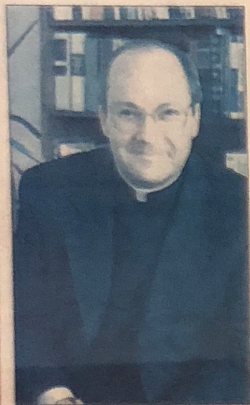




## THE LA ROCHE COURIER

The LaRoche College Student Newspaper • August 1994 • Vol. 1 Issue 1

### WELCOME BACK Student Newspaper Makes Crossover



Monsignor William A. Kerr

#### A message from the President

The inauguration of THE LA ROCHE COURIER is a significant step for the college. It promises the college community a forum for the exchange of information and opinion as well as a student focus on the college itself. Additionally, however, it provides opportunities to forge stronger links with

By Natalie Wermeyer  
Staff Writer

As you have already noticed, La Roche College's student newspaper, The Crossover, has a new look and a new name. Renamed THE LA ROCHE COURIER, the paper teamed up with the North Hills News Record this fall semester, according to the paper's advisor, Colleen Ruefle. THE COURIER

ER will be printed at the News Record's facility in Tarentum, adds Ruefle.

THE LA ROCHE COURIER will be printed monthly for the rest of 1994; Ruefle hopes to make it bi-monthly. "We'd like to have two issues out in February. That's our goal," she says. Distribution will increase from 500 to 2000 copies.

According to Dan Soller, Vice

President for Student Life, an operating committee will oversee the finances and management of the paper.

An editorial board will meet once a month to discuss possible story topics. History professor, Edward T. Brett, Ph.D., and adjunct journalism professor, Mark Land will advise the student board members regarding content.

The News Record's staff members will also advise The Courier's staff.

"They will be there as a resource if the staff has questions about story content or responsible journalism," says Ruefle. She adds that the News Record will not have any editorial control over THE COURIER.

In the coming months, THE LA ROCHE COURIER will develop

a more global perspective in its reporting. The editorial board members will devote at least one editorial each issue concerning international events, particularly those relevant to our international students.

THE COURIER will also welcome the opinions of the student population of La Roche College.

### Babcock Undergoes A Facelift

The construction on Babcock Boulevard will continue through December.

PennDot is widening Babcock between Duncan Avenue and the north boundary of North Hills Passavant Hospital to provide a center turn lane. They will reconstruct the Bab-



The La Roche Courier, the school's longest-running student newspaper, is celebrating its 25th anniversary this year.

See page 2 for the full story

## LRU and Vincentian team up for intergenerational living

BY JULIA FELTON  
EDITOR-IN-CHIEF

La Roche University partnered with Vincentian to create an intergenerational experience where college students live with seniors.

The program placed three La Roche students into a Vincentian independent living home with adults ages 55 and over. Students live in the apartments free of charge, in exchange for their work with Vincentian residents.

Jessica Hannes is one of the students living in Vincentian. She said she was inspired to participate in the program based on her prior experiences with senior citizens. She said: "I work at Good Will and on senior days, we get so many seniors that come in and so many of them say, 'I would buy this for my granddaughter, but I don't see her anymore.' It's really sad, so I wanted

*"I wanted to be a friendly face for the seniors in the community."*

*-Jessica Hannes*

to be a friendly face for the seniors living in the community. Maybe if they don't have family that visits them, they would know the students would be there for them like their second family."

Christopher Luff, the manager of independent living and community engagement, echoed the idea that students could be good champions for Vincentian's residents. "Having a couple bright young faces is a good thing," he said.

According to Luff, he selected students for the program who had the personality to engage in the community. "Most of it is being personable," he said, adding that he wanted independent, self-motivated students.

But these students are more than friendly faces. They're also actively working in the Vincentian community.

SEE INTERGENERATIONAL  
LIVING, PAGE 14

## SGA sets annual goals

BY JULIA FELTON  
EDITOR-IN-CHIEF

Student Government Association (SGA) kicked off the semester by participating in freshmen orientation events, overseeing club renewals, and setting goals for the new academic year.

SGA President Allison Bosworth said people were using the courtyard after SGA funded renovations for it over the summer. "We added lights, we fixed the fire pit, we got more chairs, and we also got facilities to trim the shrubs. I think it looks great," Bosworth said, adding that they used it for a live music event during freshman orientation week.

SGA also sponsored a bonfire during freshman orientation week and participated in the resources fair. "I think we made a great first impression on the freshmen," Bosworth said.

Bosworth said she wanted SGA to encourage students to get involved with county elections in November. She said: "We're going to start working on absentee ballots. It's important for us to start thinking about how to educate people on county elections and why it matters. It's important to care about those things. It's important to get people to be registered to vote. It's important to get people signed up for absentee ballots."

The SGA board discussed sponsoring La Roche's blood drives beginning next semester. Bosworth said she and Director of Community Service Nathan Polacek had discussed the opportunity with Steve Benson, the coordinator of campus ministry for service. "The minimum amount we would have to do is book a room and the maximum is for us to actually volunteer at the blood drive. This is something really good to have our name on it to improve our image on campus," Bosworth said, noting that Red Cross handles most of the work for the event.

During the ensuing conversation, Director of Student Activities Natasha Florence voiced a concern

SEE SGA, PAGE 12

# Celebrating the Courier's 25th Anniversary

*As the Courier celebrates its 25th anniversary, we are proud to feature our past editors.*

## Rebecca Pasqua

**When were you the editor of the Courier?**

Co-editor: 2008. Editor-in-chief: 2009-2011.

**When did you graduate from La Roche?**

May 2011.

**What was your degree?**

English Studies: Professional Writing with a concentration in creative nonfiction.

**What was the most rewarding aspect of working with the Courier?**

The Courier gave me confidence for the first time in my life. I didn't realize it at the time, but looking back, this was one of the most rewarding aspects. I started college as a shy freshman with no drive or direction, and holding a leadership role on campus challenged me to move beyond that—even when it felt unfamiliar and uncomfortable.

**What is your favorite Courier memory?**

There are too many to choose one, so I'll give you a few.

1. Late nights during layout week. We'd work until it was midnight, and we were delirious from staring at a computer screen

for hours. Layout week is when I developed friendships with graphic designers, other editors and writers. The funny thing is I didn't join The Courier with the sole purpose of making friends—it just happened that way. I still keep in touch with these people, and I even married one of them!

2. Coming up with story ideas during staff meetings. These were some of my favorites: a feature on faculty fashion; an article on whether pets go to heaven; and our recurring advice column. My staff produced so many entertaining, funny and creative stories, and I always looked forward to reading their submissions.

3. Our staff outing to a local buffet. One of our writers (who is now my husband) wanted to review a chain restaurant that was notorious for its bad food and service. We all had lunch together at this place, and while it was the worst meal I've ever eaten, I never laughed so hard with my classmates.

The editor-in-chief role never felt like a job to me. We had fun working on The Courier, and I truly enjoyed it.



© COURTESY OF REBECCA PASQUA

**What was the most challenging part of working with the Courier?**

I joined The Courier during its transition from a print to online publication. The biggest challenge at this time was getting students, faculty and administration to see the value of keeping the student newspaper alive, and building a presence on campus. In the beginning we didn't have the resources we needed, which meant I had to build a reliable staff, recruit classmates and gather the support/

funding to purchase necessary equipment. This was something that I had to actively work toward and maintain each year.

**How did your work with the Courier help you in life after college?**

As a student I built my entire portfolio through The Courier, which helped me land internships and my first job through Pittsburgh Magazine after gradu-

SEE PASQUA, PAGE 17

## Ray Pefferman

**When were you the editor of the Courier?**

Associate Editor: Fall 2003 – Spring 2004; Co-Editor in Chief: Fall 2004 -Spring 2005

**When did you graduate from La Roche?**

Spring 2005

**What was your degree? Professional Writing: Creative Nonfiction Concentration**

**What was the most rewarding aspect of working with the Courier?**

I really enjoyed working with the other editors, the advisor and the rest of the staff to plan the content, assembling it on the page and then seeing everyone on campus reading it when it was issued. I was always so proud of

what we produced, and the diverse storytelling and design talents that our staff contributed. To have a leadership role in the process was quite exciting, and I still look back on it fondly.

**What is your favorite Courier memory?**

I most remember “deadline days” when we would spend almost all the time that we had that wasn't in class laying out and editing the paper. The small group of us would often have lunch and dinner together and be there late into the night. While the whole process could be quite exhausting, we all formed such a bond.

SEE PEFFERMAN, PAGE 17

## Heather Paholich

**When were you the editor of the Courier?**

Co-editor, May 2004 - December 2005

Photo Editor, September 2003 - May 2004

Outdoors Editor, November 2003 - May 2004

**When did you graduate from La Roche?**

December 2005

**What was your degree?**

BA in English: Professional Writing

**What was the most rewarding aspect of working with the Courier?**

The most rewarding part of Courier work was gaining experience that related to the real world. Everyone has read a newspaper at

some point. Having published clips to show potential employers is something they can relate to and appreciate.

I also worked with other students and forged relationships that have lasted long after college.

**What is your favorite Courier memory?**

We once published an additional paper, tabloid size, that was entirely creative nonfiction pieces. We collaborated with the graphic design department for some illustrations. Putting that together was definitely one of my favorite projects.

**What was the most challenging part of working with the Courier?**

SEE PAHOLICH, PAGE 15

# Culture

## La Roche hosts car shows geared towards charities

BY JULIA FELTON  
EDITOR-IN-CHIEF



© JULIA FELTON

(Left to right) Robert Holupka, Luciano Vizzoca, Garrett Berner, and Samantha Kane represented La Roche's Campus Car Society at an event benefiting the Leukemia Lymphomaa Society.

This summer, La Roche students invited the Pittsburgh car community to campus to raise money for charities.

