Simeone gets to soak up the sun this summer from New York City as a part of the Martha Graham Summer program. Simeone was one of only two students from La Roche University's Dance Department to be chosen for the scholarship opportunity.

Since she was four years old, Simeone has been dancing. So, completing her Bachelor of Art's for dance performance at La Roche University was a no brainer.

At La Roche, not only does she dance on campus, but she is a trainee with Bodiography, owned and created by Maria Caruso, who works as the Department Chair of the Performing Arts Department.

For her, dance offers a unique challenge to everyday life.

"Dance in general is a very demanding art form, both physically and emotionally. It is an exciting challenge to have something that requires so much both athletically and artistically from me as an individual," Simeone said.

During a collaboration for an upcoming performance with Martha Graham Company, Simeone got to collaborate with Graham dancer and director Virgine Mécène. Through the rehearsal process, Simeone was offered the scholarship.

The scholarship itself will allow Simeone to travel to New York and attend the Graham School's summer dance program in July for three to six weeks. While this will be a challenge, Simeone is very excited for the opportunity.

SEE SIMEONE, PAGE 17

SGA finalizes semester goals

By JULIA FELTON
EDITOR-IN-CHIEF

La Roche's Student Government Association (SGA) is finishing their projects for the spring semester.

According to SGA President Brittany Premick, SGA will sponsor student appreciation days from April 23-28.

Director of Student Activities Lauren Ranalli is in charge of organizing the student appreciation events. According to Ranalli, these activities will include things like coffee giveaways, stress free events, service events, and a student appreciation dinner.

SGA finalized plans for their annual SGA gift. Vice President Allison Bosworth designed a survey to gauge which gift students would prefer. She said the options listed on the survey were a movie room, a relaxation room, outdoor seating, a green wall, or a temporary fix for the courtyard.

Premick said that, based on

the survey results, SGA decided to renovate the courtyard. She said renovations will also include outdoor seating.

According to Premick, SGA will also host a highway cleanup event on April 13, which will be mandatory for all SGA members. WHERE?

Premick said they will be participating in the Easter Bunny Brunch on April 14.

Premick also encouraged SGA members to participate in an upcoming fundraising effort for the Leukemia and Lymphoma Society. The Pittsburgh Steelers will face off against La Roche faculty for a basketball game in Kerr Fitness Center.

SGA will hold elections on April 9 and 10. Premick said anyone not running for a position next year will have to help organize elections. "All seniors and anybody that's not running, you

SEE SGA, PAGE 14

Service

La Roche students dedicate Spring Break to service

BY JULIA FELTON
EDITOR-IN-CHIEF



© COURTESY OF JESSICA NAKAMURA

(Left to right) Angelique Savior, Jessie Nakamura, Morgan Ward, Babin Thapa, Mark Muiruri, Jen Kardos, Dylan Kisic, Chloe Harvey, Becca Najdzinski, Rachel Hibshman, and Steve Benson dedicated their spring break to serving others by volunteering to work with immigrants in Texas.

During spring break, ten La Roche students boarded a plane to Texas. Many of the passengers were other students, heading to a popular beach for a week of partying. But the students from La Roche had very different plans for their spring break. Rather than spend a week soaking up the sun, this group of students spent their time volunteering at respite centers for immigrants.

Among those students was Jessica Nakamura, who said that some people asked her why she would give up her spring break to volunteer. She said, "The satisfaction that you get from helping people is more fun than you could have on a spring break trip to a local beach."

Nakamura said they started working at a respite center. She explained that after immigrants are released from Immigration and Customs Enforcement (ICE) detention, they are sent to these centers by the busload. "Their next leg of the journey involves getting from that respite center to wherever they have family members that have sponsored them. In order to get them where they need to go, the respite centers offer them a night where they can shower, use the restroom, get a change of clothes and new shoes, and have a nice meal," Nakamura said.

SEE SPRING BREAK SERVICE TRIP, PAGE 14

Car cruise to combat cancer at LRU

BY JULIA FELTON
EDITOR-IN-CHIEF

The Campus Car Society is revving up car enthusiasts for a good cause.

According to Luciano Vizzoca, president of the Campus Car Society, the club's first car meet will benefit the Leukemia Lymphoma Society.

The event is scheduled for May 4 from 11:00-4:00, with a rain date scheduled for the next day.

Vizzoca said they will charge \$10 per car, with all proceeds benefiting the Leukemia Lymphoma Society. Spectator admission is free.

Raising money for the Leukemia Lymphoma Society is personal for Vizzoca and his family. "My dad had Hodgkin's Lymphoma when he was 12, so it's big for him," Vizzoca explained, adding that his father is a candidate in the Leukemia

Lymphoma Society's Man of the Year competition.

Motivated by his father, Vizzoca said he wanted to create an event that could help those battling this illness. "Just helping out the people with cancer is big," Vizzoca said. "This all goes towards research, so it could really help a kid in the future."

He said he also wanted to host an event that will be enjoyable for La Roche students. Vizzoca said, "[It's] something fun to do. All the students say there's nothing fun to do during the weekends, so I think it's just something fun to do on campus."

Vizzoca noted that he hopes to encourage local families to participate.

Though he does not know exactly how many cars will attend, he said he is hoping for around 200 or

300. "We've been talking to people with supercars, classic cars, a whole variety," he said.

In addition to a parking lot full of cars, Vizzoca said he and David Day, the club's faculty advisor, have been contacting vendors. Vizzoca said, "We're reaching out to small car companies around Pittsburgh."

They will also have a table set up where people will be encouraged to donate to the Leukemia Lymphoma Society. Vizzoca said he hopes to have a representative from the organization there.

Though Vizzoca is spearheading the event, the entire Campus Car Society is getting involved. Vizzoca said he expects 10 to 15 members of the club to participate. "The members are going to be doing the

50/50 and the raffle [and] walking around trying to get donations and directing where the cars go."

Vizzoca said he hopes this event will represent the goals of his club and La Roche. "Our goal was to bring car people together for a good cause," he explained. "La Roche wants to come together and do something good for the community."

He said he hopes to make this an annual charity event on campus.

If you are interested in donating to the Leukemia Lymphoma Society, please visit <https://pages.mwoy.org/wpa/pgh19/lvizzoca>.



Health

Counseling and Health Services help students cope with anxiety

BY MINA HOLLAND
ASSOCIATE EDITOR

How do you handle stress and anxiety in college? Some deal with it better than others. That is, depending on their mental health and certain times of the college year. Throughout the years, one's mental health can negatively affect them in different ways during college.

Lori Arend, director of Counseling and Health Services at La Roche University, agrees with this. "Anxiety, stress, depression, and relationships are the four top things that we've seen for the past couple years," she said.

Mental health issues have increased through college years. "In mental health we've seen a lot more kids in need of services to come in and get help with their mental health issues. That's on the rise," Arend said.

Reasons behind the increase in stress in college students can deal with many factors. "We absolutely see peaks [in stress] at midterms and finals weeks. Everybody gets a little bit anxious," Arend said. "And if they didn't do so well, then they would rethink everything. We go up, and we get very busy. But anxiety definitely ebbs and flows. Kids have it underlying and it just gets heightened at those times."

Academic and social situations can heighten stress and pressure on college students. "Especially if they care about their grades and they want to do well," Arend added, saying that college is especially different from high school in terms of academic work.

"[In college] they're given the syllabus and that's their life for the next 16 weeks. And some students have no idea how to do that or manage their time," said Arend. "For some kids it takes a semester, others it takes a year, but students do get it together and they make it."

Arend noted many ways for students to cope with anxiety in college. "You have to take care of your basic needs. You've got to eat, you have to sleep, and you've got to do some restful things and some relaxing things, too. So it's a whole approach in taking care of yourself," she said.

Arend recommended both medicine and therapy for people struggling with their mental health. "I do not believe in just medicine at all. I believe that medicine gets everything going the right way it's supposed to go, with the neurotransmitters in the

brain in all the correct ways. But, you have to learn different ways to cope and you can't do that with medicine. That's in talk therapy. That's when you come here and learn different ways you can handle your stress and anxiety," said Arend.

Arend said that students find out about La Roche's Counseling Services through LRX classes. "We go into all the LRX classes and meet every-

SEE COUNSELING AND HEALTH SERVICES, PAGE 15



© MINA HOLLAND

(Left to right) Lily Starr, Erin Dorsch, and Lori Arend help students deal with stress and anxiety in the Counseling and Health Services office.

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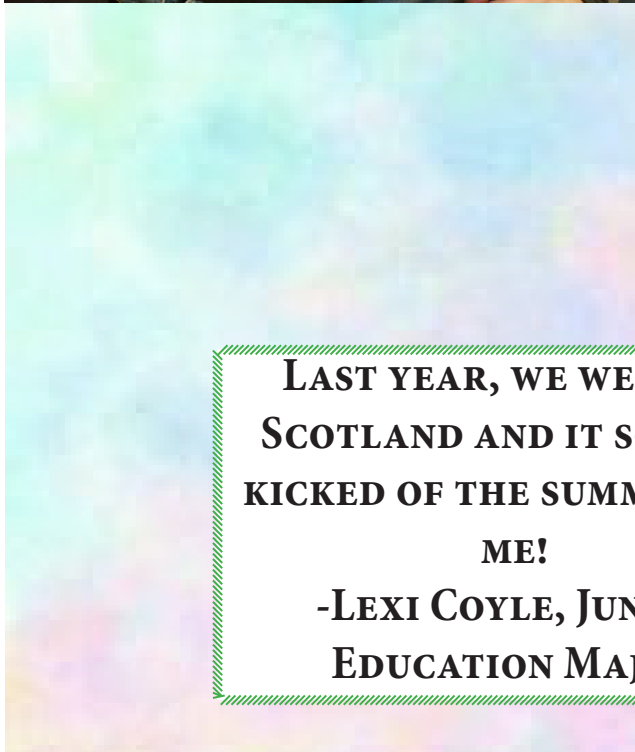
Entertainment Editor Sarah Hefferin asked students: What is your favorite summer memory?



