



© SARAH HEFFERIN

The Sisters of Divine Providence are enthusiastic football fans. They invited a group of La Roche students to root for the Steelers with them at the Motherhouse.

See page 12 for full story

Public Safety discusses fire safety

BY JULIA FELTON
EDITOR-IN-CHIEF

Fire alarms in the residence halls have increased in recent years. In both 2016, there were two fire alarms in the residence halls. By 2017, there were six and in 2018, there were eight.

Director of Public Safety Mark Wilcox said the spike was caused, in part, by the new kitchenettes in Peters Hall. In both 2017 and 2018, there were four fire alarms in Peters Hall.

Though the kitchenettes are one common reason for fire alarms, Wilcox said there are several other causes for these fire alarms. He pointed out microwaves, hot showers, and hairdryers as recurring fire alarm triggers. “It’s everyday things and honestly, I don’t know how it’s happening. That’s something that people will just have to learn from,” he said.

Wilcox explained that the fire alarms in the residence halls trigger easily. “The smoke detectors can be very sensitive. If people are burning foods and things, it’s going to set the alarms off,” Wilcox said, noting this problem is particularly prevalent with the kitchenettes in Peters.

The McCandless Fire Department fined La Roche for repeated fire alarm responses to Peters Hall. “We have received one [fine] for Peters. We’ve only received one in three years,” Wilcox said.

Though he acknowledged that the fire alarms can be an annoyance for students, Wilcox said it’s better that they’re sensitive. “I would always err on the side of caution with our alarm system and our detectors,” he said. “I would rather them be too sensitive than not sensitive enough.”

Despite the rising number of fire alarms, Wilcox stressed the importance of evacuating for each alarm. People can be fined for not leaving the building during a fire alarm—and Wilcox said that will be actively enforced on campus.

Wilcox said: “That can be a big deal if we ever have the fire depart-

La Roche institutes ROTC

BY JULIA FELTON
EDITOR-IN-CHIEF

The Army ROTC is coming to La Roche for the spring semester.

Army Staff Sergeant Kyle Lucier, who will be leading the program, said this program will make it easier for La Roche students to join the ROTC. In the past, students had to commute to the University of Pittsburgh four times a week to partake in ROTC requirements. Now, the first two years of classes and training will be available at La Roche.

“By bringing [ROTC] here, they can do their workouts here with us. They can also attend the first two years of classes here,” Lucier said, explaining that after the first two years, classes become more advanced. Students will have to commute to Pitt once a week for those courses.

For Lucier, educating the La Roche community about what ROTC can offer is his first priority. “ROTC is an Army officer training program,” he explained. “[Students] attend classes and they do labs on the weekends once a month. Basically, it’s designed to train officers for the Army Reserve or active duty.”

Though some students assume it’s a four-year program, Lucier said he’s recruiting incoming freshmen, as well as sophomores and juniors. “A lot of people think that if you don’t start right away, you can’t do it. We actually have a lot of three-year scholarships available,” Lucier said.

There are several benefits for students who commit to the ROTC program. “First of all, there are educational and monetary benefits,” Lucier said. Scholarships will cover the cost of tuition. For students whose tuition is already covered by academic or athletic scholarships, the ROTC program will pay for room and board. Plus, there’s a \$1,200 book stipend and a monthly stipend of \$420.

Lucier also emphasized other benefits of the program. “Army ROTC is one of the premier leadership schools in the country,” he said. “That’s what it’s all about—teaching people how to be leaders. It really is more of an art than a science.”

The ROTC program also offers job benefits. “If you start off as an officer in the active duty Army,

you’re guaranteed employment right off the bat,” Lucier said, adding that even reservists will have an easier time job searching with ROTC experience.

Despite the benefits, Lucier said ROTC is not for everyone. “It’s more of a commitment than your average class where you write your paper and do your paper,” he said.

Lucier also noted that international students and students with physical disabilities are not able to become officers in the Army.

Nonetheless, Lucier said everyone is welcome to take the ROTC elective course, which does not require any commitment to join the Army.

Lucier explained: “Anybody can sign up for the elective, even if they’re not qualified to join the Army. International students can take it as an elective. Students who have physical disabilities that might disqualify them from the service could take it as an elective—at least for the first two years.”