Luciano Vizzoca, president of the Campus Car Society, raised money for the Leukemia Lymphoma Society with a car smash—an event that allowed students to destroy a jalopy—and a car show in May.

La Roche University senior Alexis Carrion hosted a car show called PGH Pit Stop in August, which benefited the Animal Friends shelter.

Both said they chose causes that were important to them.

Vizzoca said, "It really started when I had dinner with one kid who actually had leukemia. That really made me want to do something for those kids."

For Carrion, her own pet—a pit bull named Scarlet—served as inspiration to host an event celebrating the breed. Carrion said: "When we adopted her, she was only 27 pounds—just skin and bone. She was thrown out of a car. We had to get her back to health. Ever since I've owned her, I just realized how much I love the breed and how much other people are undereducated about them. I just wanted to help the breed, bring awareness to them."

She explained that she chose to work with Animal Friends because it was one of her favorite shelters. "Animal Friends is a shelter that really goes above and beyond to not make it feel like

SEE CAR SHOWS, PAGE 11

## Sculpting for environment

BY DANIELLE DiNATALE  
ASSOCIATE EDITOR

La Roche University interior design seniors banded together to create a sculpture to promote environmental awareness on September 20.

The students presented the sculpture on PARK(ing) Day, an annual event where artists, citizens, and organizations turn a parking spot into a temporary park. These projects are meant to raise awareness for a global issue of the individual or organization's choosing.

For their sculpture, the interior design students collected plastic bags, wood and chicken wire. Their piece centered around raising awareness for the environment.

"We study a lot of sustainable habits as interior designers," Angela Chusko, senior interior design major, said. "This PARK(ing) Day project is a way to bring the awareness of sustainability to our peers."

Leading up to the creation of the sculpture, the design students held a plastic bag collection at the University. Chusko said the plas-

tic bags are meant to give a visual representation of the waste that comes along with single use plastics.

"As visitors interact with the installation, they will learn the negative effects of

single use plastics, including plastic bags, and how to work towards more environmentally friendly lifestyles," Chusko said.

With the sculpture presented to the University, the design students hope that their project will open up viewers' eyes to critical issues happening with the environment. The seniors also believe that the sculpture will have a positive effect on the community as a whole.

"Although the reality of the waste in the world can be emotional and distressing, people may take these messages and inform people they know about the issue," Chusko said. "The awareness can rise and the community as a whole can make a difference, using reusable bags and packaging, creating less waste and a greener environment."

## Students study in South America

BY KATHLEEN KENNA  
CONTRIBUTING WRITER

How many empanadas does it take for a La Roche student to travel South America? More than you would think according to a group of students back from South America.

A group of 19 students and staff from the Graphic and Interior Design departments spent a total of nine days in South America, with a focus on Santiago, Buenos Aires, and areas within Patagonia. Their mission was to observe and document these areas and share their experiences with us back home.

"I am the type of person that gets very anxious of the unknown," said Rheanna Abel, a junior. Once she arrived, however, she didn't want to come back. This was her first time leaving the country or doing study abroad with La Roche.

Andy Schwanbeck, a graphic design professor who accompanied the students, is a well-seasoned traveler; but he had his apprehensions as well.

"For me travel is always met with a kind of anxiety, but those

feelings are more connected to the excitement of what's to come," said Schwanbeck. He has travelled extensively, but this was his first experience in South America.

Both Abel and Schwanbeck seemed to prefer the moments on the trip when they were in nature.

"Patagonia has some of the most raw, untouched land in the world," said Schwanbeck. Abel claimed that her best pictures of the trip are of the lakes, waterfalls, and mountain ranges.

Altogether, over 26,000 photos taken on this trip. There are other interesting tidbits like how many cups of coffee or empanadas were consumed; 258 and 68, respectively.

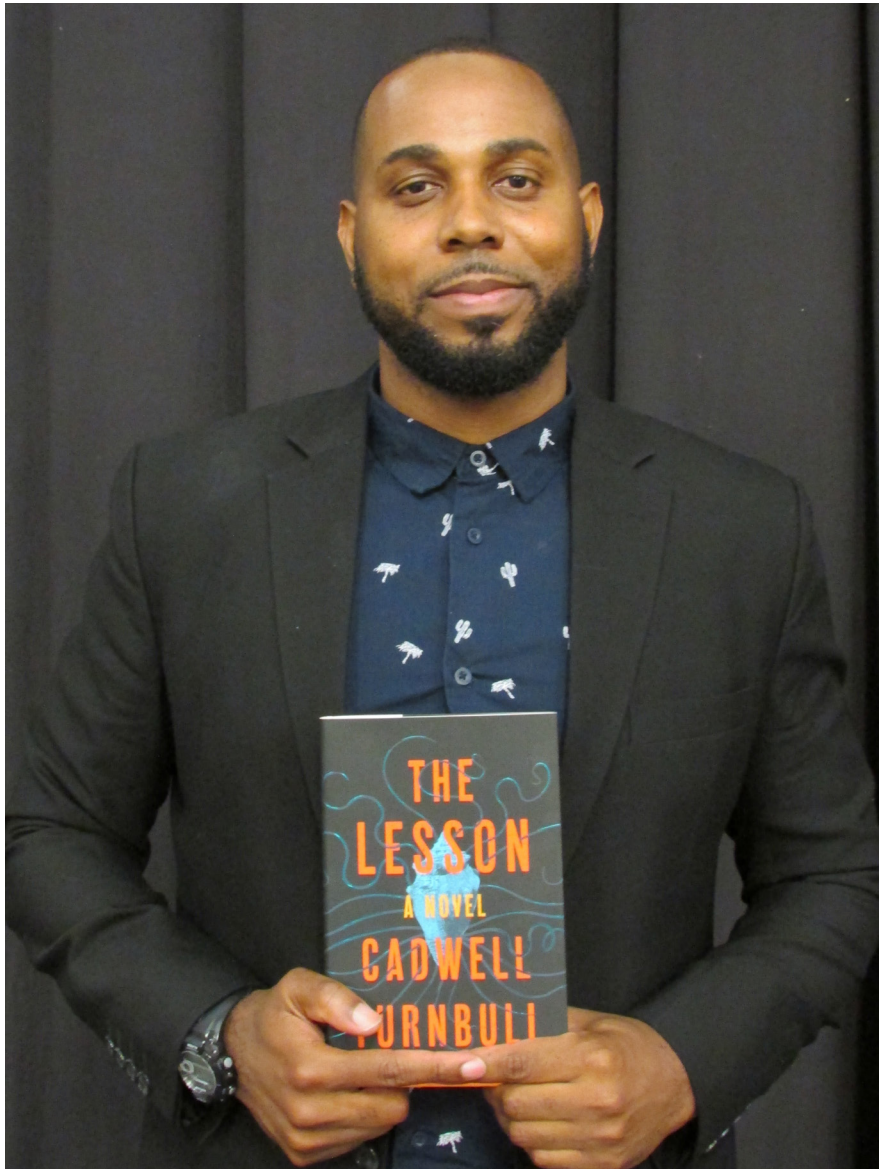
However, a study abroad trip is not all about photographs of nature or cups of coffee. There are a lot of cultural differences that the students and staff experienced. Of course, the language was a big obstacle; but they had the help of Nicole Gable, Director of Study

SEE STUDY ABROAD,  
PAGE 13

# Alumnus

## La Roche alumnus shares life as a writer

BY DANIELLE DiNATALE  
ASSOCIATE EDITOR



© JULIA FELTON

La Roche alumnus Cadwell Turnbull shared insight on his writing journey, inspiration for his debut novel, “The Lesson,” and his experience returning to La Roche.

Turnbull graduated from La Roche University in ‘09 with a degree in professional writing. He received his M.F.A. from North Carolina State University.

As a child, Turnbull’s dream was to become a scientist. His interest in writing came later, starting in his eighth grade English class. After writing an essay on “The Diary of Anne Frank,” Turnbull said his teacher told him that he should consider being a writer.

“That was the first time it occurred to me to be a profession,” Turnbull said. “After that I started writing for myself, trying it out.”

In high school Turnbull focused on writing essays for contests and experimented with novels.

Although he didn’t know what the genre was called at the time, Turnbull found himself drawn to science fiction novels in high school. He said he preferred the science fiction novels that he read

in school such as “Lord of the Flies,” “1984,” and “Brave New World.” Another source of his inspiration came from his favorite science fiction author--Ursula K. Le Guin.

“Something about what science fiction and those stories were doing--asking questions about humanity and society--really interested me,” Turnbull said.

Despite his interest in writing, Turnbull never intended to write a novel. Although he worked on a novel while getting his undergraduate degree, he said he didn’t start thinking about sharing his work until recently.

“I wrote a lot of short stories before and after undergrad that I haven’t shared,” Turnbull said. “It wasn’t until over the last six or seven years that I started thinking about showing other people my work.”

His confidence to share his work grew while working on his graduate degree.

“I got into the habit of sharing my work in workshops and having people critique them. That

SEE TURNBULL, PAGE 11

## Alumnus presents debut novel at literary event

BY MINA HOLLAND  
CONTRIBUTING WRITER

On Friday, September 6, 2019, debut science fiction novelist, Cadwell Turnbull, led the Literary Society Event to showcase his first novel.

Titled “The Lesson,” Turnbull’s novel takes place in the US Virgin islands where its citizens live with the Ynaa, a highly intelligent alien species. Over time, the Ynaa disrupt the straining peace they share with the citizens to the point where a young boy is killed by the Ynaa.

According to the novel summary, three families are in the middle of the conflict between the Ynaa and the US Virgin Islanders; the Ynaa’s purpose to “teach [the people] a terrible lesson.”

Held at 7 p.m. in CC Square

that Friday night, there was a large turnout of at least 50 people in the square. Literary Society events are usually held in the Ryan Room inside CC Square, but Turnbull attracted enough of an audience to span the square.