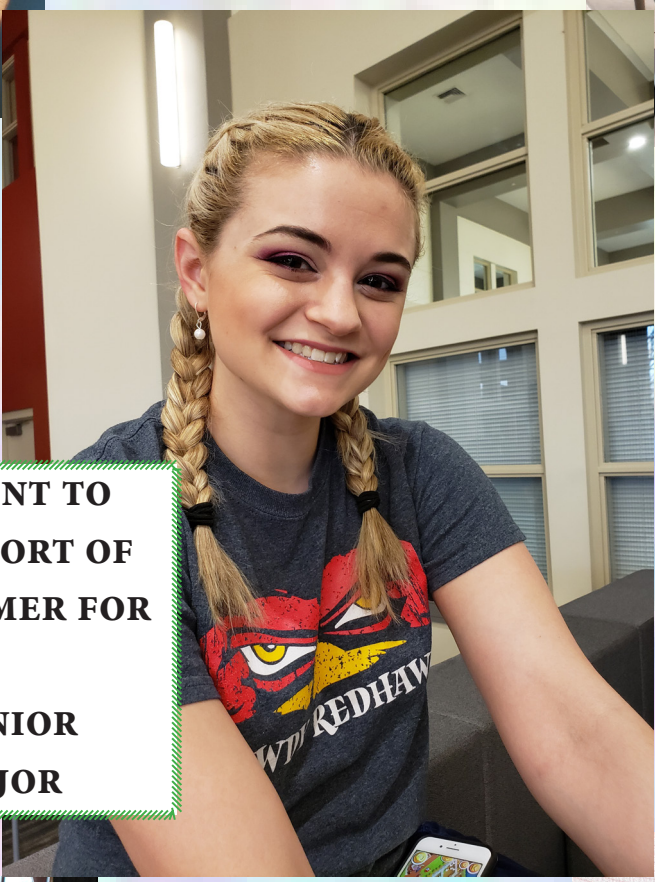
**MY FAVORITE MEMORY WAS PLAYING DISK GOLF WITH FRIENDS!
-ZACHARY RUBY, JUNIOR PROFESSIONAL WRITING MAJOR**



**I TRAVELED TO WASHINGTON D.C. LAST SUMMER FOR AN INTERNSHIP.
-REBECCA NAGDZINSKI, SENIOR INTERNATIONAL AFFAIRS MAJOR**



**LAST YEAR, WE WENT TO SCOTLAND AND IT SORT OF KICKED OFF THE SUMMER FOR ME!
-LEXI COYLE, JUNIOR EDUCATION MAJOR**



**MINE WOULD BE HELPING WITH VOTER REGISTRATION IN PITTSBURGH.
-CHLOE HARVEY, SENIOR SOCIOLOGY MAJOR**



**MY FAVORITE MEMORY IS MEXICO LAST SUMMER. THE LAST DAY I WAS THERE, I GOT UP REALLY EARLY AND WATCHED THE SUNRISE.
-ISIS OSORIO, FRESHMAN INTERNATIONAL STUDIES MAJOR**

Finance

Best credit cards for students

By IAN DEE THEURI
CONTRIBUTING WRITER

The majority of students have access to a debit card.

A debit card is a plastic payment card that can be used instead of cash when making purchases. It is similar to a credit card, but, unlike a credit card, the money or funds are immediately transferred directly from the cardholder's checking account when performing a transaction.

Debit cards do not help in making of a credit score, which is important because it helps a lender decide how likely you are to repay your debts. Considering we are students, a credit card is helpful when building a credit score.

So, what's a credit card? A credit card is a card issued by a financial company which enables the cardholder to borrow funds. The funds may be used as payment for goods and services. Issuance of credit cards has the condition that the cardholder will pay back the original, borrowed amount plus any additional agreed-upon charges. The issuer pre-sets borrowing limits which have a basis on the individual's credit rating.

There are four main types of credit cards; rewards, low interest, balance transfer, and secured credit cards. A rewards credit card usually earns rewards on someone's purchases. Some cards will pay out at a flat rate of about one percent to two percent. Others will give an extra bonus in predetermined spending categories. Rewards are paid out in a variety of forms, including airline miles and free hotel stays, checks, and gift certificates.

Low interest credit cards are best for someone who carries some credit card debt month-to-month. Depending on someone's financial situation, they can choose a card with a dependably low ongoing interest rate, or one that has no interest for an introductory period.

Balance transfer cards are usually meant for people who have already

accumulated a lot of credit card debt. They allow people to shift their debt from their current card to a new one and give them a period of six to 21 months to pay it off interest-free. Normally, there is a one-time balance transfer fee of up to five percent.

Secured credit cards are usually meant for those with bad credit. They require someone to post collateral when they open their account, which is usually equal to or greater than their credit limit. This card helps someone build up their credit score and sooner or later, move on to an unsecured card.

Most college students have finite encounters with credit cards and other different forms of credit. Students' credit histories are often thin or nonexistent. Hence, the single most important reason for a student to apply for a credit card is to build a positive credit history.

Students should look for cards that report timely payments to consumer credit reporting bureaus (companies that collect and maintain consumer credit information). After that, they should play their role by making in-full, on-time payments. The best student credit cards usually have very low fees, reasonable annual percentage rate of charge (APRs), and others have perks that specifically appeal to college students. Also, some have cash back programs that reward spending on routine purchases like gas, groceries, and dining out.

I will discuss about five best credit card options on the market today for students:

The first credit card is Journey Student Rewards from Capital One. This is a low-fee student credit card that's ideal for students with passable credit and a preference for cash back rewards. Its biggest benefit is the cash back program. A student will earn one percent cash back on all purchases and get 0.25 percent cash back bonus each month that they pay their statement on time. They can redeem their rewards as a

statement credit or check at any time, and in any amount. Someone can set their rewards balance to redeem at \$25, \$50, \$100, or \$200, or on a pre-determined date. Other perks include an automatic credit line increase after five months of on-time payments, and minimal fees. There's no annual fee or foreign transaction fee. Late payments cost up to \$38. Cash advances cost \$10 or three percent, whichever is greater. Also, there's no introductory APR (meaning you don't have to pay interest on your purchases for a specific time period).

The second card is Discover It Student Cash Back. It has a nice cash back rewards program. A student can earn one percent cash back on purchases with no spending caps or restrictions. Purchases in quarterly rotating spending categories (such as department store or gas station purchases) earn five percent cash back, up to a \$1,500 quarterly limit across all active categories. Quarters begin January 1st, April 1st, July 1st, and October 1st. Also, at the end of a student's first year as a cardholder, Discover automatically doubles all the cash back they have earned over the previous 12 months. In addition to that, someone gets an additional \$20 cash back every year their GPA stays above 3.0, for up to five years. One downside is that Discover it for Students is meant for students with good to excellent credit. If you have poor credit or a spotty credit history, you'll have trouble qualifying. This card has no annual fee. Its balance transfer cost is three percent of the transferred amount. Its cash advance fee is the greater of \$10 or five percent of the advanced amount. It does not have foreign transaction fee or late fee for your first late payment. However, there is a \$35 fee for subsequent late payments.

The third card is Discover it Chrome for Students. Dining and gas purchases earn two percent cash back, up to \$1,000 in spending per quarter. Dining and gas purchases above this

spending cap earn an unlimited one percent. All other purchases also earn an unlimited one percent. Discover it Chrome for Students pays students \$20 cash back every year their GPA stays above 3.0, for up to five years. There is no annual fee or foreign transaction fee. Balance transfers cost three percent of the transferred amount. The cash advance fee is the greater of \$10 or five percent of the advanced amount. There's no late fee for your first late payment but there is \$35 fee for subsequent late payments. This card has a zero percent purchase APR for six months and 10.99 percent balance transfer APR for six months from the date of someone's first transfer, which must occur within three billing cycles of your account's opening date.

The fourth credit card is Capital One Secured Mastercard, which is a secured credit card. This card is different from the credit cards I've mentioned above. Before a student starts spending, they need to make a cash deposit of \$49, \$99, or \$200. The deposit entitles a student to a credit limit of anywhere from \$200 to \$1,000, and that depends on their creditworthiness. A student can subsequently raise their credit limit by making additional deposits. However, purchases still need to be paid for every month, just as you would with a normal credit card. Deposits won't be credited against the purchases. If several months pass by and a student demonstrates a pattern of timely payments, Capital One can raise their credit limit without requiring any additional deposit. I would say the biggest drawback of this credit card is its purchase APR. It's significantly higher than many other student credit cards. However, its fees are reasonable and it's accessible to students with poor or spotty credit. This card has no annual fee or foreign transaction fee. Cash advances cost the greater of \$10

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Interested in joining our staff?

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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Clubs

Delta Mu Delta welcomes former president of Alcoa Russia

BY MINA HOLLAND
ASSOCIATE EDITOR

On Wednesday, April 3, businessman, former president of the company Alcoa in Russia and co-author of *A Field Guide to Business Ethics*, William "Bill" O'Rourke, visited the Delta Mu Delta Honors Society at La Roche University.

From 3:30 to 5 p.m. in the Palumbo Science Center lecture room, O'Rourke spoke about moral integrity and safety in business organizations and how they benefit everyone in the business world, as well as the social world as well. O'Rourke talked about his time in the military, law school, and becoming president of Alcoa, an aluminum corporation with headquarters in Pittsburgh, PA.

O'Rourke said that he was employed at U.S. Steel shortly after his time in the military. "I was at U.S. Steel and then I was going to law school at the same time. What was tough balancing was being an industrial engineer and going to law school at the same time. It was so time consuming," he said.

"The military was just one good experience to have early in your life, and it teaches you a lot of patriotism

and a lot of honor," O'Rourke said. He added that he was sent in near the end of the Vietnam War, saying that many soldiers who came home from the war were not welcomed. "Over time, I've felt better about the [military] service than I did at the time," he said.

O'Rourke said he decided to go to Alcoa in Russia, under his boss, Paul O'Neill, and O'Rourke became president of Alcoa-Russia from 2005 to 2008. "I [got] to learn another culture, which is wonderful, and getting to know those people. Actually, getting to put to practice Paul O'Neill's idea that if you get safety right, you get everything else right," he said. "[O'Neill] taught me that, but I never got to practice it until I went to Russia. And, it actually worked and we did get safety right there, and I'm really proud when I look back."

O'Rourke added that before he went to Russia, the country was killing five people, every year, for 50 years in their factory. "They've now gone seven years without a fatality in



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William "Bill" O'Rourke, former president of Alcoa Russia, visited LRU.

SEE O'ROURKE 17

Sigma Tau Delta hosts book reading for member of LRU staff

BY HEATHER RADICK
CONTRIBUTING WRITER



© COURTESY OF MAGGIE BRIGGS

Natasha Garrett shared stories from her new book with Sigma Tau Delta.

Perhaps it is not such a terrible thing after all to have more than one place that I can call my home.