“As you move through the program, you’re incrementally given

SEE ROTC, PAGE 19

SEE FIRE SAFETY, PAGE 17

Culture

Holocaust survivor spreads message of love, solidarity

BY KATHERINE FRIEND
CONTRIBUTING WRITER

On a frigid November morning, the Ryan Room was packed with students and faculty alike, all gathered to hear author, activist and Holocaust survivor Suzanne Berliner Weiss speak. The cold weather was no match for the seventy-nine-year-old's vigorous and passionate message of solidarity that captivated the audience.

Weiss was born in France during the Nazi occupation. Her Jewish mother was arrested by the police and later killed in Auschwitz. In order to spare her life, Weiss was hidden by members of Jewish Resistance Organizations on a farm in the country. The motto of this organization was to "save the children by dispersing them." Resistance members went door to door to warn the Jewish people of the arrests that were occurring, and even some French police also helped to alert them.

Weiss lived in orphanages run by former resistance activists. There, she was taught about solidarity and love. From then on, Weiss devoted herself to political activism after having faced insur-



© JULIA FELTON

Holocaust survivor Suzanne Berliner Weiss spoke about her life as an activist at La Roche University.

SEE WEISS, PAGE 16

Service groups talk at La Roche

BY ZACH RUBY
CONTRIBUTING WRITER

On November 20, representatives from the Peace Corps and KEYS Service Corps spoke to La Roche's students about what their organizations do and how students can become a part of it.

Heather Houseman, a La Roche student going into the Peace Corps, highlighted the application process for becoming a member of the Peace Corps.

"Once you go on the Peace Corps website," Houseman said, "you can look up any of the jobs posted, and that would be through any of their sectors." Houseman said that there are six sectors applicants can browse through which are agriculture, commu-

nity economic development, education, environment, health, and youth in development.

"You can look at each in their sector or you can look by the country you want to be in and look at the job openings from there, or, when you apply, you can just apply for anywhere and anything," Houseman continued.

Houseman also recommended that anyone thinking about applying should talk to a recruiter. She said that a recruiter would help an applicant find what might be best for them and would help those applicants build their re-

SEE SERVICE PANEL,
PAGE 20

Global desserts unite community

BY JULIA FELTON
EDITOR-IN-CHIEF

International students treated the La Roche community to desserts from around the world during International Education Month.

Assistant Director of International Student Services Sister Veronica Kim, who hosted the event, said this allows international students to share their unique cultures through food. "We know our school is very open, very diverse. We have many different international students," she said. "Through this event, I invited international students to introduce their country, their culture."

The event, which took place on November 19, was part of a larger celebration of International Edu-

cation Month. La Roche hosted an array of events—from international trivia to language learning days—throughout November.

According to Kim, the desserts from around the world event has been an International Education Month staple for the last ten years.

This year, over a dozen countries participated, including Vietnam, China, Equatorial Guinea, Greece, Namibia, Kenya, and Korea.

For Kim, this event offers a unique insight into other cultures that you can't get through basic research. "When you go on Google,

SEE INTERNATIONAL
DESSERTS, PAGE 16

People

FBI agent urges community to watch for warning signs of violent behavior

BY JULIA FELTON
EDITOR-IN-CHIEF



© JULIA FELTON

Supervisory Special Agent Rob Ambrosini encouraged the community to watch for warning signs of violent behavior.

An FBI agent said it's imperative to be aware of the warning signs of violent behavior.

FBI Supervisory Special Agent Rob Ambrosini administers polygraphs—better known as lie detector tests—for the FBI. He's conducted over 1,500 interviews and he works with the Behavioral Analysis Unit at Quantico.

According to Ambrosini, it's important to be aware of the warning signs that may be precursors to violent acts. He encouraged people to report such behaviors to law enforcement before it escalates.

"There's an average of 11.4 [shooter incidents] that occur annually," Ambrosini said, adding that the number has been rising in recent years.

Though Ambrosini enumerated several potential warning signs, he also reiterated that there is no single trigger for violent acts. "People love to blame one thing in particular," he said. "They love to blame mental health, they may blame fire arms, they may blame bullying. But it's no one thing. It's a perfect storm. There's an escalation."

Ambrosini said one of the earliest steps in that escalation towards violence is often a grievance. "When someone is in this early stage of a grievance, that's when early intervention is super important," he said.

Ambrosini also recognized real or perceived significant personal loss, humiliation, or setbacks as early triggers.

SEE AMBROSINI, PAGE 21

SGA talks with LRU president, hosts events

BY JULIA FELTON
EDITOR-IN-CHIEF

As the semester comes to a close, Student Government Association (SGA) heard an update from the university president and organized their last events of the year.