Some were La Roche students, other were faculty, some alumni, and others regular attendees to La Roche University’s Literary Society Events. Turnbull greeted guests warmly and was introduced by La Roche professors who have taught him while he was pursuing his bachelor’s degree.

Turnbull described his back-

SEE LITERARY EVENT,  
PAGE 11

## “The Lesson” drops aliens in Virgin Islands

BY CAROLINE PACEY  
CONTRIBUTING WRITER

“The Lesson,” a recently published novel by La Roche alumni Cadwell Turnbull, has greatly shocked the science fiction realm. The book is set in his hometown of St. Thomas, U.S. Virgin Islands. This is where the Ynaa arrived on Earth. Ynaa are alien lifeforms that have outgrown their homeland and want to colonize on Earth along with researching the planet. Disguised in human form, these aliens are powerful and violent. Humans are unable to have peace with the Ynaa but some characters are trying to build a friendly relationship between these two life forms.

This book has multiple points of view from different charac-

ters. At the end, all of the character’s stories align to complete the novel. Each chapter is from a different character. These characters vary in age and opinions on the Ynaa landing. This allows the readers to be in the mind of people who are encountering a unique situation. Turnbull only focuses on one main Ynaa, Mera, while the other characters are human.

Mera is a strong female character, who is an Ynaa ambassador to the humans. She is the connection between these aliens and humans. She is trying to create peace between the two lifeforms.

SEE “THE LESSON,” PAGE 14

# Clubs

## Business Honor Society Delta Mu Delta shines with STAR status award

BY SARAH HEFFERIN  
ENTERTAINMENT EDITOR

La Roche University's Business Honor Society, Delta Mu Delta, is shining a little brighter this fall semester. Eta Psi, the campus branch, earned STAR Status for the fourth time since 2015.

As an honor society open to business students at La Roche, Delta Mu Delta prides itself on being a bridge between college and real world business experience. With La Roche's rich business department, this honor society is a chance for those students to excel and get ahead after graduation.

The honor of STAR status means that, as an honor society, La Roche's chapter of Delta Mu Delta has exceeded society standards for management of the chapter and its activities.

With the guidance of advisor Dr. Michaela Noakes and those valuable student members, Delta Mu Delta became a reputable organization. By earning the title of

STAR Status, the Business Honor Society earned international recognition. With this new award, the honor society will be recognized with letters to the Dean of Students; Provost or Academic Officer; and the President of the University.

All chapters who receive this award will also be recognized at the next Biennial National Meeting, hosted by the International Business Society.

Past president and alumni Peter Biernesser reflected on his time with the society. During his time, he helped Delta Mu Delta earn STAR status, before graduating in 2017. This award, though given four times now, is truly earned by the might of a passionate group of people.

"Organization, businesses, and honor societies are made up of

SEE DELTA MU DELTA,  
PAGE 16



© COURTESY OF MICHAELA NOAKES

(Left to right) Kasey Baronick, Michaela Noakes, and Courtney Knobloch organized donations from Delta Mu Delta's sock drive.

# The Courier Staff

**Editor-in-Chief**  
Julia Felton

**Entertainment Editor  
and Lead Designer**  
Sarah Hefferin

**Associate Editor  
and Social Media  
Coordinator**  
Danielle DiNatale

**Sports Editor**  
Jordan Smith

## Contributing Writers

Katherine Friend  
Mina Holland  
Kathleen Kenna  
Steven Munshower  
Caroline Pacey  
Zach Ruby

## Courier Advisory Council

Rebecca Pasqua  
Sarah Reichle

## Faculty Advisor

Ed Stankowski

# Courier Call

**Hear the Courier Staff answer the question: If you had to delete all the apps on your phone except three, which would you keep and why?**



“The apps that I would keep are Snapchat, Pinterest, and Spotify. I’d keep Snapchat because I have streaks that I am not willing to lose. Pinterest is my biggest procrastination tool that I can’t give up. I pay monthly for Spotify, so I wouldn’t want to waste my money by deleting that app.”

-Danielle DiNatale, Associate Editor

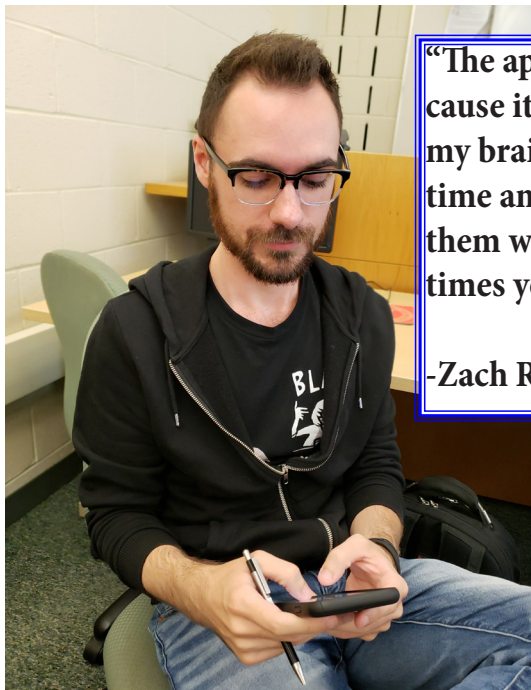


“The three apps I would keep are, The Washington Post app, because an aspiring journalist has to read the paper every morning! The NHL app, because I’m an obsessive hockey fan! Instagram, partially to keep up with friends, but mostly for the cat memes!”

-Julia Felton, Editor-in-Chief

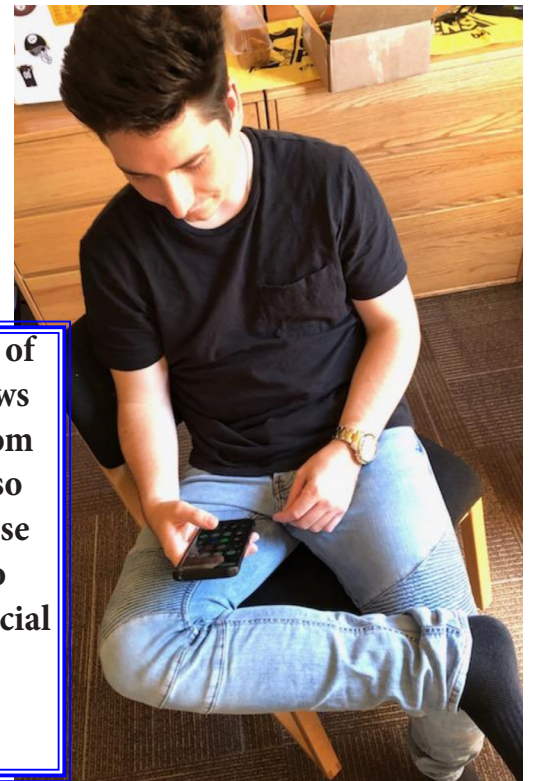
“I would absolutely HAVE to keep Spotify, Youtube, and Animal Crossing: Pocket Camp! I listen to music too much to get rid of Spotify, for one thing. Without Youtube, how else would I be able to cut an avocado? And most importantly, I’m on level 116 on Animal Crossing. I would never be able to give that up.”

-Sarah Hefferin, Entertainment Editor



“The apps I would keep are the Reddit app because it’s something to stare at for hours and let my brain rot, the Audible app because books take time and sometimes you need to get through them while walking, and Spotify, because sometimes you’re too tired to pay attention to a book.”

-Zach Ruby, Contributing Writer



I would choose Twitter because I can look at a lot of sports information on there, as well as typical news going on in Pittsburgh and around the world. From Twitter, I can receive links to videos and articles so it is very beneficial. I would choose Spotify because I definitely need to listen to music. I’d keep Yahoo Finance because I like to keep up to date on financial news and check out the stock market.

-Jordan Smith, Sports Editor

## 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.

Julia.Felton@stu.laroche.edu

# Man on the street

**Entertainment Editor Sarah Hefferin asked students: What are you looking forward to the most this school year?**



**“I am so excited to dive deeper into my design and participating in more immersive experiences through internship possibilities and other opportunities!**

**-Gabrielle Lisella, Senior Self-Design Major**



**“I am looking forward to accomplishing things that have not even been on my mind a week ago that are suddenly within my grasp. Like just being in college and getting a driver’s license and being on a new course that I didn’t even think would happen to me!”**

**-Kai Weseke, Freshman Psychology Major**



**“I’m in elementary education, and I’m excited to go to more observations, and applying the things that I am learning this year in classrooms! I am so excited to continue learning new things!”**

**-Pilar Lojaco, Sophomore Education Major**



**“I’m excited for a fresh start and to pass this year.”**

**-Alexis Poblocki, Sophomore History Major**

# People

## LRU welcomes new tutoring coordinator

BY JULIA FELTON  
EDITOR-IN-CHIEF

La Roche University welcomed a new coordinator of tutoring and student support this semester.

Taylor Pavolko previously worked at Indiana University of Pennsylvania, where she taught English as a second language classes and oversaw a tutoring center for international students.

Pavolko said she is excited to transfer those skills to her new role at La Roche. "With my background in tutoring, teaching, and test proctoring, this position seemed like it would be a really nice merger of everything," she said.

From her first interview at La Roche, Pavolko said she was impressed with the college. "I could

see the culture immediately. I'm really thankful to be a part of this community, especially where so many people work so hard," Pavolko said, adding that she enjoys the opportunity to work with students from diverse backgrounds.

Pavolko said her office's primary function revolves around tutoring. Her office provides tutoring services in a variety of subjects, including the sciences, information technology, and design.

"It's very open, so students can meet tutors on their own time," Pavolko explained. "We do have drop-in hours as well."

Though helping students who

SEE PAVOLKO, PAGE 13



© COURTESY OF TAYLOR PAVOLKO

Taylor Pavolko is the new coordinator of tutoring and student support.

## Service dog guides La Roche student

BY KATHERINE FRIEND  
CONTRIBUTING WRITER



© KATHERINE FRIEND

Service dog Raquel accompanies Caroline Pacey to her classes.