Natasha Garrett, Director of International Student Services at La Roche University, spoke at a La Roche University Literary Society Event on February 22. The Literary Society sponsors literacy and community engagement by inviting Pittsburgh area writers to lead presentations on various topics and experiences. To a rapt audience, Garrett read excerpts from *Motherlands* and meditated on the unique experiences of a European immigrant that "made it" in the industrial city of Pittsburgh.

Garrett was born and raised in Macedonia and currently lives in Pittsburgh with her husband and son. In her collection of personal essays and poems, *Motherlands*, Garrett explores various facets of the modern immigration experience.

Weaving academic and literary sources, as well as personal and professional experiences, she uses transnationalism as a springboard for discussing a range of topics such as

home, motherhood, identity, bilingualism, family, education and travel. The essays in *Motherlands* offer a well-researched, witty, and heartfelt look into immigration both as a global phenomenon and as a deeply intimate experience.

Her anecdotes about struggling to find peace in an unfamiliar city and slowly learning common English colloquialisms present a picture that may not specifically pertain to everyone in the audience, but they contain the intimate foundations of universal human truth and identity.

"I am Huckleberry Finn written in Cyrillic," she said, clearly illustrating her poetic talent and also providing a window into the sometimes ineffable experience of a woman learning the foundational structure of American life while still struggling to read her W2 forms in English.



Travel

Study abroad trip to Scotland ignites student's passion for travel

BY DANIELLE DiNATALE
ASSOCIATE EDITOR

I rarely was awake to see the sunrise, but seated on a recently descended plane, I peered out at the pink and gold landscape ahead of me. About 3,446 miles away, everyone I knew slept soundly; it was 1:57 a.m. in Pittsburgh, after all. In Scotland, travelers pulled their luggage from overhead, bleary eyed and stretching as much as they could manage in the cramped space around them.

I'd never thought much of travelling. The idea of it was more of a dream than a goal I expected to happen. For most of my life I'd been tied to Pittsburgh, venturing to a few other states every couple years for a short vacation. As I walked off the plane and into the terminal, I still didn't believe that I was really in another country. Not even being questioned at customs, meeting our tour guide, or getting onto the bus for another 45 minute ride to the city was enough to make the point sink in that I was far from home.

It wasn't until I stood, staring up at a cathedral spire, that I believed it was real.

Scotland was an experience, an adventure, and full of lessons. As well

as igniting my desire to travel, it gave me insight into how similar people are to one another, even when they live in different worlds.

Edinburgh was supposed to be gloomy and dark, filled with gray storm clouds and the possibility of rain. That weather lasted for one day. By the next morning the sky was clear and blue, so bright that people in the streets warned us that this wasn't the true Scotland experience. Although it was still windy and cold to us, the Scots celebrated this weather by wearing shorts.

I stayed bundled in long sleeves and a coat, hands shoved into my pockets on the days that the wind was truly unforgiving. There was no escape from it, whether I stood 800 feet up on a mountain in Holyrood Park, or took a walk down the street to a cafe. The wind was a small price to pay for no rain, though it made me wonder why I'd bought a pair of rainboots and wore them the entire trip.

It didn't take long for me to fall in love with Edinburgh. Most of the

SEE SCOTLAND, PAGE 15



© DANIELLE DiNATALE

La Roche students experienced Scotland's beauty and history during a study abroad trip to the country.

Students wrap up semester in Rome

BY SARAH SANTUCCI
CONTRIBUTING WRITER

Bags are starting to get packed, finals for the students at La Roche University in Rome are about to take place. Three months ago, five students from La Roche University ventured out of their comfort zones to travel abroad to immerse themselves in another culture, language, and lifestyle. Now, their time in Italy is coming to an end. With unforgettable memories and maturing growth, they are ready to go back home and share their experiences.

The program in Rome has changed the global outlook of these students in many ways. Middle level education major, Natasha Florence, stated, "I feel changed by this experience because I feel more culturally aware and more independent."

From the beginning of the semester abroad, a sense of uncertainty for exploring has changed into an inspirational rush to travel around as much as possible. International Studies major, Samantha Osman stated, "I do feel changed and I know that because I've gotten one step closer to what I want to do with my life. I also became more aware of the world."

In the past few months, students were involved with the culture. With

"I feel changed by this experience, because I feel more culturally aware and more independent."

- Natasha Florence

a trip to Vatican City and the Vatican City Museums, a higher appreciation for the art formed. All the students have been back to Vatican City since their first visit to see the largest papal basilica in Rome, St. Peter's Basilica. This magnificent symbol of the Catholic Church contains art from the top of the dome to the underground Scavi.

Last month, the school took an overnight trip to Venice with the students. Between Florence, Venice, and Rome, each city is completely different. From the architecture to the types of food based on the region in Italy, traveling to another culture and

lifestyle is one train ride away. Self design major, Sarah Nichols, has a passion for art. One thing Venice is famous for is Venetian glass. Nichols stated, "We visited Morano, an island outside Venice. [The community] make their own glass to sell."

In addition to culture, the students were involved in the community with a Service Learning Project. With this service project, students along with their professors, Chiara Crippa Roberts and Dr. Paul Le Blanc, traveled to the other side of town and served to help feed the community. They experienced people coming together to help their community. This eye-

opening experience helped to be involved in the culture from another view. From Le Blanc's perspective, he noted, "I think it was a proud moment for La Roche when our students helped with the community."

In Rome, there are many opportunities for students to reach out to involve themselves. One student met with the US Mission to the UN Agencies in Rome where she learned about their role in Italy. Additionally, there has been contact with the Italian Red Cross and Medici Senza Frontiere, otherwise known as Doctors Without Borders. Another student, elementary education and special education major, Paige Meholick, spent one day a week observing at an international school, Amrbit. Meholick fulfilled her observation hours as well as involved herself in the educational system abroad. She mentioned many similarities and differences in the educational system. Meholick stated, "I'm going to miss the students at Amrbit. I've learned so much from observing at an international school and studying abroad in general."

SEE ROME, PAGE 14

Sports

NHL playoff predictions

BY JORDAN SMITH
SPORTS EDITOR

The 2019 Stanley Cup Playoffs are upon us.

The bracket is very complicated this year compared to past years. My predictions in 2016 were almost perfect. The Penguins went on to win that year. In 2017, I had the penguins winning again but my bracket was not great. And, overall in 2018 my bracket wasn't good either.

2019 might be the year that a weird team will win the cup. There are several decent teams, but not many great teams. The only team you can put in that 1A category is the Tampa Bay Lightning who tied the record for most wins in a regular season with 62.

A lot of these good teams have a chance, but its hard to tell when they all have holes in them. When I look at teams that have the potential to win a Cup, I look at three things:

scoring depth, elite defenseman, and goaltending.

Here are my predictions for every seven-game series in the 2019 playoff season.

Starting in the Eastern Conference.

First Round.

Tampa Bay Lightning vs. Columbus Blue Jackets.

Tampa Bay is clearly the favorite. Columbus has never won a playoff series. They made huge trades before the deadline but managed to barely make the playoffs and earn the wildcard spot. Their goalie Bobrovsky has never played well in the playoffs, and head coach John Torterella is notoriously known to not make changes and continue to play with grit instead of making tactical changes that would help the team.

I'll pick the Lightning to win in five

games.

The Boston Bruins vs. the Toronto Maple Leafs.

The Maple Leafs have been hyped up by the Toronto media all year. John Tavares has looked spectacular and Auston Matthews reached another level this year. Mitch Marner is an elite young forward and Morgan Reilly is a star young defenseman. I'm not confident in their goalie Frederik Anderson. He is young and never has really done much in the playoffs before. On the Bruins, they have the scoring depth as well. Brad Marchand is quietly one of the most dynamic wingers in the league. Patrice Bergeron has consistently been one of the best 2-way forwards in the league. David Krejci and David Pastrnak are key players as well. All

SEE NHL, PAGE 18

Drama plagues Steelers

BY JORDAN SMITH
SPORTS EDITOR

At week 11 of the 2018 season, the Steelers were moving forward. They were on a six-game winning streak, with an overall record of 7-2-1. The playoffs looked promising.

But then a total collapse happened, and the Steelers managed to lose four out of their next six games. Including loses to not very good teams like the Oakland Raiders and Denver Broncos.

The Steelers proclivity to play down to their competition caused them to miss the playoffs.

They put up a great game against the San Diego Chargers and the New Orleans Saints and even beat the New England Patriots. Three of the best teams in the league last year, and they really should have won against the Saints if it weren't for the terrible pass interference call on Joe Haden.

As Colin Cowherd says on his radio show on Fox Sports all the time, "When I look at a team to win the super bowl, I look at three things: Great ownership and management, great coach and a great quarterback."

The Steelers have the Rooney's, debatably the greatest owners in NFL history and they draft as well as anyone else every year. They have Mike Tomlin who has one of the best winning percentages of all time in the NFL, a .533-win percentage which stands at 43rd all time among head coaches. And, they have a hall of fame QB in Big Ben who was two super bowls.

So, the Steelers have all those three must-haves, so why did they not even make the playoffs?

I think the drama and the noise have something to do with it.

Let's look back at details week by week in the 2018 season.

Before the season began and about half way through the season, all the talk was about if Bell would sign and play. Bell had been one of the best running backs for the past couple years. He ended up not signing as we know, but that hurt the team more than helped.

Players every week, especially Ben were asked when will Bell come back? Imagine having to answer that question more than a few times, it would most likely get annoying.

Bell continued throughout the season releasing rap music, tweeting out his emotions about why the fans don't understand him. Explaining how he's trying to be a hero and yet the city treats him like a villain. Over-

SEE STEELERS, PAGE 16

LRU baseball player profile: Phil Pieto

BY JORDAN SMITH
SPORTS EDITOR

From: Morganton, North Carolina High School: Freedom Major: Marketing and Management

Why La Roche: The winning baseball culture and family in the area

Position: 1st base

Career plans: Work in marketing and sales

Achievements at La Roche: Dean's List and 2018 AMCC Champion

Achievements in high school: National Honor Society, All-Conference 4x and Conference Player of the Year

Favorite place to travel to: Florida every year with the baseball team

Favorite MLB player: David Ortiz "Big Papi"

Favorite baseball memory: Winning AMCC title last year

Mentors: My dad--he is my hero.

Favorite aspect about playing at LRU: The family like atmosphere

Favorite type of music: All music. Mainly anything from the 2000s. Specifically alternative and rap.

Favorite food: Chicken wings

Favorite non baseball player athlete: Phil Kessel

During Phil's sophomore year, he has put up some impressive stats. He's played in six game this season with 15 total plate appearances. He has a .417 average, a .533 on base percentage with six RBI's and one run. Look forward to more action from Phil this season as the Redhawks make another push for a division title.