La Roche University President Sister Candace Introcaso joined SGA for the meeting. She updated the group on the Palumbo Science Center renovations. "It's on time. It's on budget," she said.

Sister Candace also shared pieces of the proposed campus master plan. According to Sister Candace, the plan involves renovating Wright Library and Kerr Fitness Center, bringing the freshman admissions office onto the main campus, and implementing green space.

She said they also aim to eliminate the modular units and restructure the parking lot. Because the school is short on

classroom space, Sister Candace said the master plan includes the possibility of constructing a new building or extending the Huber Academic Center.

While Sister Candace said she is excited by the proposed renovations, she warned it's a long-term project. "This is for the future, so don't expect to see it next summer," she said.

"By February, we'll have that sequencing worked out and the board will have final approval of the plan," she added.

SGA members also discussed their recent projects and events.

The group will be involved with the Festival of Lights celebration. "We do cans for cocoa, where we allow people to make either a monetary donation or donate cans [for] a cup of hot

SEE SGA, PAGE 17

LRU student spreads kindness on Instagram

BY SARAH HEFFERIN
ENTERTAINMENT EDITOR

Mr. Rogers once said, "There are three ways to ultimate success: The first way is to be kind. The second way is to be kind. The third way is to be kind."

So, what does it mean to be kind? For many, it may mean holding open doors for others, or sitting with someone when they are alone at lunch. Others may say that kindness is giving back to others through community service, or just being helpful when others are in need.

For one student at La Roche University, they have taken the idea of kindness and decided to do something about it in a very different way. They have created LRU Kindness, a page on Instagram dedicated to spreading kindness on campus.

This student, who has chosen to remain anonymous, wanted

to create this page after seeing a need for more positivity.

They said: "I was inspired to create this page because in short, everyone wants to be noticed and appreciated. I would sit in the cafeteria, the library, and CC Square and just notice people sitting by themselves, or friend groups roasting each other or gossiping about a friend who wasn't present. Whether that's playful or not, someone's feelings could be hurt, and these things always have a way of making their way back to you. Additionally, professors might feel underappreciated and overworked, along with their own stresses outside of school. It made me think, and I tried to come up with a way to reach students and faculty and remind them that they're loved."

SEE KINDNESS, PAGE 18

Wellness

Students revel in puppy love to reduce stress before finals

BY TAYLOR ELLIS
CONTRIBUTING WRITER

It's the most wonderful and stressful time of the year. Holidays are around the corner, classes are coming to an end, and finals are looming here at LRU; students are feeling the pressure.

To help students unwind before diving into finals week, a group of therapy dogs visited campus on Tuesday, November 26th to provide kisses and cuddles.

Once a month, therapy dogs come to LRU to provide love to students and faculty. Although the students and faculty appreciate the kind gesture, the owners find it equally rewarding.

Dog owners Sally and Dennis Fitzgerald thoroughly enjoy visiting La Roche. They have been bringing their dogs, Magnolia (Chunk), an English Bull Dog and Buzz, a French Mastiff, for five years. Their third dog, Opie, also a French Mastiff, had his first campus visit on Tuesday. Sally Fitzgerald said, "People enjoy our dogs, we enjoy it [campus visits] even more."

Patti Hirsh, owner of the curious Border Collie, Claire, has been visiting La Roche since September. She said it's rewarding to watch students interact with Claire. "I really enjoy coming here," Hirsh said.

Another dog spotted on campus Tuesday was Nittany the English Mastiff. It was her first time at La Roche and she was loving the attention. Owner, Jim Stack, described Nittany as a "big lazy dog that likes everybody."

Some students make it a point to visit the pups as much as they can. For senior self-design majors Caitlynne Everett and Roseanna Booth, visiting the dogs is a must. When asked how many times they visit the dogs, Booth said, "All the time, only missed them once."

The cute dogs brought more



© TAYLOR ELLIS

Junior Jordan Snyder and Senior Caitlynne Everett give Nittany the therapy dog belly rubs.

than cuddles. "They put a smile on my face," said Everett. Aside from smiles, the dogs also help those who may be feeling homesick. Sophomore biology major Brooke Batyi said, "They [the dogs] remind me of my animals I have at home."

As the night went on, students began taking photos of the all of the cute and loving dogs. They also started sharing photos of their own animals back at home.

For some students, it was their first time visiting with the therapy dogs. Freshman psychology major, William Sawicky, was enjoying his time with all of the dogs. He described himself as a huge dog person.