Dogs are often considered man's best friend. They can be a companion, a family member, a pet, or to some, a guiding light. Caroline Pacey is a junior English Literature major at La Roche University who owns a service dog named Raquel.

Raquel is a border collie German shepherd mix and is a year and eight months old. In this interview, I sat down with Caroline to discuss the process she underwent to get Raquel, and how the dog has positively impacted Caroline's life.

Q: How would your life have been different if you had not gotten a service dog?

A: I wouldn't feel safe in public places. It's like a security blanket.

Q: How do you help people understand that your dog is a working professional and not to be approached as a pet?

A: They don't even ask, they go right ahead and pet her. If people go to pet her, I say, 'She's working right now, please let her focus.'

Q: When you first met Raquel, was it an instant connection or did you have to work to develop a relationship with her?

A: We definitely had to work. At first, she was very weary of me.

She lived in a kennel called "Medical Mutts" for about a year, then she had specific training for about eight months.

Q: During the process of getting your service dog, were you ever concerned that it wouldn't work out?

A: I was worried she might cause me more stress, but I knew she'd be more beneficial than stressful. I knew I needed her.

Q: In what ways has owning a service dog made your day to day life easier?

A: It's made me more organized and planned and I feel more safe going in public.

Q: In what ways, if applicable, has owning a service dog made your day to day life more complicated?

A: It's made it so much more complicated. Sometimes she's antsy and not in the mood. It makes me interact with people more which is stressful.

Q: Has owning a service dog made you feel more empowered and confident in certain situations?

A: Definitely. It's given me a lot of confidence and courage. I feel I

SEE PACEY, PAGE 8



# Entertainment

## Students respond to violent video games

BY ZACH RUBY  
CONTRIBUTING WRITER

Are violent video games impactful on violent behavior? The La Roche community is evenly divided on this question.

Fifty members of the La Roche community completed a survey. It asked about their opinions on the possible correlation between violent video games and violent behavior. They completed these surveys on campus between the months of February and March.

On a scale of one to ten, in which one was not at all impactful, and ten was very impactful, 38 percent of the community said that violent games were not very impactful on violent behavior, rating the correlation between one and three.

Similarly, 34 percent said that violent games were very impactful on such behavior, rating the impact between seven and ten.

There were 28 percent who were in between in their answers, rating the relationship between games and behavior between four

and six out of ten.

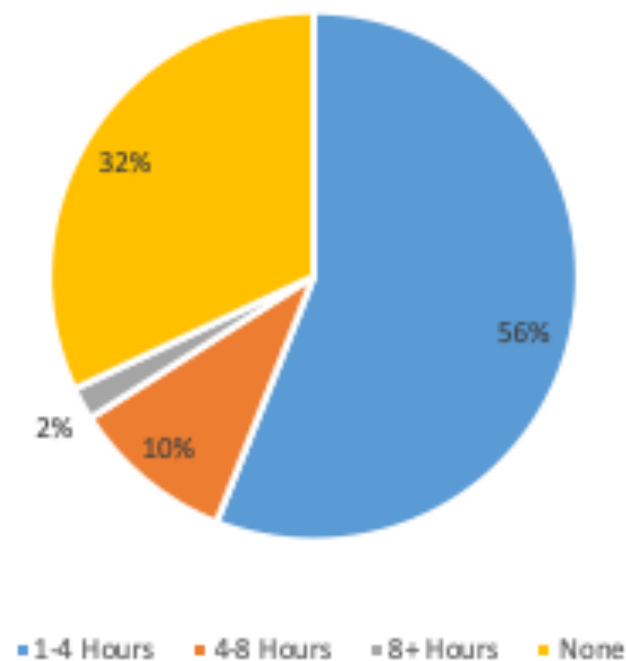
The survey asked if violent behavior developed from video games could be permanent, and 56 percent of the community said no.

The Entertainment Software Rating Boards, or ESRB, states that people under the age of 17 should not be allowed to play violent video games. The majority of the community, 60 percent, agreed with the ESRB.

Then are violent games related to real world violence? The survey asked if recent school shootings were the result of violent video games. Thirty percent of the community answered no to the question, and 2 percent of them said yes. Seventy percent of the community said maybe, implying that students can't be sure if violence committed by their peers is because of violent games.

However, the community did say that violent games are useful  
SEE VIDEO GAMES, PAGE 15

Hours of of Video Games Played Per Day



© ZACH RUBY

The graphic above demonstrates how much time students at La Roche dedicate to video games.

## “IT: Chapter 2” delivers twice the horror

BY STEVEN MUNSHOWER  
CONTRIBUTING WRITER

“Everything that makes chapter one special is intensified in chapter two,” says director Andy Muschietti. “IT: Chapter Two” is a horror/thriller released on September 6, 2019 in the United States. Andy Muschietti returned to direct the sequel with a budget of approximately \$70 million. Warner Bros. distributed the film and it is the widest rated R release of all time. Do not watch this film without viewing the film “IT.”

“IT: Chapter Two” opens 27 years after “IT” with a brutal scene, confirming that Pennywise the Clown has returned. From there, Mike recruits his old friends to return to Derry, the town they grew up in. Upon returning, the cast reflect on past trauma and are hesitant to face the clown again. However, after much internal and external conflict, the “Losers Club” realize that they can only defeat Pennywise if they stand together.

Muschietti fires on all cylinders with this film, delivering upon the promises given in the first “IT.” His passion for these projects is felt in the quality of his filmmaking. Due to the ambitious nature of this sequel, the runtime

*Muschietti fires on all cylinders with this film, delivering upon the promises given in the first “IT.”*

is two hours and 49 minutes. While this might seem too long, the excellent writing and pacing make time fly. However, there are several sub-plots in the film that are left unresolved or forgotten, hinting that it was longer at one point in development.

The casting in “IT: Chapter Two” is among the best of all time. The resemblance of the adult and

child versions of the characters is incredible. From looks to subtle nuances, the actors sell the illusion that they are grown up versions of the kids from “IT.” Among the talented cast, James McAvoy, Isaiah Mustafa, and Jay

Ryan stand out. Jessica Chastain as Beverly Marsh and Bill Skarsgård as Pennywise also deliver high-quality performances.

The cinematographer, Checco Varese, acts as glue for the occasionally clumsy plot. His work behind the camera holds the film together tonally, linking one event to the next. Each shot conveys a tone and tells a story itself.

This is evident in a scene with Bill and Georgie, that illustrates a looming guilt through strictly visual means. Varese’s creativity is apparent in his visual choices.

The performances and quality filmmaking are support pillars for the heavy plot. Adapting a 1,138 page novel is no simple task, but the masterful crew behind these films did it. While some areas fall flat, especially the story of Henry Bowers, the quality of “IT: Chapter Two” is superbly satisfying.

“IT: Chapter Two” achieves its goal of concluding the storylines set up in “IT,” while expanding on the universe. Director Andy Muschietti’s passion for “IT” is clear in the conclusion to this instantly iconic duo of horror films.

# Sports

## La Roche introduces women's lacrosse team

BY JORDAN SMITH  
SPORTS EDITOR

The La Roche Redhawks will begin their women's lacrosse program in 2020-2021. For the 2019-2020 season, the program will operate as a club team. The AMCC has sponsored women's lacrosse since 2016. The Redhawks will be the sixth team in the division to sponsor a women's team. Women's lacrosse is one of the fastest growing sports in the United States.

This past year in the spring, Lisa Evans was named the head coach of the new La Roche women's lacrosse team. Lisa is originally from Downingtown area in eastern Pittsburgh. She went to Pitt for her undergraduate in psychology and went to Duquesne for her Masters in sports business. She currently lives with her husband Owen in the South Hills area. I had the opportunity to ask her some questions:

**Why did you want to become a coach at La Roche?**

The idea of starting a program was really exciting and appealing to me. It's such a unique opportunity. As an assistant coach, I was

SEE LACROSSE, PAGE 17



© JORDAN SMITH

(Left to right) Katelyn McCallister and Jade Chalmers will represent La Roche on the school's first lacrosse team.

## NFL forecast

BY JORDAN SMITH  
SPORTS EDITOR

Here is my take on the conference winners, super bowl predictions and MVP awards.

**AFC EAST:**

The Patriots are the clear favorite to win. They have started off 2-0 and they no longer have Antonio Brown which makes them even more of a favorite to win. The Buffalo Bills have started off strong as well going 2-0, but they are always average. They will finish off 10-6 at best, but more around eight or nine wins. The Jets are below average, Sam Darnold is hurt. Gary Vaynerchuck needs to become the owner asap. The Dolphins might be the first team in a while to go 0-16, but they may have to trade their whole team first before that because they've all asked to be traded.

**AFC EAST WINNER:** New England Patriots

**AFC NORTH:**

The Steelers were my favorite coming into the season. They got rid of the toxic twins and the noise was gone, but now they don't have Big Ben. I have faith in Mason Rudolph to win some games, but with Big Ben not returning it is basically a given that this team won't win the super bowl. The Baltimore Ravens have started off strong. Lamar Jackson looks to be the second coming of a Cam Newton. The Cincinnati Bengals are irrelevant, they won't make the playoffs. The Cleveland Browns are better than they once were but their fanbase is blowing them up. Expect them to maybe make playoffs but they wouldn't make it past the Chiefs or Patriots especially playing away. The race to win this division will be close.

**AFC NORTH WINNER:** Baltimore Ravens

**AFC SOUTH:**

The Tennessee Titans don't have much to offer. The Jacksonville Jaguars seems to have issues from an organizational standpoint. Jalen Ramsey, one of the best cornerbacks in the league asked to be traded, so their season

SEE NFL, PAGE 13

## LRU strikes up bowling team

BY JULIA FELTON  
EDITOR-IN-CHIEF

La Roche is striking up a new women's bowling team this fall.