© COURTESY OF PHIL PIETO

Sophomore baseball player Phil Pieto hopes to help the Redhawks win another division title this year.

Survey Says...

Video game addiction at La Roche

BY STEVEN MUNSHOWER
CONTRIBUTING WRITER

Twenty-eight percent of the La Roche community admit that video games get in the way of family or friend time.

Eighty La Roche students completed a survey titled "Video Game Addiction," at La Roche University in March. They responded to ten questions about video game habits and preferences. The survey defined video games as not only traditional PC or console games, but also mobile or phone games.

Healthcare professionals agree exercise and athletics are key in a healthy lifestyle. Twenty-three out of 80 students confessed that video games intrude on their exercise or athletics. One of those students said, "Video games can serve as an alternative to some outdoor experiences."

Social interaction can take many forms such as parties, clubs, and video games. Ninety-three percent of students surveyed that video games are not their primary means of social interaction. "I'm sure I would have just as many friends without video games," one of the seven percent minority said, "but they have helped me form stronger connections with my now distant friends."

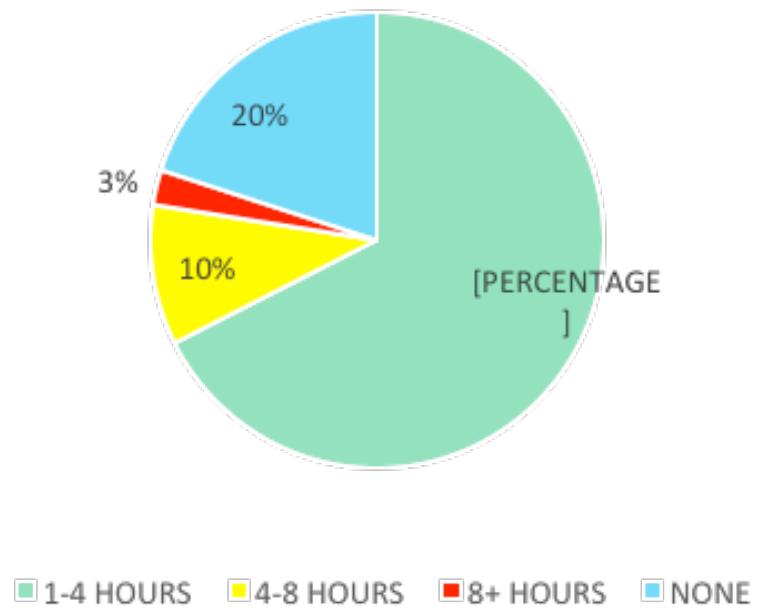
Distractions that interrupt academic focus come in many forms, such as partying or playing video games. Twenty-eight percent of students indicated that video games have negatively impacted their academic performance.

College provides new opportunities for making friends, through classes, sports, or even video games. Sixty-two out of 80 students agreed that they have made friends playing video games. Graphic design major Joshua Paris said, "I met two significant friends that live halfway across the country that I would not have met by any other means. The two of them ended up meeting each other in person, as they found out they lived in the same state."

Friday nights are a time for many college student activities. The survey asked about people's Friday night habits. Fifty-two of 80 students claimed that they would prefer to go out with friends on a Friday night. Eight students said they would rather play video games with friends. Two students chose to stay in alone, and 16 would rather play video games alone.

SEE VIDEO GAMES, PAGE 16

TIME PER DAY SPENT PLAYING VIDEO GAMES



© STEVEN MUNSHOWER

This infographic shows how much time students spend on video games.

Do pets affect mental health?

BY KATHERINE FRIEND
CONTRIBUTING WRITER

Owning a pet improves one's emotional wellbeing.

Pets can provide comfort during times of stress and company when one feels alone. As spring is nearing, more pet owners are enjoying time outdoors with their animals.

In a survey, 100 percent of participants agree that owning a pet improves one's emotional wellbeing.

Forty-six members of the La Roche College community responded to a survey called "Do Pets Affect Mental Health?" during the first week of March.

The survey asked if pets provide comfort and stress relief. Forty-five of 46 respondents agreed that pets do provide comfort and stress relief.

Barry Ratliff, a junior graphic design major, said, "Whenever you see a dog, your mood instantly improves. A dog distracts you when you're having a bad day."

Any number of things can give meaning to life. However, when it comes to pets, six percent said they disagree.

"I find myself excited to go home because I know my cats are always waiting for me," Sarah Hefferin, a sophomore professional writing major, said, "and that they love me no matter what."

According to the survey, fourteen percent agree that owning a pet makes a person more compassionate.

"Owning a pet makes a person more compassionate because it teaches responsibility and shows people how to take care of someone or something other than themselves," Danielle DiNatale, a junior professional writing major, said.

Out of forty-six La Roche students surveyed, 38 say that the company a pet provides is the most emotionally beneficial part of owning a pet. For example, therapy involving animals, like horses or dogs, can be beneficial to people suffering from depression. One hundred percent of those surveyed reported they agree.

A trained service animal, most often a dog, assists a person who has a disability. All 46 participants agreed that a service animal can benefit people who are suffering from psychological disabilities.

Seventy-eight percent of students report they own a pet:

- 41 percent of students own a dog;
- 21 percent own a cat;
- 19 percent do not own any pet;
- 17 percent own a different type of pet, such as a rabbit or reptile.

The survey asked why owning a pet is important:

- 52 percent said more than one choice;

- 34 percent said they enjoy the companionship;
- 4 percent said they enjoy caring for animals;
- 0 percent said they enjoy the responsibility of a pet.

One participant said owning a pet was important to him because, "I enjoyed taking my dog for walks. There was a joyous connection."



"Owning a pet makes a person more compassionate because it teaches responsibility and shows people how to take care of someone or something other than themselves."

- Danielle DiNatale

Entertainment

Us: A movie as socially important as it is entertaining

BY STEVEN MUNSHOWER
CONTRIBUTING WRITER

“Us” is a mystery/thriller released on March 22, 2019 in the United States. Jordan Peele directed, wrote, and produced “Us” with a budget of \$20 million. Universal Pictures distributed the film, and Peele’s company, Monkeypaw Productions, produced it.

The story begins with a young girl named Adelaide, and her parents at

Years later, still traumatized by this event, Adelaide, her husband, and two children return to Santa Cruz on vacation. She expresses concern that the girl from the maze is coming for her, but her husband disregards her. However, he quickly believes her when a family that looks exactly like them shows up at their front door.

From that point, Peele crafts a chaotic and socially provocative thriller

triguing ride from start to finish. The plot, while over-ambitious at points, is full of symbolism and excellent characters.

Most actors involved in “Us” were required to play two roles each due to the nature of the film. Lupita Nyong’o, who plays Adelaide, and Evan Alex, who plays her son, stand out as the highlights. Adelaide and her doppelgänger are two of the most

The soundtrack, by Michael Abels, is astonishing, especially considering this is only his second soundtrack. “Pas De Deux” stands out as both beautiful and terrifying and is placed with a breathtaking confrontation in the film.

Jordan Peele utilized “Us” as an exercise in creativity, as the attention to detail is second to none. From wardrobe to set design, nearly everything has a purpose to the story or social commentary Peele aims to discuss.

With the success of his first project, “Get Out” in 2017, Peele established himself as a revolutionary writer and director. “Us” is no exception, as he provides not only an enjoyable film, but also touches upon relevant social issues in the United States. This film is a masterpiece that will not be forgotten and has warranted deserved attention. Peele’s name is now a selling point in itself.

“Us” by Jordan Peele is successful in its goal of entertaining, criticizing, and raising awareness. The film’s thematic elements are clearly important to Peele, which is translated to the audience in a tightly knit package titled “Us.”

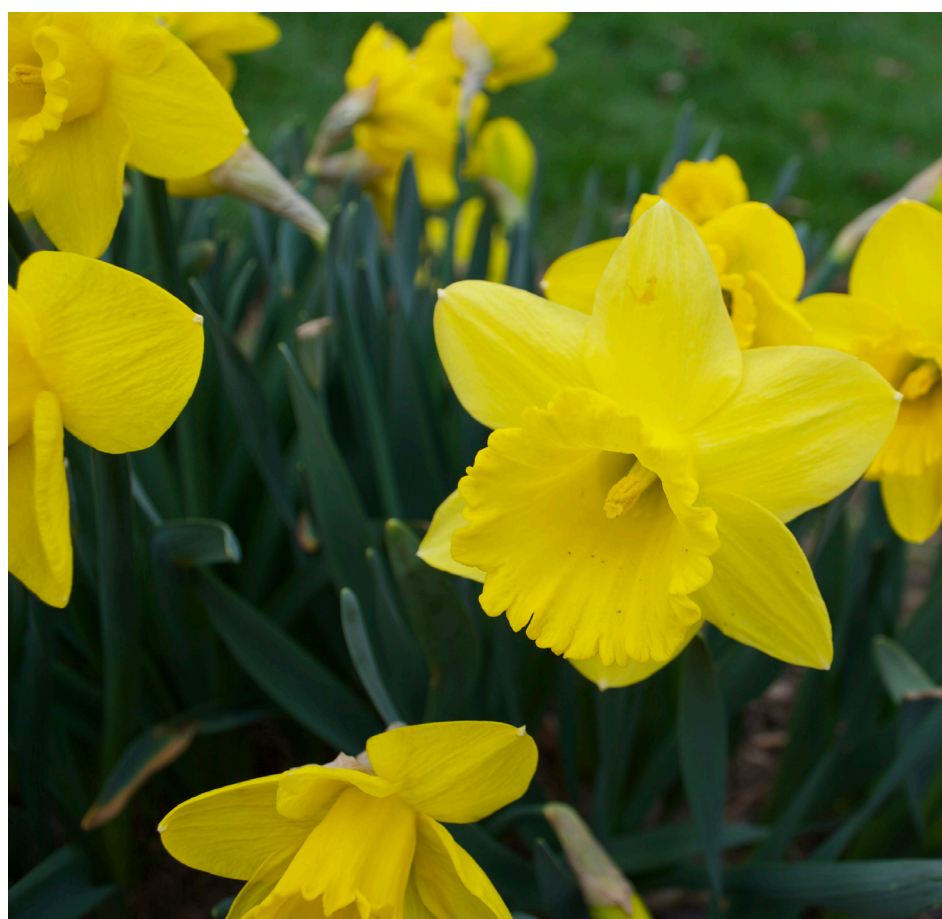
Peele crafts a chaotic and socially provocative thriller that leaves the audience questioning every aspect of the film. Peele’s talent as a writer is on full display, as the story never slows down and is an intriguing ride from start to finish.

a boardwalk carnival in Santa Cruz. Adelaide wanders off and ends up in a mirror maze, where she runs into another girl that looks exactly like her.

that leaves the audience questioning every aspect of the film. Peele’s talent as a writer is on full display, as the story never slows down and is an in-

challenging characters ever written, and Nyong’o exceeds expectations, delivering haunting monologues and eye-catching body language.