The therapy dogs will be back on campus after winter break.



© TAYLOR ELLIS

Sophomore Brooke Batyi and Senior Roseanna Booth hang out with Claire the "snoopervisor."

"They put a smile on my face."
-Caitlynne Everett

Tech Tips

Why you should be aware of cyber security threats

By **MELISSA UTZ**
CONTRIBUTING WRITER

If there's one thing we can all agree on, it's this: Technology is everywhere.

Think of it this way: In our modern world, we have access to everything we could ever want, right at our fingertips. Shopping, sharing our lives, and gathering information is easier and more accessible than ever before.

However, with great convenience comes great risk.

While technology makes our lives easier, it also makes it easier for cyber criminals to access your personal information. The technology industry is constantly evolving, and so are all threats related to it. This is where an important concept known as computer security comes into play.

Simply put, the term computer security refers to the protection of your computer and all its data

from threats of any kind. These threats can come from anywhere. Your safety can be compromised both online and in person. Computer security is just an umbrella term for all the ways we can protect our computers and their information from anyone with bad intentions.

Most agree that this security is important, but many overlook the severity of the problem. People who have never faced a security threat tend to believe it can never happen to them, but threats can come in all shapes in sizes. They can pop up in places you don't expect.

For instance, it's very common for attackers to send out e-mails with links and attachments that look legitimate but can download malicious files onto your system. These e-mails can even take you

to fake login pages with the goal of stealing the person information they ask you to type in.

You may even come across fake security software advertisements that promise to protect your system, when their software will actually lead to a virus. Even leaving your computer unattended can compromise your computer's security if the wrong person is in the room with you.

So, why is this all so important? Being security-aware is the key to keeping your own information safe, as you have probably already guessed. There are plenty of people out there with bad intentions that can make your life miserable by accessing your personal information, such as your bank account.

One thing we don't consider enough though is that after you

graduate -- or even now, if you work. Your security practices don't just affect you -- they can affect your employer, your coworkers, and your customers too.

When you enter the workforce, it's very likely you'll have access to your new employer's computer system and all the sensitive information it contains. It will be your responsibility to keep that information safe.

Learning good practices now will not only help you protect yourself and your information, but also the information of your coworkers and future clients. It's important to remember that computer security will always be important. The more you learn about it and understand it, the safer you'll be.

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Veterans Day

La Roche honors student veterans

BY JULIA FELTON
EDITOR-IN-CHIEF
STEVEN MUNSHOWER
ASSOCIATE EDITOR

Click on the link below to see our coverage of the Veterans Day panel:

<https://youtu.be/N0dFDtfY-TM>

In honor of Veterans Day, La Roche hosted a Veterans Panel where student veterans shared their experiences with the community.

Patrick Hodge, a La Roche student and a Vietnam War veteran, spearheaded the event.

"We're here to acknowledge veterans' service in general and be thankful for that. We're also here to specifically acknowledge our student veterans," Hodge said.

Hodge shared his own military experience, which began when he enlisted in 1965. For Hodge, joining the military brought purpose. "The military gave me something I didn't have," he said. "It gave me discipline and order when I needed it."

After his active duty tenure was over, Hodge said he missed serving. "I missed the military, missed the service, missed everything it gave me," he said.

So, he joined the Army Reserve in 1984, eventually becoming the Army's oldest Second Lieutenant at the age of 35. But he still wasn't finished serving. In 1988, he joined the Air Force. When he retired from the service in 2004, he'd achieved the rank of Lieutenant Colonel.

Marine veterans Sean Boatwright and Steven Louks also spoke during the presentation.

Boatwright said he served from 2013-2017, deploying to places like Iraq, Saudi Arabia, France and Portugal.

Boatwright said the military helped him grow. "Through the military, I learned to be a better student, more diligent," he said.

Now, Boatwright serves in a different way—he serves his fellow veterans. "I do a lot of giving back towards other veterans," he said. "I've lost too many friends to suicide or depression, so that's where my focus is."

Like Hodge and Boatwright, Louks said the military helped him find purpose. He said, "I wanted to find something that was going to give me meaning and purpose. The military gave that to me."

Through his service, which included deployments to Korea and Iraq, Louks said he found the meaningful work he'd sought. "It's such a big thing to give service to humanity, to want people to succeed and do well and to protect them," he explained. "I wanted to serve the nation. I wanted to protect people."

Louks said he continues to value the lessons the military taught him. "It carries on to this day, everything that was instilled in me, all the morals, the discipline, the integrity," he said.