Diane Jones, the team's head coach, said they will be playing at Perry Park lanes for home matches. The season starts in October.

Jones encouraged students to come to these matches. "Collegiate bowling is something special," she said. "It's very exciting and energetic and can get very loud."

Jones, a two-time PA State Team USA Champion, said she has prior coaching experience. "I began officially coaching high school in 2005 [at] Thomas Jefferson. I helped to start the high school program for Norwin in 2006 and coached through 2010," she explained.

Now, she says she's excited to start a new program for La Roche. "After visiting the campus one time, I knew this was a very special place," Jones said. "I am honored and thrilled to be a part of this university and look forward to the inaugural season for the women's bowling program."

Alyssa Smith, a junior who will bowl on the team, shared Jones' excitement. She said, "I'm excited to compete and improve as a team and see how we compete against other teams."

Creating a new collegiate team comes with its difficulties, though. Jones said she missed the opportunity to recruit students directly from high schools this year.

"Making sure the program is set up properly through all of the

necessary organizations is very time sensitive," Jones added.

Despite the challenges of starting a new team, Jones said being the team's first coach has its perks. "When you can start with a clean slate, you have the opportunity to build and develop the program with a fresh new perspective," she said. "We can establish the standards for the team and build on it for the future."

Jones said she already has goals set for the team's first season. "The first year can be difficult until everyone gets settled in and gets a match or two under their belts and experiences competing at this level. I am encouraged by the spirit of the players on

SEE BOWLING, PAGE 14

## Literary Event, continued from page 4



© JULIA FELTON

Cadwell Turnbull signed copies of "The Lesson" at a literary society event at La Roche.

ground, his college years and his writing career during his presentation. According to Turnbull, he would occasionally skip class to work on short stories and novels in progress. It paid off in the long run, since "The Lesson" has received positive reviews from critics and websites, and has sold well.

He then added on by reading scenes from "The Lesson," including one from a girl's point of view where she questions her faith, sexuality, and other important aspects of her life around the same time the Ynaa attack.

After Turnbull's novel insight, audience members asked a plethora of questions, to which he gave thorough answers. Many people had queries, from students, to faculty members, to others who came for support.

Science fiction, his main source of writing, gives him many ideas, which, he said, are, "scat-

tered on papers throughout his house." Turnbull added that when he gets new ideas, he writes them down immediately.

After the event, Turnbull had a book signing in CC Square, sponsored by Riverstone Books in McCandless crossing, where a lineup of people waited for his signature with their purchase of "The Lesson." There, he conversed with people who had further questions for him and his novel.

The Literary Society event concluded at 9 p.m., making it a very successful one with a great turnout. With that, Turnbull proved that enough hard work and dedication to something one loves can lead to a success.



## Turnbull, continued from page 4

helped me develop the muscle and ability to deal with criticism that I think I needed to be able to do something like this," he said. "I feel like if I didn't do the workshops in grad school I wouldn't be as prepared."

"The Lesson" started as short stories shared within Turnbull's workshops. Eventually his professors told him that he wasn't writing connected short stories, but a full novel.

"It took me about halfway through the M.F.A. to start taking that seriously," he said. "And I realized I was actually writing a novel, I was just having a lot of self-doubt about it."

Like many authors, Turnbull has had to deal with his share of self-doubt. He said what helps him the most is setting small and achievable goals for himself.

"One practice that I do now is that I write 250 words a day," he said. "That's a page of writing--I know I can do that. And so even if the page isn't that good, I've done. Even if I miss a day, I can just start tomorrow, it's not like I have to catch up on 1000 words."

Setting these goals has also helped Turnbull change his mind on the editing process.

"I actually now enjoy editing. Working on "The Lesson" and going through several revisions of individual chapters of a book has gotten me used to the idea that if there is something I'm unhappy with, I can work on it and change it," he said.

Turnbull said he believes that writing small, whether it be a

small word count or short story, in order to get to a bigger result.

"A lot of people have prescriptive advice about it, but I think writers should do whatever gets them to do the work that they love doing," he said. "If small works, go small and build up the skills and confidence to write something larger."

"The Lesson" focuses on an alien race that colonizes the U.S. Virgin Islands. Although aliens bring an unusual element to the story, Turnbull said that he tried to make the human side an important part of the book.

***"Part of the book is about aliens, but a big part of the book is about people. I pulled from my life growing up, thinking about people close to me."***

***-Cadwell Turnbull***

"Part of the book is about aliens, but a big part of the book is about the people," Turnbull said. "I pulled from my life growing up, thinking about people close to me, friends and family, people in the community and the stuff they have to deal with in their normal lives."

The alien parts of the book, Turnbull said, came to him in a dream.

"It was set in a suburban town where aliens had integrated into

society, but they responded to threats with extreme violence. It made a really big impression on me, partly because there was an alien in the dream who was suffering from a guilty conscience, who was trying to be more like humans," Turnbull said. "I found it really compelling and when I decided I wanted to write about home, I decided to pull that idea into home and immediately all these ideas about colonialism came up."

Many science fiction novels take place in large or important cultural cities, such as New York

has been traditionally oppressed gives the opportunity to look at it from the perspective of the oppressed. They're going to bring different things to it and have a different relationship with the aliens than the rest of the world would."

Turnbull had the opportunity to speak at La Roche University and celebrate the release of "The Lesson." He said that although he enjoyed being back at La Roche, he was nervous.

"Being back in this context is interesting because of the personal contacts that I have, but also this feeling that I need to make a good showing," he said. "These are people I looked up to, a lot of them are mentors. It brings me back to the headspace that I was back then, trying to get through the semester, get to graduation."

Now that "The Lesson" is out on the shelves, Turnbull is working on a second novel. It is a contemporary fantasy focusing on monsters from Peruvian folklore and popular culture advocating for their civil rights.

"I pitched it as a modernization of the 1960s-1970s era civil rights movement but with monsters and looking at it from an intersectional perspective--how class and gender plays into monstrosity and plays into being a monster," he said.



## Car shows, continued from page 3



© JULIA FELTON

Campus Car Society President Luciano Vizzoca estimated 70 cars attended his car show.

a shelter. They really make it a home for the animals.”

Vizzoca said the Campus Car Society and La Roche faculty and staff helped him with the event. He credited Professor Nancy Collette for helping reach out to classic car enthusiasts and David Day, the director of student development, for helping plan and organize both the car smash and the car show. Vizzoca said members

of his club helped create flyers, collect donations, and direct cars.

Vizzoca said he was thankful for the people who helped organize the show, as well as the people who brought their cars. “They took a lot of time out of their day to come help us,” he said. “I’m really appreciative.”

According to Vizzoca, everyone’s hard work paid off. He said his event raised approximately

\$2,000 and brought about 70 cars to La Roche.

“I was pleased with the turnout. A lot of people came,” he said, adding that he was surprised to see about 20 or 30 supercars attend.

Carrion, who planned her entire event in one month, said she, too, was pleased with the response. Her car show raised \$2,015.

She said, “Seeing those two worlds—cars and dogs—combining was really rewarding.”

With approximately 30 dogs in attendance, Carrion said she was glad to see so many animals. “The best part was everyone bringing their dogs out,” she said. “It was just so amazing to see all the pit bulls getting along.”

Both Vizzoca and Carrion also commended the local car community for showing their support. “The car community really will help out in any way that they can,” Carrion said.

Vizzoca added, “Seeing all the car people in Pittsburgh, that was really cool—just seeing that they supported us.”

After hosting this event, Carrion said she would encourage other students to become involved in things that matter to them. “It made me feel a lot better to know I was giving back,” Carrion said. “If you find something you’re passionate about, it doesn’t feel like work.”

Vizzoca also said he felt good about his work. “Whenever you do something like that it pays off in the end,” he said.

For Vizzoca and the Campus Car Society, this event was just the beginning. He said he hopes to host similar car shows in the future, adding that he wants to collaborate with other colleges car clubs this year.



## SGA, continued from page 1

regarding whether SGA members would be willing to actively participate in the event. “If we were to put our name on something, we should be there doing it,” Florence said. “And that’s a concern, because with the activities fair, a lot of people weren’t able to make it. If we were to put our name on it, we should be the ones doing it. That only makes sense.”

Ultimately, the SGA board voted in favor of the motion to sponsor blood drives. They will begin hosting the blood drives next semester.

Polacek organized a highway clean-up for September 28. All SGA members must attend this event.

The group also discussed how to handle clubs who do not meet the requirement for a minimum number of members. Bosworth explained that all clubs submit club renewal paperwork at the beginning of each academic year. As they are going through that

process, clubs have voiced their concerns about not meeting the requirement to have at least ten members.

“One club came to us and said that they only had five members and usually the minimum is ten members,” Bosworth said, asking members to discuss how to handle these situations. She said they could either waive the requirement, disband clubs that did not meet the requirement, or offer a probationary period during which clubs would have a designated time to bolster their numbers.

“I like the idea of a probation period to give them time to get more members. The smaller the club, the less likely they are to be active on campus and the less likely they are to be contributing actively to student life,” Lauren Ranalli, SGA’s executive vice president, said.

Director of Multicultural and International Affairs Keesha Stu-

art said SGA should help clubs during that probationary period. She said: “I think we should go ahead with a probationary period. I know what it’s like to be in a club and lose members. We, as student government, could encourage them to bring them back up. They deserve the opportunity to bring up their numbers.”

“I don’t think the number of members necessarily shows how active you are,” Allie Mroczkowski, director of resident affairs, said, adding that the Residents Hall Association (RHA) had fewer than ten members last year, but was still active on campus.

After discussing the issue, SGA voted on the topic, deciding to create a probationary period.

SGA members also began to create and work towards goals for the upcoming year.

Secretary Adam Greb said he’s working with the print center to make print resources more accessible to students.

SGA Academic Vice President Riley Polacek said she’s contacting the university’s Academic Vice President Howard Ishiyama to discuss the labs that La Roche cancelled this semester during the Science Center renovations.