SPRING HAS SPRUNG AT LA ROCHE



© MINA HOLLAND



© MINA HOLLAND

History

The La Roche Archive commemorates its 40th year

BY DANIELLE DINATALE
ASSOCIATE EDITOR

Past the bookshelves situated in Wright Library is a brightly lit office. While books line the walls of the library, this space is crowded with file cabinets, framed pictures, and documents lying open on tables. But resting atop the file cabinets are boxes filled with items: a frisbee from Spring Fling 1973, a Red Devils license plate, and a beanie worn by freshmen during their first week of school.

The La Roche University Archives are celebrating its 40th anniversary this year.

In the years after La Roche's establishment in 1963, Sister Mary Kenneth Kearns, Sister Georgine, and staff collected pictures and newspaper clippings important to the institution's history. In 1979, President Mary Joan Coultas formalized their efforts. She officially appointed Sister Mary Kenneth Kearns, the college's foundress, as the first La Roche archivist to the new archives department.

Since then, there have been five archivists: three religious and two laypersons.

dedication that it took to get to where we are now," Landau said.

Although most people imagine archives as rooms filled with file cabinets and old papers, Landau said that this is only partially true. While the archives house presidential papers and other documents, they also hold memorabilia, such as old signs, book covers, cheerleading outfits, athletic wear, and yearbooks.

"When somebody sees something like those items, those are smaller moments that contribute to the larger narrative of the university," Landau said, "Together all these items speak to the hard work and dedication of those who came before us to make this university the quality institution of higher learning it is today."

The archives welcome donations, especially from student organizations. Clubs such as SGA and Gaming Club have their own files, which the archives add information to over time.

While documenting the history of the university, the archives also exist to assist the students.

"If they're doing a report or course assignment that's related to the uni-

"There's a real joy in being a part of a process of preserving history. I believe in what this school is developing through their mission, so I enjoy preserving their history."

-Rachel Landau

Rachel Landau, La Roche's current archivist, has been with the university since March 2017.

Sister Agnes Vogel, assistant archivist, has worked in the archives since 2010.

"She has been invaluable to me. With her knowledge of the sisters and the college, she has helped to put things in context for me and to fill in gaps," Landau said. "If she doesn't know something, she knows who to contact. She tempers my desire to save everything."

The mission of the archives is to preserve the institutional memory of the university. At La Roche, the archives do this by collecting, arranging, preserving, and providing access to the permanent records and collections of historical value to the university.

"The archives are important because it reminds people of where we've been and all the hard work and

versity's history, we have the primary documents," Landau said. "While some papers can be restricted, most of them are unrestricted. It's available here for anybody who wants to use it."

Not only do the archives put together and file information, but they also provide access for the campus and the public. They will sometimes get questions from the public asking for information, such as yearbook pictures.

"We had a woman call who wanted to get credit for a course she took in the 1980s," Landau said. "She was going to graduate school and if she could prove she had this course and what its description was, she could get credit for it and not have to take it. We found the course description and the textbook that was required and she was able to get her course credit."

Now that La Roche is a university,



© COURTESY OF RACHEL LANDAU

This year marks 40 years of the La Roche Archives, which is pictured above in its early stages.

"The archives are important because it reminds people of where we've been and all the hard work and dedication it took to get to where we are now."

-Rachel Landau

Landau said she is gathering what is left of the college history.

"I'm in the process of working with the bookstore to try to get some of the college memorabilia we don't have. Then I'll start collecting things that have university," Landau said.

The archives has a webpage that has photographs, articles, and a partial listing of what is available in the collection located on the library website. They are in the early stages of adding materials to that page, and are in the process of digitizing items. The website will include video footage, such as the groundbreaking ceremony for the Zappala College Center, as well as digitized yearbooks and newspapers.

One issue that the archives has in this age is trying to capture everything that happens at the university. With the use of social media, students and faculty participate in creating history online through pictures and posts.

"It becomes an issue trying to capture all of those for the future, otherwise it's gone," Landau said.

Her biggest takeaway from her time at La Roche, Landau said, has been the hard work that went into building and creating the school and

the generosity of the Sisters of Divine Providence.

"There's a real joy in being a part of a process of preserving history," Landau said. "I believe in what this school is developing through their mission, so I enjoy preserving their history."

The archives welcome anyone who wants to learn more about the university or view pictures and artwork that they have gathered over time.



© COURTESY OF RACHEL LANDAU

Sister Mary Kenneth Kearns (left) and Sister Alma Haberman (right) worked in the archives.

Spring Break service trip, continued from page 4

Another student who attended the trip, Jennifer Kardos, said the group found a variety of jobs while working at the Catholic Charity Respite Center in San Juan. “We helped sort donations, helped in the kitchen, served lunch, cleaned, and handed out clothes,” she said.

They also volunteered at La Posada, which provides more long-term assistance than the respite centers. Nakamura explained: “The respite centers work in that the immigrants who come in are allowed to stay for 24 hours. [At] the La Posada house, they don’t turn anyone away. You can stay for an extended period of time and they’ll help you through the process of applying for a work visa, filling out the proper applications, learning the language, or getting an education—whatever you’re seeking to do here.”

Kardos added, “La Posada is a peaceful place that allows immigrants a chance to rest from their difficult journey and prepares them to have a successful life in the United States.”

While they were at La Posada, Kardos said they helped teach English,

ter taught the students a few Spanish phrases they might use often.

Despite the language barrier, Nakamura said they were able to make connections with the people they helped. “They’re just so grateful that you’re there to help,” she said. “Obviously, everybody knows ‘thank you’ in Spanish, but they’ll try it in English, too, just to express that gratitude.”

For Kardos, the hardest part of this experience was knowing they couldn’t do more to help. “The most difficult part was knowing that when we left, there were going to be thousands more refugees going through the respite centers who needed help,” Kardos said.

Though she, too, said she wished she could do more, Nakamura said she felt they made a difference during spring break. “When you’re a college student, you feel like there’s not that much you can do to help,” Nakamura said. “But just volunteering your time—even though you don’t know the language, even though you don’t think you can help—is amazing.”

Coordinator of Campus Ministry for Service Steve Benson organized



© COURTESY OF JESSICA NAKAMURA

(First row, from left to right) Mark Muiruri, Jessie Nakamura, Rachel Hibshman, Jen Kardos, Morgan Ward, (second row, from left to right) Angelique Savior, Dylan Kisic, Becca Najdzinski, Chloe Harvey, Steve Benson, and Babin Thapa volunteered at a respite center and La Posada Providencia.

“Volunteering your time--even though you don’t know the language, even though you don’t think you can help--is amazing.”

-Jessica Nakamura

helped with landscaping, and prepared a fundraiser. Nakamura added that they also shared meals with the immigrants, who would say Grace in their native languages before eating.

According to Nakamura, one of their main struggles during their trip was the language barrier. “Most of these people are from Mexico or South America, so very few of them speak any English,” she said, adding that the workers at the respite cen-

and participated in the trip. He said also said he felt their work was important. “What we did was definitely valuable to the people we helped,” he said.

Nakamura said one moment that was specifically touching to her was when she helped a young girl pick out a new outfit. She recalled, “I helped the girl pick out a top and she pointed to a pair of pants she wanted and she was so excited because they had little

puppies on them. Her face just lit up just at having this pair of pants.”

According to Nakamura, the immigrants were grateful for even the smallest things—like a pair of socks or a shower. “When they arrive, they have no shoelaces, they’ve been wearing the same clothes for three days, [and the] girls have been tying their hair with tin foil,” she said.

Though the situation may seem dismal, Nakamura said she was surprised at how happy and hopeful the respite centers were. She said: “Most of us expected everything to be kind of sad, because they’ve arrived in this country where they don’t speak the language and some of them are separated from their families, but surprisingly, everybody seemed very happy. There were children running around. They’re all laughing—especially when we got to hand out toys that people donate. Their smiles just light up.”

Overall, Nakamura and Kardos both said they learned from the expe-

rience and would encourage others to participate in the future.

“Going on a service trip is an amazing experience and it’s a once-in-a-lifetime chance to experience something like this,” Kardos said.

Benson said his goal for this trip was to help encourage students to serve others in their daily lives. He said, “It is always important to me that students gain the perspective that service isn’t just for spring break trips, but to see the value in integrating service into their lives.”

Nakamura also urged students who are considering participating in these events to go into it with the right mindset. She said, “If you’re coming to basically give somebody your sympathy, then it’s not worth your time. But if you’re coming to understand them and see things from a new point of view, then you’ll both learn something.”

SGA, continued from page 3

must put in at least two hours that week,” she said, adding that those who are running again are not permitted to participate.

In other news, SGA board members are also finalizing their individual goals for the semester:

- Academic Vice President Sarah Thomas said she was meeting with Dr. Howard Ishiyama, the university’s academic vice president, to discuss student concerns about scheduling during renovations that are scheduled for the fall semester.

- Ryan Eshenbaugh, the financial vice president, said he has been reminding clubs about what they have left in their budgets. According to Eshenbaugh, many clubs are not using their budgets. He said he is considering implementing a new system that would allocate those funds differently.

- Director of Green Initiatives Abby Doyle said she is helping Eco Council apply for a Pepsico recycling grant for next year. According to

Doyle, Eco Council received money from Scott Electric Foundation, which they will use to update exterior lighting. She also encouraged SGA to participate in a tree and flower planting event on April 26. Doyle said she is personally working on an updated courtyard design that she could send to the campus master planning committee.

- Sierra Anderson, director of multicultural and international affairs, said she has been working with international students to create flyers for GLOBE’s upcoming fashion show.

- Director of Resident Affairs Allie Mroczkowski said she is working on an outdoor Easter egg hunt for April 13.

- Jennifer Kardos, director of community service, said she is working with Coordinator of Campus Ministry for Service Steven Benson on cleaning the creek that runs through campus.

Rome, continued from page 9

Being abroad has inspired the students to start a Study Abroad Club at school. Osman will run for club president. Osman stated, “The club will engage students with other cultures. I feel that it will be informational for students that want to study abroad as well as interest other students.” Melholick will run for treasurer.