They also recognized Melvin Fisher, a veteran who now works as part of La Roche's Public Safety office.

The veterans were joined by State Senator Lindsey Williams, who serves on the committee for Veterans Affairs.

Hodge also shared his vision for the veteran community at La Roche. He said over 40 veterans currently study at the university.

Hodge said he wants to strengthen the Student Veterans Association so they can bring those veterans together in a meaningful way. "Hopefully we can build the Student Veterans Association into something that will help the university, as well as our student veterans," he said.



© STEVEN MUNSHOWER

Sean Boatwright spoke about post-military issues and what can be done to combat them.

Interested in joining our staff?

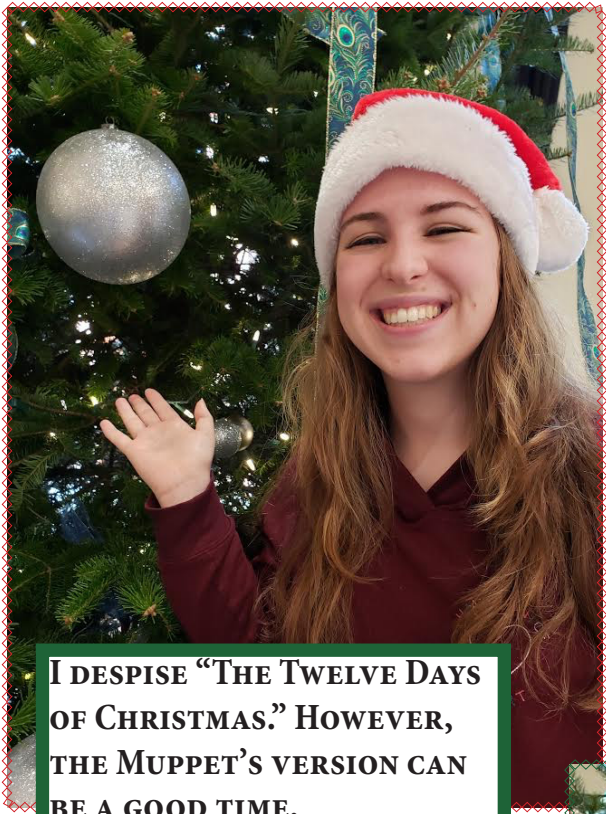
The Courier is always looking for new writers and photographers.

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

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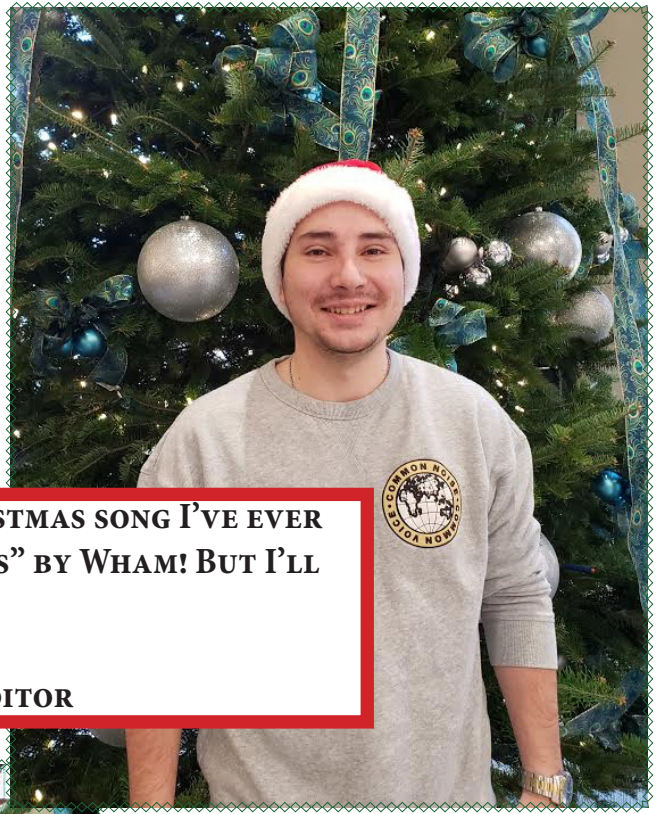
Courier Call

Hear the Courier Staff Answer the Question: What is the most annoying Christmas song you've ever heard?



I DESPISE "THE TWELVE DAYS OF CHRISTMAS." HOWEVER, THE MUPPET'S VERSION CAN BE A GOOD TIME.