Austin Doody, the financial vice president, said he’s working to finalize club budgets, adding that he wants to help clubs spend those budgets this year.

Mroczkowski said she is working with Director of Athletics and Intramurals Devin Wolford to host an Olympic-style competition between residence buildings.



## Study Abroad, continued from page 3

Abroad, who is fluent in Spanish.

Most importantly, they tried a lot of food. "In Chile, lunch is the biggest meal of the day, and usually dinner is served late," Abel said; but they were able to adapt to the changes in meal times pretty quickly.

"We ate some pretty wonderful plates," said Schwanbeck. "We tried and tasted the subtle nuances in the empanadas of various locations."

Schwanbeck also wanted to give a shout out to his students for taking 7 different flights and, "a few very interesting bus rides."

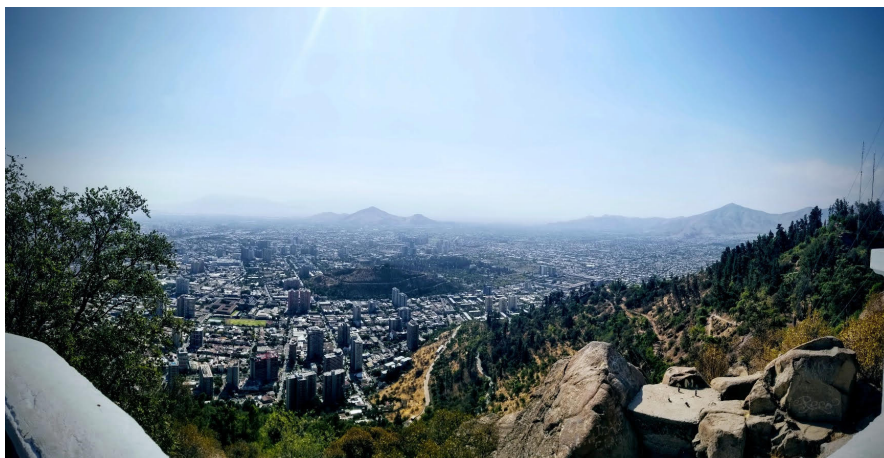
Both Schwanbeck and Abel were adamant about the importance of study abroad. "It's the only real way to understand truth in the world," said Schwanbeck.

Abel enjoyed her experience so much that she now has plans to study in Rome this upcoming semester.

Along the walls leading to CC square there are several beautiful landscapes taken by students on the trip. To see more of the 26,000 photos, the design department created a website in honor of this trip: <http://www.designatlaroche.com/thejourney/about-us/>.



© COURTESY OF RHEANNA ABEL



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## Pavolko, continued from page 8

need tutoring is important, Pavolko also emphasized providing positive opportunities for the tutors themselves. She said, "We also offer professional development opportunities for students. I'm very pleased with seeing how career-focused and driven a lot of students here are."

Pavolko said she is interested in finding new ways for tutors to engage in their positions. She suggested that tutors could organize and host workshops for other students.

"That's my goal as an administrator—to provide opportunities for students to grow and to be self-directing," she said.

She added that she wanted to provide more opportunities for tutors to provide their input to her office. "I feel like tutors and different student workers who are on the ground working with students every single day—mentoring, giving advice, and also assisting with academic support—they have such a strong perspective that as administrators, we need to draw from for the future," she said.

For Pavolko, student success is the most important part of the job. "We're striving to provide the best support for our students," she said. "Student success is my success."

Pavolko encouraged students who are interested in tutoring to contact her office.

She also urged students who needed tutoring to reach out for help. "It makes me so excited to see students who try and try and try and then finally get over that obstacle," Pavolko said.

## NFL, continued from page 10

will most likely go downhill. The Indianapolis Colts were going to be my favorite, but Andrew Luck decided to retire about 50 years earlier than I will. So, JJ Watt and the Houston Texans along with their offensive threats seem to be the favorite in this division.

AFC SOUTH WINNER: Houston Texans

AFC WEST:

The Denver Broncos have no offense whatsoever. Don't expect much from them. The Oakland Raiders got rid of Antonio Brown, but now quarterback Derick Carr has no one to throw to. But, with how the Dolphins are this year, they probably won't end up on Hard Knocks again. The Los Angeles Chargers are a solid team, but they had a poor effort against a below average Detroit Lions team. The Kansas City Chiefs are the clear favorite with their prime defense and offensive talent.

AFC WEST WINNER: Kansas City Chiefs

NFC EAST:

The New York Giants and Washington Redskins are both terrible. Any time they face the Eagles or Cowboys it will be an easy win for the other team. This is a passing league and both of those teams don't have it. The Eagles are not far from their super bowl victory. But Nick Foles is hurt and there seems to be some

### *The NFC West may be the most competitive division this year, featuring the top three teams.*

holes in this team. The Cowboys were a favorite to win the super bowl last year. Dak Prescott looks to lead this team as well as Ezekiel Elliot after earning his new contract.

NFC EAST WINNER: Dallas Cowboys

NFC NORTH:

I expect the Detroit Lions to finish at the bottom of the pack in this division. The Vikings and Bears are not bad teams, but I'm afraid a lack of talent does not help them secure a chance at winning another super bowl their franchise. Aaron Rodgers and the Green Bay Packers are looking to win it all this year. Will they finally make it back to the super bowl? Because, Rodgers has only won 1 super bowl, many ask if he is as good as people think.

NFC NORTH WINNER: Green Bay Packers

NFC SOUTH:

This is the hardest division to predict. It would be obvious to predict the New Orleans Saints to win this division. They were a super bowl favorite last year, but

Drew Brees just had surgery on his thumb and will be out for a while. The Carolina Panthers as well as Cam Newton don't seem to be what they used to. For me it comes down to Tampa Bay and Atlanta. I like Atlanta's chances over Tampa Bay strictly because of who their quarterbacks are. I will take Matt Ryan over Jameis Winston any day.

NFC SOUTH: Atlanta Falcons

The NFC West may be the most competitive division this year, featuring three top notch teams. Jimmy Garoppolo is back to playing after missing last years season with a torn ACL. He looks in great form as well as the 49ers defense. The Los Angeles Rams are off to a hot start as well, but wow they made that super bowl against the Patriots very boring. I would hate to see that again. Russell Wilson and the Seahawks are a very entertaining team, but they almost lost to the Steelers last week and they did not play great.

NFC WEST WINNER: San Francisco 49ers

- MVP: Patrick Mahomes
- Offensive Player of the Year: Saquon Barkley
- Defensive Player of the Year: Aaron Donald
- Rookie of the Year: Devin Bush
- Comeback Player of the Year: Jimmy Garoppolo
- Coach of the Year: Bill Belichick
- NFC Champion: Dallas Cowboys
- AFC Champion: Kansas City Chiefs
- Super Bowl Winner: Kansas City Chiefs



*“The Lesson,” continued from page 4*

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La Roche alumnus Cadwell Turnbull read from *“The Lesson,”* his debut novel, at the university.

While Mera is Ynaa, her assistant, Derrick, is human. Many of the other locals are calling Derrick a “traitor” for working with the Ynaa but he is fascinated with the aliens and this job allows him to be close to Ynaa. Because the island is so small and the people know each other, Derrick’s movements are monitored by the locals which makes him cautious about his actions. Mera is also an outsider to the Ynaa because of her job working so close to the humans. Both of these characters bond through their isolation from others. Mera and Derrick’s relationship evolves during their time working together. Derrick shows Mera human relationships because Derrick is so close with his family/close neighbors.

There are many issues that the other human characters struggle through. Since the landing of the Ynaa, Patrice is having trouble to be faithful to her religion. Ynaa has made her question her existence and whether God exists. Jackson, the father of Patrice, deals with many problems that a married man can have. He has temptation of an affair with a former student and this causes tension in the house with his wife. Audrey has a conflict within herself about her sexual orientation. This crisis in her life not only affects herself

but others around her. Another character, Lee has experienced the sudden death of her best friend while in high school. It is easy to develop a connection with the characters because they are so relatable. Turnbull created characters are going through crisis that everyday people endure and this allows the readers to identify with the characters.

The title of the novel implies that the reader will learn particular lessons from the characters but the lessons are never stated. Turnbull wants the reader to interpret the lesson from their own readings of the novel. Not everyone will have the same outcome because people can interpret events differently. Interpretation can depend on different factors such as; life experience, age, morals etc. Because everyone is in a different stage of their life, they are able to pick up different lessons.

I would definitely recommend this book to other readers who embrace the science fiction genre. If you love surprises within books, you will love the ending. All of the character’s stories come together to create a peaceful ending for most of the characters. The ending of the novel allows a sequel to be written because of an ambiguous ending.

*Intergenerational Living, continued from page 1*

“The students will be resident ambassadors,” Luff said. “They’ll meet one-on-one to help the residents.”

Technological support is another key component of the role. Hannes said: “The rooms are technology based, so they can control the thermostat and lights through their phone. Events get pushed out to the app on their phone. If they aren’t familiar with the technology, we help them with that.”

Students also organize events for residents. “Right now, I’m planning a walking club,” Hannes said, adding that she’s also working on movie nights and campfires.

According to Luff, student-led events are diverse. He said residents seem particularly interested in exercise-based events, like the walking club. He also hopes to bring diversity to the home through these programs. “I think we did a good job of picking a

resident was in a war, so he has all these stories about the war and it’s really fascinating to get to hear them from him. They got to witness so many first-hand historical events. Instead of just learning from a textbook, you’re learning from them. It’s a nice perspective.”

Luff said he hopes these students will come to share in his appreciation of older generations. “If I can get these guys even just a little bit excited about what the older population has to offer, that would be awesome,” he said.

Hannes, who moved into the Vincentian home in August, said she already feels like the experience has been rewarding. “It’s really nice to just be there for them and help them and make them feel welcome in the community,” she said.