Le Blanc will be the club faculty member. He stated, “It’s a good club. I think that the goals are good and I support the study abroad program very much so I want to help in whatever way I can.” One of the purposes of the club is to inform more students about studying abroad as well

as creating a community where prospective study abroad students can interact with experienced students.

Students who are interested in traveling abroad with the La Roche University in Rome Program next year should apply. The academic requirements are sophomore and junior students with a 3.0 GPA. There has been some hesitation for applications due to the question of if the students will graduate on time. Advisors and Assistant Director of Study Abroad, Nicole Gable, notice a passion with students who apply and do whatever possible so they can attend as well as stay on track with their programs.

A sense of uncertainty for exploring has changed into an inspirational rush to travel.

Scotland, continued from page 9



© DANIELLE DINATALE

Danielle DiNatale said she enjoyed the landscapes, culture, and people of Scotland during her Study Abroad trip.

buildings bear historic resemblance, the outside brick turned black from coal smoke. Everything was frozen in time—while the people aged and changed, the buildings stood moderately unchanged. I felt as though I were walking through time limbo: living in the 21st century but pacing the streets of an era ruled by kings and queens.

The city, and beyond, gave me all I had ever wanted in a place: history, ghost stories, and remaining artifacts from a time long before I was born. I found it all in Edinburgh Castle, Stirling Castle, Glasgow Cathedral and Necropolis, and Loch Lomond. Walking on their grounds, I couldn't help but wonder what it had been to live in that time. Maybe a soldier had stood in the place that I did now, gazing over the city from the castle wall. Perhaps James VI had walked the same path through the castle or the streets. Maybe J.K. Rowling had leaned out from an upper level street and peered downhill and decided, in that moment, that it would become the model for her Diagon Alley.

All of it was speculation, of course. But it didn't stop my imagination from spinning tales and wondering how so much history could fit into one place.

As much as I loved Scotland, the more time I spent exploring, the more confused I was about the country. These people spoke the same language as me, yet I didn't understand it. They had dogs everywhere, but they were never leashed and walked freely beside their owners. Subway existed amidst the pubs and shops, but Italian dressing didn't. Yet when our group sat down at a restaurant for burgers, the waiter brought us a bottle of Heinz ketchup.

Edinburgh reminded me of an older Pittsburgh. The people were kind and the architecture was a work of art. It was a quiet city that had many hidden gems. As much as it reminded me of home, it was its own world. No matter how much information our tour guide gave us, I was still left with a hundred questions about modern day Scotland and its culture.

I was determined to find the answers.

The Foxy Fiddler was right across

from our hotel. While most buildings wore their age boldly, this pub had a modern feel that stood out from everything surrounding it. The entrance was sleek and gray, with large white lettering above the doorway. Inside the hardwood floors gleamed under the low lighting. People both young and old crowded inside orange cloth booths and wooden chairs. Although it was a weeknight, the pub had plenty of business.

I didn't know much about the area, but from the amount of college students both gathered around tables and working behind the bar, I assumed it was a popular spot for young people. One of the young bartenders called out to a girl that he knew, asking if she wanted a shot.

"I have an exam tomorrow," she said. There was a pause, and then she added, "Give me a double."

Scotland was an experience, an adventure, and full of lessons. As well as igniting my desire to travel, it gave me insight into how similar people are to one another, even when they live in different worlds.

With so many people my age around, it was easy to strike up conversation and ask questions. One of the bartenders, who could tell that my friend and I had burning questions to ask, came and sat with us on his break. It was then that I finally got to ask the question that had been tugging at my curiosity since the beginning of the trip: Why did everyone in Scotland smoke?

For me, it was shocking to see everyone standing on street corners during their lunch breaks, smoke curling from the end of their cigarettes. With all of the warnings I received growing up, it confused me as to why everyone here didn't have any qualms against it.

"We can all drink at a young [age], so we need something else to be re-

bellious with," he said. "So we take up smoking instead."

The answer made sense to me, even if I didn't recommend it. We traded explanations: how colleges worked in America and in Scotland, the differences between apartments and flats, and the sound of our accents—which, for us Americans, were considered "posh." Even he got the chance to ask the question he was most curious about: Were frat parties in America really the way that they were in the movies?

We told him they weren't far from true.

Eventually he moved away from us and went to join his friends, and we sat there contemplating everything that we'd been told. It was as if we'd dug into a mine, searching for coal, and came out with gold. We'd spent the trip learning about the history of Scotland and traversing the popular sights. But this was the first time that we had the answers about modern day Scotland and the people in it. I understood, at that point, that though we lived in a world of differences, we were much more alike than we had thought.

We headed out of the pub half an hour later. Our new friends stood outside in a small group, smoking. They saw us leaving and waved.

One of them gestured from the pub to us. "Come back tomorrow?"

"We'll see," we said. Most likely we wouldn't have the time. We waved, said goodbye, and then walked across the street to the hotel.

It didn't occur to me in the moment to ask for their contact information. We all lived in the age of social media, where it would be easy to get names and keep in touch. But maybe there wasn't a reason to do that. Maybe it was one of those instances where strangers met and passed through each other's lives, leaving a small memory behind.

Sisters, continued from page 3

After leaving Pittsburgh, they will head to the Sisters of the Divine Providence La Posada ministry in Texas. There they will be working with refugees. They will stay there for about a month and a half.

The sisters will be helping with the garden there and, especially, the children. Both sisters were teachers in Korea so they have a lot of experience in that field.

Their main goal, they said, is to keep people happy. They know that the refugees there have been through so much hardship and they really want to bring them joy.

After Texas, they will finish their trip in Chicago. They will spend time with other Korean Sisters there who help with the Korean Community in Chicago. They are both very interested in seeing the different types of ministries in the U.S.; how they vary from each other and from those in Korea.

When they return to South Korea, they will take their final vows. After that, they are both not sure what they will be doing. They do not have a lot of control in where they will be sent, but are both excited for whatever the future holds.

When asked what they did not like about America, they both replied with a resounding, "the food!" But, Kim is doing her best to give them some comforts of home and every Thursday she invites them to her house for a Korean dinner.

The other struggle they've experienced here in the U.S. is definitely the language barrier. The hardest part, they said, is when someone makes a joke and laughs. When they don't understand they just smile and laugh along. But, they both seemed to take it in stride.

Their final thoughts on the whole experience were very heartwarming.

Thomas said, "it's been good to have friends" and this is the start of many relationships for her that she can keep up throughout the years with email and possibly more visits to the U.S.

Paul said that "tutoring has been a good experience" and she has especially had a great time sharing Korea's history and culture with Felton and learning about the U.S. in turn.

We must thank Providence Heights for their hospitality and be proud of our city for being so welcoming for Paul and Thomas.

Counseling and Health Services, continued from page 5

body, and that brings lots of kids," she said. Arend added that when students come into Counseling Services, they say they were introduced to them through the LRX classes. "Some kids go on the website all by themselves and find us," she said.

According to Arend, La Roche's Counseling and Health services are free, unlimited, and open to La Roche students. "It's free and unlimited. You can come as many times as you want, as often as you want."

Video games, continued from page 11

People worry about other's bad habits. Seventy-five percent of surveyed students said nobody has ever expressed concern over their video game habits. The remaining twenty-five percent reported that someone worried about their gaming routines.

Free time is valuable in life, and one must choose how to spend it wisely. The survey asked how much time per day students spend playing video games. Here is a breakdown of the amount of time La Roche students play per day:

- 54 out of 80 play one-four hours per day;
- Eight out of 80 play four-eight hours per day;
- Two out of 80 play eight or more hours per day;
- 16 out of 80 do not play video games daily.

Video games come in many genres and formats. The survey provided a list of common genres and asked

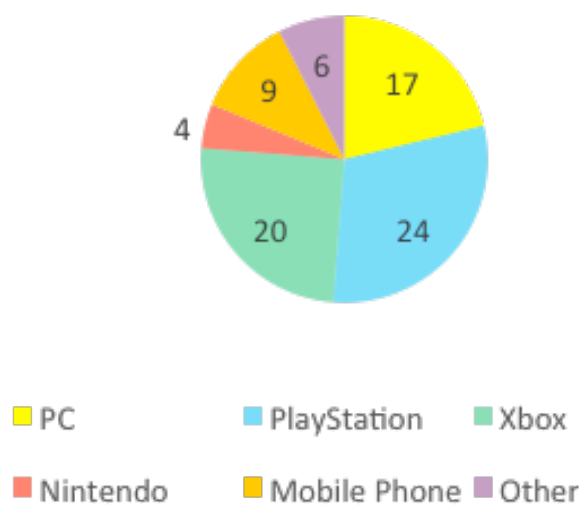
students to select all that they play. The most popular video game genres among La Roche Students were shooter, fighting, and sports. The survey also inquired about racing, role playing, and massive multiplayer online games. Thirty-seven students chose "Other," as their preferred genre was not present.

Games require a platform. The survey asked students what their favorite video game platforms were. La Roche students answered the following:

- 17 said PC
- 24 said PlayStation
- 20 said Xbox
- Four said Nintendo
- Nine said mobile phone
- Six said other



Favorite Video Game Platforms



© STEVEN MUNSHOWER

This infographic portrays which video game platforms are most popular at La Roche.

Steelers, continued from page 11

all, all that he did made the organization not look good.

Bell caused PR problems for the Steelers and never faced the camera. He sat behind his phone and dished out his remarks. He refused to get in contact with the coaches and players and let them handle all the dirty work while he partied in Miami.

Bell made a mess, but not as much as the other diva, Antonio Brown.

Antonio Brown skipped all optional training practices before the season began. It was reported he was spending his time in Miami. I personally wonder was he partying with Bell??

Brown slammed the media on the first day of minicamp. He yelled at them stating the media puts a lot of pressure on him.

Brown then decided to show up to training camp in a helicopter. A few days ago he was saying he wanted less media attention...

Brown disappeared for a week during training camp. Tomlin said he had medical tests, but Brown was filmed in a pool in Miami.

Brown called Ed Bouchette from the Post-Gazette a "racist" and also a "clown." Brown did apologize to Bouchette for his actions.

Brown showed up more than four hours late to an event at Children's Hospital. He offered no explanation as to why. I experienced AB do this on a personal level. I was working for the Riverhounds my freshman year of college over the summer, and I worked his charity event at Highmark Stadium. He showed up two hours late and stayed for 30 minutes to take photos and then left. From then on, I knew the type of person he was. If you put your name on the title of a charity event and show up late, barely stay there just to take photos, do you really care about the people that look up to you? I don't think so. Unfortunately, Antonio Brown used philanthropy as a form of marketing.