Luff said residents are already responding well to the program. He said he hopes to see this pro-

*“They got to witness so many first-hand historical events. Instead of learning from a textbook, you’re learning from them. It’s a nice perspective.”*

*-Jessica Hannes*

diverse group of students and I hope that rubs off on the residents,” Luff said. “One of our students is doing a Spanish culture event that he wants to continue a few times a month.”

While helping the senior residents is important, Hannes said this experience is mutually beneficial. She said the residents have already made her feel welcome. “It’s nice to walk down the hallway and they know you by name. They’re so friendly and willing to try anything that you’re planning,” she said, adding it’s helping her to become more outgoing.

Living with an older generation can also be an educational experience. Hannes said: “It’s different than just being around your peers. They have more stories they’re able to tell you. One

gram expand to include more La Roche students. The program could also grow beyond La Roche to include students from other schools living in different Vincentian locations. “I envision expanding throughout our system,” he said.

Hannes said she hopes to see the program expand to bring Vincentian residents to the La Roche campus for events. “They always ask about what’s going on on campus,” she added.

Luff said he expects to open applications for more students to join the program in the spring. “We’re looking for people who are charismatic, interested in working with that intergenerational culture, and bringing something to the table that other people wouldn’t have,” he said.

*Bowling, continued from page 10*

the team this year. I feel we will be able to do well in our conference and my goal is to finish in a good place,” she said, adding that she doesn’t want to jinx the team by aiming for a particular number.

Though Jones said she didn’t

want to put too many expectations on the team’s maiden season, she does have long-term goals for the program. “I believe we can establish the La Roche women’s bowling team as a top contender within our conference as well as in the NCAA,” she said.

“I aim to be in the championships at the end of each season, as well as send a few individuals to singles championships.”

Jones also encouraged students to join the team, regardless of past experience. “I encourage those that have a sincere inter-

est in the sport and are willing to learn to consider being part of the team,” she said.



## Video Games, continued from page 9

for relieving frustration. Eighty-eight percent of the community said that violent games are a good outlet for stress relief.

Is there a shift in mood after playing a violent game? This survey asked the community if they felt their mood change while playing these games, and provided them with four answers. The answers were:

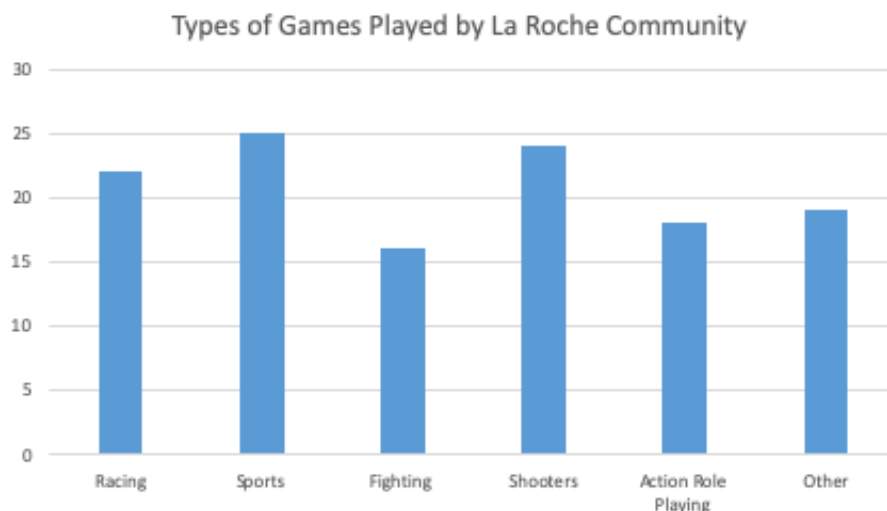
- Yes, by a lot.
- Yes, to an extent.
- It depends on the game.
- No.

Given these answers, 54 percent of the community said no. The second largest group, ringing

in at 32 percent, said that it depends on the game. Lastly, 14 percent of the community said that yes to an extent, and no one in the community answered yes by a lot.

Despite a s balanced view on the impact of violent games on behavior, 60 percent of the community said they don't think of themselves as easily frustrated when asked.

Twenty-eight percent of people answered no. Thirty-two percent of people answered not usually. Forty percent of the community answered occasionally or yes to the question with an even split between those two answers



© ZACH RUBY

The graphic above indicates what type of video games La Roche students prefer.

## Paholich, continued from page 2

The most challenging part of being an editor was definitely the last minute crunch of making sure everyone had their stories turned in on time. Overall, it usually worked out well because everyone was coveting that hands-on experience of college journalism, but there were a few times we had to scramble to fill a spot where someone dropped the ball with their deadline. (Probably the way you feel trying to get feedback from all us former students!) The most challenging part of writing for The Courier, for me, was definitely conducting interviews. I usually like to sit quietly and keep to myself. Writing for The Courier forced me to interview people I didn't know; track down people for information; and ask people some tough questions, often about a subject I really didn't care to much about. It took me out of my comfort zone and forced me to hone some new skills.

### How did your work with the Courier help you in life after college?

In addition to the aforementioned sample writing clips to build my portfolio, writing for journalism requires attention to detail, impeccable accuracy, and source citations to back up what you're writing. These are the same skills I need to use in my job everyday.

### Where do you work now? What do you do there?

I am a senior technical writer for Naval Nuclear Laboratory at the Bettis Laboratory in West Mifflin, which is operated by Fluor Marine Propulsion. As a senior technical writer I am lead for a number of areas on my project including the development and testing of the software toolsets used to write, maintain, and update technical documentation.

### What advice would you give current La Roche students?

Write for The Courier.

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Write for The Courier.

Being and English major isn't the same as majoring in a field like science, engineering or nursing. In those fields, you do your coursework, you get good grades, you get a job. Employers know what you learned and what you can do based on your transcripts. English isn't like that. You have to prove that you know your stuff and that you can put out quality work. If one English major goes into a job interview with a robust portfolio containing writing samples and another goes in empty handed, all things being equal, who do you think will get the job? The applicant who has demonstrated that they know how to write.

So start putting together a portfolio, both hardcopy and electronic. If something gets published online, print it out, put it in a binder. Be prepared in a job interview with a few of your best pieces; have copies with you to give to potential employers. I have interviewed job applicants and the ones I tend to remember the best are those who have a hardcopy of their sample work to leave with me to read later. (And, by the way, make sure there are no typos or punctuation errors in anything you give a prospective employer. That's basically an unforgivable sin for any job interview and even worse for an English major.)



## Pacey, continued from page 8

can walk through malls and stores myself and people automatically look at Raquel and not me."

Q: How long was the process of first applying for a service dog until you met her?

A: It was twenty-two months. Certain dogs are trained for certain problems and there were none qualified for me until Raquel came.

Q: How does Raquel interact with your family at home?

A: Just like every other dog. She loves my dad.

Q: Have you noticed Raquel's personality or behavior changes when she's off duty?

A: When I put the treat belt on, her posture immediately changes and she becomes more attentive. She's more relaxed in my room.

Q: Were there any other dogs you were considering to choose before deciding on Raquel?

A: I didn't have a choice. They sent me a picture of her.

Q: How does Raquel interact

with other animals in public?

A: We try to avoid any other animals. She's still training and is distracted by other dogs. She just wants to play.

Q: Do you have any other pets at home? If so, how does Raquel interact with them?

A: We have Ruby, a yellow lab. She's old. At first, Raquel was "protecting" me from Ruby because she didn't understand my relationship with Ruby. Raquel is very territorial of her toys.

Q: How long did Raquel train for before becoming a certified service animal?

A: A year. A majority of her life she's been training.

Q: Has there ever been a situation that Raquel became protective of you?

A: She's very territorial of other dogs. She will get in front of me- she's trained to block me from other people. The hair on her back stands up and she can look scary if she wants to.

## Puppy Love



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Animal Friends brought dogs to campus during PGH Pitt Stop, a car show raising funds for the Animal Friends shelter.

## Delta Mu Delta, continued from page

people. It is people with vision and determination that move mountains. While we did not move any mountains in Delta Mu Delta, were able to help families with charity work, helped soon to be graduates find jobs, and organized several fun events along the way," Biernesser said.

With this in mind it truly takes time and commitment from all branches of this society to get things done. After losing the honor in 2018, Delta Mu Delta became committed to getting and retaining it. As a society, they wanted to continue their passion for charity work, and they combined the two ideas to work towards a higher goal.

It all started with an idea, a clothing drive. Many ideas were tossed around, but with the help of Sr. Rita Yeasted, Delta Mu Delta quite literally landed on its feet to start a sock drive. Called "La Roche Steps In," the drive became very successful very fast.

"We did the drive in keeping aligned with our mission to serve an underserved population and provide what they needed most," Noakes said. "Sr. Rita changed our direction by suggesting socks. Many times, socks are the last to be donated, yet they are among the most important clothing article to receive. Because many people in this population wear very poorly fitting shoes which may result in poor foot care, skin ulcers, infections, and tissue death or damage leading to poor health socks are essential.

Delta Mu Delta then partnered with Light of Life Mission, whose particular outreach was more family oriented, and accepted socks for men, women, and children. The Delta Mu Delta members then built drop off points in the shapes of a chimney, a fireplace and snowman.

And their idea really worked. From November 26 through February 4 2018, "La Roche Steps In" became the largest sock drive in La Roche history, and they collected 1,712 pairs of socks to donate to the homeless.

Kasey Baronick and Alysa Gutmo were the treasurer and secretary for the 2018-2019 school year. Both hold fond memories of the sock drive.

Baronick said, "One of our beliefs with Delta Mu Delta is giving back. We tried to come up with something that no one has ever done before. It's nice knowing that, especially in the winter, that we could (give) socks. It's cold here in Pennsylvania."

Baronick hopes to continue the tradition this upcoming winter, even with the hopes of including hats and gloves, too.

Gutmo has since graduated, but she felt that Delta Mu Delta made a great impact on the community. She said, "It was amazing to see the La Roche give back to those and be a part of the sock drive. Ever since I can remember and still today, my family donates food to those in need through the food pantry at my church. Giving back is something that wasn't new to me and I was glad to help with this great event!"

Both Gutmo and Baronick valued the time they spent as a group, making an impact in the community.

"The most memorable part was knowing that as a group, we made an impact in someone else's life," Gutmo said. "So many of us, have countless pairs of socks just sitting in our drawers. When the reality is, not many people have access to that."

Along with the sock drive, Delta Mu Delta earned and maintains its STAR status in other ways.

The honor society continues to encourage students to participate in the scholarship programs, where \$75,000 is offered to its members. They must continue to hold elections for positions for president, vice-president, secretary, and treasurer, and hold meetings throughout each year.

As secretary, Gutmo planned fundraisers and offered valuable input during meetings. Students in Delta Mu Delta understand and value opinions and participation to further expand the honor society and its impact in the future.

Now with STAR status for the fourth time in five years, Delta Mu Delta holds a reputable title on campus. Dr. Noakes and her officers encourage others work towards attaining this recognition as an Eta Psi member of the honor society. Once a student has been inducted into Delta Mu Delta, they become a life-long member with all the benefits the society has to offer.

It allows students to finish their education at La Roche with high achievement, hopefully with a new sense of drive and ability to work as a team, as it did for Gutmo.

She said: "Delta Mu Delta helped me to finish my last year of college strong by working together with other students to make sure things were running efficiently. It's all about working together for the greater good. What I will take away from the society is that not everyone is always on the same page as you. Sometimes you have to take responsibility by doing more to get the end result you want. However, it is always



© COURTESY OF KASEY BARONICK

Delta Mu Delta decorated boxes for their sock drive event.

worth it in the end."

For Baronick, she wants to use her time with Delta Mu Delta as a springboard into her future career.

"So, I want to go and work with the Walt Disney Company and I want to be able to say, 'I was in this honor society, I was the treasurer and I hope to say that I became president,'" Baronick said. "(Delta Mu Delta) has really helped me get out of my comfort zone and just go for it."

Even greater and more palpable success came to Biernesser, who is now a Quality Engineer and an adjunct at La Roche. To him, Delta Mu Delta was a great teacher of responsibility and truly allowed him to grow as an individual.

"The greatest skill I was able to hone while in Delta Mu Delta was my business acumen and time management skills," he said. "At that time, I was organizing meetings with faculty, setting up corporate sponsorships between international businesses and La Roche, and doing so all while working full time. Busy people always find time. Delta Mu Delta helped teach that lesson to me.

Biernesser truly encourages students to get involved, especially in Delta Mu Delta. He notes that it is experiences like these that truly help map out success and distinguish graduates from others.

Biernesser said: "Students have a cross road, both at La Roche and in life. They can be just another face in the crowd, or they can choose to make an impact. Those who want to make a difference and stand above the crowd should join honor societies and lead organizations. You never know when someone from college, or wherever you are, will end up being the hiring manager at your next job interview. So what will they remember about you? Will you be just another face and another name on list? Or will they remember the things you accomplished when you stood above the crowd and accomplished something? Delta Mu Delta is great first step down the path less traveled, but more rewarding."

In the future, Delta Mu Delta will continue to support its students and help them find success. Their hope is that the society will continue to grow and promote the mission the of La Roche University.

"Being in a society is a commitment, especially this one," Gutmo said. "However, if you are a student that enjoys volunteering, having your voice actually be heard, then I would encourage you to participate. This is a great way to meet with other students and work with them all while making an impact."



## Pefferman, continued from page 2

***“I greatly developed my writing, editing, interviewing, graphic design, and photography skills.”***

**-Ray Pefferman**

Some of my friends from my era were Heather (Schreiber) Paholich, Nicole Johnson, Zack Hull and Trisha (Montag) Ray, and of course, Ed Stankowski guiding us all along the way.

**What was the most challenging part of working with the Courier?**

There was a staff member who was a great writer, and she submitted a story that wasn't of adequate quality. I had a conversation with her explaining that we wouldn't be able to use her story and that I knew she could do better. I felt very uneasy having this conversation, but in the end it inspired the student to produce some of the best content of the year. I learned that sometimes you need to address challenges head-on, so that everyone involved can move beyond them toward common goals.

**How did your work with the Courier help you in life after college?**

Of course, I greatly developed my writing, editing, interviewing, graphic design and photography skills. I learned to meet deadlines, balance priorities and navigate complex situations. Earlier in my career, my answer would have focused on these.

As I've gotten older and advanced in my career, I realize just how much learning and teaching are central to all that I do. The faculty, staff and students at La

Roche were always so willing to go the extra mile to make everyone around them better. This is so central to the success of any organization. There are always people who came before to learn from, and others to invest on for the future. To this day, I reflect on the faculty at La Roche as my model for how to treat others at work.

**Where do you work now? What do you do there?**

The Naval Nuclear Laboratory. I am the site communicator. I handle employee communications specific to our West Mifflin location, including sitewide emails, our site newsletter and preparations for executive presentations. I have also worked in public affairs and technical writing at the Naval Nuclear Laboratory, and I was previously a reporter for the McKeesport Daily News.

**What advice would you give current La Roche students?**

There are so many opportunities to gain practical experience, so take advantage of them. Participating in things like The Courier and the Writers' Center not only helped to build my resume, but also prepared me for many of the forthcoming challenges in my career. Also, maintain your professional relationships; every job I have had since college somehow stemmed from a contact putting in a good word.

## Pasqua, continued from page 2

ating. The Courier also taught me how to collaborate with graphic designers, photographers and other writers to achieve a common goal, and this is a skill that I use every day.

I also am grateful to have worked with Courier Advisor Ed Stankowski. I am a 2011 graduate, and I still consider him a mentor. I appreciate that he had high expectations, and that he invested so much time into helping me improve. My writing accomplishments are the result of Ed pushing me and believing in me.

**Where do you work now? What do you do there?**

I am the marketing communications manager for La Roche's Office of Marketing and Media Relations. I also am the managing editor of the university magazine, so my experience with The Courier still works to my advantage.

**What advice would you give current La Roche students?**

Practice humility, and seek advice from your professors. You have so much to learn from their expertise and life experience, and they have your best interest in mind—you just have to put in the effort.

Accept constructive criticism instead of viewing it as a personal attack on your talent or character. This trait is especially important for writers because we have to share our work with editors, clients and public audiences. Be the person you'd want as a colleague—not the person who has the biggest ego.

Be kind. Show gratitude to those who help you along the way.

Enjoy your time at La Roche, and absorb everything you can! It goes by too fast.

## Lacrosse, continued from page 10

part of the inaugural coaching staff at Robert Morris University and that was an amazing experience. I think there's something special about building a team from the ground up and putting my mark on it.

**How long have you played and coached lacrosse?**

I started playing lacrosse when I was 12 and played club lacrosse at Pitt during college. I immediately started coaching when I graduated from college. I coached a local middle school and high school team before joining the staff at Robert Morris University to help start their program. After four years at RMU, I joined the coaching staff at Duquesne University where I was an assistant for seven years and head coach for two years.

**Do you see lacrosse gaining popularity in the United States?**

Lacrosse is one of the fastest growing sports in the United States. The growth alone in Pittsburgh over the past 15 years has been incredible. Every year more middle schools, high schools and colleges are adding the sport. There are even two professional women's leagues now – the WPLL & UWLX.

**Why do you think lacrosse is such a great sport compared to other sports?**

At the highest level, I think lacrosse is one of the most entertaining and beautiful sports to watch. It's a combination of multiple sports: soccer, basketball, and ice hockey. The combination makes for an incredibly fast and athletic sport. Women's lacrosse especially can be such a fluid and almost "lyrical" game. Recent rules changes have made it more viewer friendly and places emphasis on the players' athleticism.

**Do you think student-athletes have a mental edge in life? And, learn valuable lessons from playing a sport?**

I do think student-athletes have a mental edge in life. Being a student-athlete encompasses way more than just playing the sport you love. College sports teach athletes about time-management, organizational skills, teamwork, communication, accountability, and working under pressure. Each of these values are crucial

when preparing for a career. You can't get better training.

**Where do you see La Roche women's lacrosse in five years?**

In five years, I hope our program is providing a well-rounded student-athlete experience for our players and competing for Conference Championships. Currently the AMCC does not have enough women's lacrosse teams for an AQ to the NCAA tournament. I hope to see our conference grow in membership so our girls can work towards a Conference Championship with the NCAA tournament in sight.

Coach Evans has recruited four committed players so far to the program. The first recruit to commit to the program is Katelyn McCallister. She is a current freshman. She attended Baldwin High School and played lacrosse there for four years. McCallister heard about the program from coach Evans.

"I chose to come here because I really loved the campus and the location when I came for my visit. I was also very excited about the opportunity to be a part of something new and special like this team," McCallister said.

McCallister is majoring in PreK-4 Education and plans to become a teacher after college. "I have mainly played defense during high school, but I have experience in offense as well. I am most excited for the season to start because I can not wait to get back into playing and to be apart of the start of a great program here. I can already tell Coach Evans is going to be an amazing coach and we are all going to learn so much from this experience."

Another commit to the program is Jade Chalmers. She is also a freshman who attended Baldwin High School with Katelyn and played four years of lacrosse together. "I chose La Roche because of intent on majoring in nursing along with the location. Once I heard about the new lacrosse program, I was super excited to commit here. I'm very excited to grow with my new team and see how everyone improves."

If you are interested in joining the women's lacrosse team, feel free to contact Head Coach Lisa Evans at [lisa.evans@laroche.edu](mailto:lisa.evans@laroche.edu).

***“I was very excited about the opportunity to be a part of something new and special like this team.”***

**-Katelyn McCallister**