Moving on, Brown made a joke in a GQ article that he cheated on his girlfriend and mother of children saying, "it's kind of hard to keep it in my pants." Awesome.

Brown threatened to assault ESPN's reporter Jesse Washington. He made a public apology, and then

spoke to the media saying he was an "exceptionalism."

During the first game of the season against the Browns, a CBS camera caught Brown hugging offensive coordinator Todd Haley during the game. He was then caught bragging to Haley on his snapchat about reaching 10,000 career receiving yards after they tied 21-21. Real cute.

Former Steelers PR staffer Ryan Scarpino criticized Antonio Brown on Twitter and AB responded saying "trade me let's find out."

Here's the best one. Brown was sued for trashing his Florida apartment and claimed \$80,000 cash and a gun were stolen from him. He was also sued for tossing a couch out the window, nearly hitting and, potentially, killing a 22-month old toddler. (I can't believe I'm writing this.)

Brown was cited for driving in excess of 100 mph on McKnight road. Brown told police he was late for a meeting. What I wonder is how was he able to hit that fast, because usually you catch every red light on McKnight. Honestly, impressive.

Brown posted again more personal accolades on social media after they lost against the Saints.

Brown reportedly gets into an argument with Ben Roethlisberger in practice and throws a football at him and leaves practice.

During the final game of the season against the Bengals, Antonio Brown left at halftime as the Steelers playoffs hopes ended. Ed Bouchette also said that AB left early on two other occasions, but it was never talked about by the media.

This all happened during the 2018-19 season. Not over 10 years, not over the course of a career, but just one year.

I feel bad for the Steelers Public Relations team and the reporters from the local newspapers and websites. They work hard to make such a great organization keeps its reputation good, and these two players specifically made it hard on them.

So, after reading all that, how do you expect a team to keep its focus and win a super bowl?

We live in strange times. Social media is taking over. Players can reach

out to the fans in an instant and no one can control them.

Should players not be allowed to use social media? That would be tough to do. Players are in front of cameras all day so they should have fun with it. But they can't go too far. Is there too much expected by player these days? Do we have incredibly high standards for athletes? Do we have low standards for athletes? Are there double standards? There are many questions to ask.

Steelers General Manager Kevin Colbert stated, "Coach Tomlin treats our players like men, he gives them the opportunity to be a man." I don't think Brown or AB made any manly decisions. Clearly, Tomlin enabled. The organization decided to fire a linebacker coach and running back coach that were too close with Tomlin, seeking to end these problems.

As the 2019 season ended, the New England Patriots became six-time champions. Tying the Steelers for most super bowl wins in NFL history.

If there was ever a wake-up call, then that is it. The Steelers beat them in the regular season and should have in the playoffs if they made it.

National media isn't even talking about will Tom Brady win another super bowl? Instead they are talking about the Steelers drama. Their narrative is mainly that Ben Roethlisberger is the root of their issues. Not AB or Bell. The local Pittsburgh media is quite the opposite.

It's finally April, and the toxic twins, Antonio Brown and Le'veon Bell are officially not Pittsburgh Steelers anymore. AB signed with the Raiders and Bell signed with the Jets.

The 2019-20 season is upon us. The Steelers have the most draft picks in the league with 10. Things are looking bright.

The Steelers have a story to create. Bell and AB are debatably going to be on terrible teams. Pittsburgh should have the best record in the AFC North. This could be a comeback year.

The drama and distractions just need to end...

Credit Cards, continued from page 7

or three percent. Late payments cost up to \$38 each.

The fifth and final credit card is Citi Secured Mastercard, which is also a secured credit card that benefits students. For someone to use it, they need to first make a deposit of as little as \$200 or as much as \$2,500. That deposit is equal to the credit limit someone gets, and it can't be credited against purchases. If the cardholder has timely payment patterns for 18 months, Citi can return the deposit and allow the cardholder to continue using the card as an unsecured, or normal, credit card. The credit card has somewhat lax credit approval merits. For a student with poor or spotty credit, this is probably the best credit card to apply for. Citi automatically reports payment patterns to consumer credit reporting bureaus, so it's a great credit card for building credit. Its drawbacks are annual fees and significantly high purchase and balance transfer APRs. There is a \$25 annual fee. Foreign transactions cost three percent. Cash advances cost the greater of \$10 or five percent and balance transfers the greater of \$10 or three percent. Late and returned payments cost \$35 each.

Finally, credit card issuers know that college students don't have money compared to older people with full-time jobs. So, issuers usually limit how much their student customers can spend on their cards. Your first student credit card won't have a high credit limit. However, over time, and with regular payments, you will build a positive credit history, and your credit limit will increase. Years from now, when you think back to your time as a student, you will realize that your first student credit card approval was an unequivocal milestone on your personal finance journey.



Simeone, continued from page 3

“The Graham Company is one of the most renowned modern companies in the world. Being able to train under the instruction of these dancers is such an incredible honor, and I am beyond grateful for the opportunity to dance in this environment,” Simeone said.

The summer program is an intense experience in dance, but, for Simeone, it will allow her to expand her horizons as a dancer.

As a dancer with a plethora of experience, the scholarship to the Martha Graham summer program will only add to it. Not only is Simeone a member of the La Roche Dance Department and Bodiography, but she also teaches dance at local studios. She finds inspiration from everywhere to just keep dancing.

Simeone said: “For me personally, I find inspiration for my art in many places, and it’s not always the same source. Sometimes it’s an emotion or feeling, sometimes an individual who inspires me, and still other times it’s something as simple as a thunderstorm. It’s the underlying principle of dance always being a constant part of my life that is significant to me. Through various inspirations, expressions and experiences, dance is always woven into my life and my identity.”

The scholarship for the summer program will expose her to new forms of dance and new techniques, which she hopes she can take with her for the rest of her life.

“There are so many wonderful aspects of this opportunity! I think for

me, my focus will be on gaining exposure to a respected and challenging form of dance,” Simeone said. “With that being such a unique and hopefully eye-opening experience, I hope to improve not only my exposure but also my technique as a dancer.”

Until then, Simeone will continue to practice and learn with both La Roche and Bodiography. She is one of the dancers in an upcoming collaboration between Bodiography and Martha Graham Company, called “Horizons,” which will premiere at the Byham at the end of April.

She also will continue her degree, which requires lots of patience and persistence. She argues that time management has become one of the hardest things to accomplish as a college student and dancer.

“Time management is definitely one of the biggest challenges when it comes to dancing in college,” She said. “I think ultimately it comes to passion and drive. If you are truly passionate about something, you will do whatever it takes to make that dream a reality. Often, that means late study hours and early gym mornings, but when I look ahead at the big picture, those are sacrifices I’m willing to make.”

In the future, Simeone has big plans to continue dancing. She hopes to one day teach dance, but is also open to wherever her career takes her.

Simeone said, “I’m excited to experience new things and be open to discovering new ways in which I can use my art form.”

O’Rourke, continued from page 8

these facilities. I’m gone, so they’re doing it themselves, but that’s maybe 35 people that could have died if Alcoa didn’t come there.” He said that getting to know and appreciate Russia’s people and their culture helped him with being Alcoa-Russia’s president from 2005 to 2008.

O’Rourke lived in Samara, Russia while he was Alcoa-Russia’s president. He said living in Moscow would have been less of a challenge for him. “Most people spoke English in Moscow. It was more of a metropolitan city. Samara wasn’t. It was about 750 kilometers away from Moscow, but

tegrity. O’Rourke places a firm stance on safety in the workplace, which, according to him, is the number one priority a company should have for its employees.

“Safety sends a pretty good message that says, ‘I care for you,’ to the employee. And I do believe that when you lead with safety, other things happen. In fact, I wonder if we should be measuring so much in the financial area? Maybe we should be measuring in other areas like safety, like dignity and respect, like the way we treat each other. And if we did that, maybe that would be the right things to measure

“Safety sends a pretty good message that says, ‘I care for you,’ to the employee. And I do believe that when you lead with safety, other things happen.”

-William O’Rourke

when you looked at it, Samara had the plant in Alcoa that was the biggest that Alcoa had in the world.” O’Rourke added that Alcoa was going to put a lot of capital investment into that plant, and he said he wanted to be close to where it was.

From then on in his presentation, he told stories about his time in Alcoa-Russia and gave realistic and real-life examples of moral dilemmas, where one must make difficult decisions for their company based on in-

and everything else will take care of itself,” said O’Rourke. He added that this would send a message that the workplace would really care about its employees.

O’Rourke talked briefly about being the co-author of *A Field Guide to Business Ethics*, and how they used many of his stories as examples in the book.

“I’ve been guest-speaking the University of Pittsburgh and Brigham Young University for about eight

years, and the professors that I would meet there invited me to come and join them in the book,” O’Rourke said, adding that he was privileged to contribute.

“They’ve been doing research for probably a decade on what are the categories of business ethics issues and they thought they had enough information to write a book. As they were writing the book they realized they needed actual, real life stories. So, the book talks about 13 categories of business ethics issues, and each one is a chapter in that book. At the end of every chapter, there’s a section called Bill’s Experiences and I got to put stories in there.”

Morality and integrity play a large part in Alcoa and positively affects the company and its workers. “I think

it builds a good culture when people have integrity and honesty, hope in this, and transparency, and you find out people treat each other fairly. And when you treat each other fairly, that’s a nice environment to have.”

O’Rourke added that integrity and honesty is far beyond compliance. “A lot of people look at it as compliance with the law and do what the law says. That has to be your floor, not your ceiling. That has to be the minimum you do as legal compliance.”



© COURTESY OF RENEE SIMEONE

La Roche dance major Renee Simeone will join the prestigious Martha Graham Summer program in New York City this year.



NHL, continued from page 10

season long they have gone between Jaroslav Halak and Tuukka Rask between the pipes. Both have put up great numbers. I suspect Rask will be the starter but having a 1B goalie is never a bad thing, as we saw the Pens utilize that in the 2016 and 2017 playoffs with Murray and Fleury.

Both are great teams, but I believe the Bruins will edge out the Leafs in six games.

The Washington Capitals vs. The Carolina Hurricanes.

The Capitals have one of the greatest goal scorers of all time in Alex Ovechkin. Niklas Backstrom has been underrated for many years. TJ Oshie and Tom Wilson bring them grit. Kuznetsov is a problem to defend and Jon Carlson is their elite defenseman. Braden Holtby is a great goaltender, but has had trouble in the playoffs in the past and is known to be rattled very easily. The Carolina Hurricanes are not a bad squad; they are very young. Dougie Hamilton and Justin Faulk lead them on the blue line. Sebastian Aho and Teuvo Teravainen are stunning young stars in this league. Justin Williams, their captain, is a veteran and a former Conn Smythe Trophy winner. A lot of Penguins fans believe the Hurricanes will pull off the upset and beat the Capitals. I wouldn't doubt it, but I think the Capitals will meet the Penguins once again in the second round.

I'll choose the Capitals in seven against the Hurricanes.

The New York Islanders vs. The Pittsburgh Penguins.

The Islanders are led by a great coach in Barry Trotz. Trotz behind the bench really helped the Washington Capitals win the Stanley Cup last year. The Islanders might have one of the strongest goaltending duos in the league. Robin Lehner and Tomas Griess have equally shared the playing time, and both have put up spectacular numbers. The Islanders have a ton of solid players but not really any big-name stars. Matthew Barzal is fast and a great playmaker but very young, Nick Leddy is their best defenseman and Anders Lee, their captain, is another great player. None of these guys have had a better season than Jake Guentzel. That is saying something. The Penguins have better defenseman, and way more scoring depth. Our top three of Crosby, Malkin and Letang is just lightyears ahead of Barzal, Lee and Leddy. Not to mention Phil Kessel. This is a series the Penguins should handle with not much problems.

Penguins in five.

Second Round

Tampa Bay Lightning vs Boston Bruins.

Tampa Bay has been to the final four a couple times over the past couple years. Losing to the Blackhawks in the final in 2015, eastern conference final against the Penguins in '16, and then losing again in the conference final against the Capitals last year. They should get over the second round hump if it's the Bruins or Maple Leafs. Tampa Bay has been such a dynamic team all year. They are amazing on special teams and the Bruins have been terrible on special teams.

Tampa Bay in six.

Pittsburgh Penguins vs. the Washington Capitals.

It would be incredible if these two teams play again for a fourth straight year. Without bias, I would still say the

Penguins would be the favorite out of the Metropolitan division to make it to the Cup. It's hard for teams to repeat, as we saw the Penguins accomplish that, but the Capitals haven't looked as good in the years past. The Penguins did well in the last 20 games of the season, and they didn't have Letang or Malkin. The Penguins know what it takes to win.

Penguins in six.

Eastern Conference Final.

Tampa Bay Lightning vs. the Pittsburgh Penguins.

This series could potentially bring in better ratings than any series before the final. Will Tampa Bay get over the hump of the conference final and make it back to the Cup series? I think they can. If the Penguins can shut down the Lightning's star power in Stamkos and Kucherov, they can settle down games and win. I can't really predict a team's defense can shut down Crosby and Malkin in a seven-game series. I've only seen it happen once when both were healthy. That happened in 2013 in the East-

one of the worst records during the first half of the year. But, during the ending stretch they have managed to put together some of the pieces. They have some notable players like Ryan O'Reilly and Vladimir Tarasenko, but their goalie Jake Allen just isn't Stanley Cup caliber in my opinion.

But I will choose the upset and go with the Blues in seven.

Calgary Flames vs. Colorado Avalanche.

I like both organizations, I always have. Calgary has five players who have at least 70 points. That hasn't been done in about 20 years. You would think one of those players is James Neal, but he is having one of the worst seasons of his career with only seven goals in 63 games. Colorado has some big names like Nathan MacKinnon, Mikko Rantanen, and Gabriel Landeskog. But, besides that there isn't much more to this team.

Calgary in five.

San Jose Sharks vs. Las Vegas Golden Knights.

This is the hardest series for me

the Blues home.

Predators in seven.

Calgary Flames vs. San Jose Sharks
This will be a great seven game series. One that I think will take seven games. Will Joe Thornton finally get a second crack at winning a Cup? Or, will Canada's best team make it to the conference final? Whoever wins this series will make it to the Cup final; I strongly believe that.

Flames in seven.

Western Conference Round

Calgary Flames vs. Nashville Predators.

Calgary has the Norris Trophy caliber defenseman in Mark Giordano. Giordano towards the end of his prime is wasting no time and is on the verge of his first try at the Cup. Calgary has a young explosive offense and should manage a team easily like Nashville. I think for Calgary their hardest series is the second round like it usually has been for the Penguins. But if they make it to the final that won't be an easy round.

Calgary in five.

STANLEY CUP FINAL

Calgary Flames vs. Pittsburgh Penguins

If my predictions are right, this will be the first time since 2011 that a Canadian team is in the final. I'm biased, but I just like my chances of the Penguins winning this final against such a younger and less experienced team. The Flames are not as deep as the Penguins defensively. They offer a dynamic offense, but not to the caliber of the Penguins. The Penguins goalies are better as well. Murray has found his form as of late and Casey DeSmith is no slouch in the back up. My prediction is the Penguins can finish this year off and beat the Flames in six.

Predicting the NHL playoffs is very difficult. This year especially can be a year that the Lightning just win it all with ease or a weird team comes out of nowhere and takes Lord Stanley home. Without my bias the Penguins have a chance if they stay healthy. Every team needs to stay healthy to win. I don't think the Penguins could win going without Kris Letang like they did in 2017. If I take away my bias, I would predict the Lightning to win over the Penguins in the Eastern conference round, but I do think the Penguins will get there. If you're a Penguins fan, don't take them making the playoffs 13 years in a row for granted.

The playoffs begin April 10th. Stay tuned...



Predicting the NHL playoffs is very difficult. This year especially can be a year that the Lightning just win it all with ease or a weird team comes out of nowhere and takes Lord Stanley home.

ern Conference final against the Boston Bruins. The Bruins swept us and would go onto win the Stanley Cup that year. That was the only time in 13 years I really saw a team just stop Malkin and Crosby from doing anything, so I don't think the Lightning will stop them.

The Presidents trophy winner doesn't matter. With my bias, I will choose the Penguins in seven.

Now to the Western Conference.

First Round.

Nashville Predators vs. Dallas Stars.

I'm not a fan of Nashville this year. For one, I don't like that they celebrate division title banners and second place banners. Real winners only celebrate winning the Cup. Nashville doesn't have a deep offense. They don't have a single player averaging over a point. Although, they have one of the best blue lines in hockey, specifically PK Subban and Roman Josi. The Dallas Stars have consistently been a one-line team. Jamie Benn, Tyler Seguin and Alexander Radulov are top notch. But, after them this team isn't deep. Ben Bishop has been steady in net all year for them.

Nashville in six.

Winnipeg Jets vs. St. Louis Blues.

Winnipeg was a favorite going into this season but have declined over the past 40 games. It is reported that their star forward Patrik Laine has a video game addiction to Fortnite. I wonder if that has something to do with him not scoring as much this year and having a minus 24. Blake Wheeler and Mark Scheffle had terrific years. Winnipeg lacks an elite defenseman, but their goalie Connor Hellebuyck is very solid. St. Louis started off with

to predict. One of these teams could make it to the Cup final. San Jose has a great core of talent up front. Coutoure, Pavelski, Kane and Hertl. Also on the blue line is Brent Burns and Erik Karlsson. Karlsson has had a down year but they are both still two of the best defenseman. I really like the Golden Knights chances of winning this year--for one reason is Marc-Andre Fleury. There isn't a better goalie in the Western conference. The Golden Knights have tons of players between the 40 to 60-point plateau but no big game changing players.

I think the Sharks will edge out and win in seven.

Second Round.

Nashville Predators vs. St. Louis Blues.

I hope these teams can play each other again like they did last year. I don't like Nashville at all, and the Blues are an underdog team. People really think they can make a run at it, but if I am being realistic, I think the Predators will win this series and send

There are several decent teams, but not many great teams. The only team you can put in that 1A category is the Tampa Bay Lightning who tied the record for most wins in a regular season with 62.

Palumbo Science Center, continued from page 1



© JULIA FELTON

The Palumbo Science Center will be closed for renovations during the fall semester of 2019.

proteins. This will pair nicely with our fluorescence microscope that we can use to stain cells and monitor processes inside the cell. This will also allow us to create a cell biology lab to go along with the class, as well as open up numerous research projects for students."

According to Bozym, there will also be dedicated student research labs. "The dedicated student research labs will enable students to work on projects without the worry of getting in the way of a lab that is running," she said.

Bozym said she hopes these upgrades will also modernize the way faculty teach these courses. "The organic chemistry lab will have enough fume hoods for each student to work in, and as a dedicated space we won't have to worry about tearing everything down for another lab to run only to put it back up again in three hours," she said. "The AV equipment in the labs will allow faculty to demonstrate techniques and show them on a screen in the lab."

In addition to the upgraded equipment, Ishiyama said the Science Center's atmosphere will also get an upgrade. He said they will add casual seating spaces for students, create new faculty offices, and try to provide an airier atmosphere.

Though the renovations will boast obvious benefits for science students, there will be some inconveniences during this project.

Students taking organic chemistry in the fall will have to go to CCAC North for class. "It's simply necessary because you have to have venting hoods," Ishiyama explained.

"You can't just move them to another class."

According to Ishiyama, La Roche will offer day and evening sections of the class.

Physical chemistry classes will also be offered at CCAC North, according to Bozym.

"We hope to minimize the inconvenience to our students," Ishiyama said, adding that they will offer a shuttle to transport students to and from CCAC.

Other labs will simply be postponed until the spring semester. Ishiyama explained: "We are moving courses to the spring semester—mostly the labs. It's not a model that we are used to. We're used to having class and then having the lab the same week. But those activities can be separated. It just means that the course needs to be structured a little differently. It's lecture and then you have a whole other piece that buttresses that lecture."

Bozym explained that the she felt organic chemistry and physical chemistry, however, could not be postponed. "[Physical chemistry] is typically a senior class and we did not want students to get behind," she said. "Organic labs are very demanding and encompass material that would be hard to cram into the spring semester."

Ishiyama also acknowledged that some non-science classes that are typically offered in the fall semester may also be postponed, because classrooms in PSC will be closed.

He explained that some classes will be offered in conference rooms, like the Ryan Room and the Fisher Room.

But they are unable to fully compensate for the five classrooms that will be out of commission during the renovations.

Despite the inconveniences, Bozym said she is excited about the up-

dates. She said, "The academic experiences for the students will be much improved after the renovation."



MORNING COFFEE



© JULIA FELTON

As part of Student Appreciation Week, Lauren Ranalli greeted students with free Starbucks coffee in CC Square.