-SARAH HEFFERIN, ENTERTAINMENT EDITOR AND LEAD DESIGNER



THE MOST ANNOYING CHRISTMAS SONG I'VE EVER HEARD IS "LAST CHRISTMAS" BY WHAM! BUT I'LL STILL SING ALONG, HAHA.

-JORDAN SMITH, SPORTS EDITOR



THE MOST ANNOYING CHRISTMAS SONG I HAVE EVER HEARD IS MARIAH CAREY'S "ALL I WANT FOR CHRISTMAS IS YOU."

-JULIA FELTON, EDITOR-IN-CHIEF



I HATE "SANTA BABY." HER VOICE IS ANNOYING, AND YOU'RE CRYING TO A MAN FOR CHRISTMAS PRESENTS; LIKE STOP. BUY YOUR OWN PRESENTS."

-DANIELLE DINATALE, ASSOCIATE EDITOR AND SOCIAL MEDIA COORDINATOR



MY LEAST FAVORITE CHRISTMAS SONG IS PAUL MCCARTNEY'S "A WONDERFUL CHRISTMAS TIME." YOU'D THINK A MAN MOST PEOPLE PRAISE FOR MAKING SUCH GREAT MUSIC WOULD'VE DONE A BETTER JOB."

-ZACH RUBY, CONTRIBUTING WRITER

Good News

La Roche community spreads Christmas cheer with angel tree

BY JULIA FELTON
EDITOR-IN-CHIEF



© JULIA FELTON

Angel tags adorn the angel tree outside of Magdalen Chapel.

For over 20 years, the La Roche community has partnered with the Providence Family Support Center to provide Christmas gifts for families in need.

The Gifts of Providence Angel Tree stands outside of Magdalen Chapel from November 11 through December 11.

Paula Valliant, the administrative assistant to the associate vice president of academic affairs, said she's been decorating the tree, complete with 125 angel tags, for the last four years. "Once the tree is set up, word spreads," she said. "I have people who go down there the first day so they can choose what they want to give. It's very heartwarming that people look forward to it."

Once the tree is ready, Valliant said La Roche students—and other members of the community—jump into action. "The tags go within a couple days," Valliant said, adding that the tree has grown from 100 gift requests to 125 within the last four years.

The Providence Family Support Center finds local families to

be represented on the angel tree. Children from infants to age sixteen can receive these gifts.

"Their requests range from Fisher Price toys to arts and crafts. There have been requests for gift cards for the older students—also boots, vests, some clothing. Every year, we have one or two requests for a bike—and we usually get it," Valliant said.

According to Valliant, the families who receive the angel tree donations always want to express their gratitude. "It's nice to provide to families who might not otherwise have gifts for the holidays," she said. "These are families in need and they really do appreciate everyone's thoughtfulness and their ability to have gifts around the holidays."

Valliant said she believes this program is a perfect way for college students to begin giving back. She said, "It's an opportunity for students to look passed what they have. It gives them an opportunity to look outside the college campus and to give something—

SEE ANGEL TREE, PAGE 16

Labyrinth offers peaceful place for reflection, meditation

BY MADELINE RICCARDI
CONTRIBUTING WRITER

There is an inground labyrinth on campus, just behind the Kearns Spirituality Center that is open 24 hours a day, seven days a week.

Although labyrinths are commonly associated with something made of stone or hedges that you could easily get lost in, the Kearns Labyrinth is not like that. It is a path with one way in and out that grants the ability of wandering with your thoughts. Its single path was designed to allow peace of the mind with some meditation.

It is a spiritual place that is meant to give guidance, discovery, and clarity.

As you loop back and forth through the spirals, you can relax and feel a peace within yourself that you may not have known was there.

In six French Cathedrals, there are intricate labyrinths carved into the floors. There are no dead ends in these labyrinths to symbolize how once you start your journey to God and Salvation, you will end up achieving it. This also shows how you are on the right path – exactly where you are meant to be.

God-centered labyrinths were created during the time when

SEE LABYRINTH, PAGE 18



© MADELINE RICCARDI

This tiny maze adorns the La Roche labyrinth.

Travel

Photo contest showcases student study abroad experiences

BY DANIELLE DiNATALE
ASSOCIATE EDITOR



©COURTESY OF EVAN WHALEN

Evan Whalen won the Office of Study Abroad's photo contest with the image above. He was one of 32 students to enter photos in the contest.

The Office of Study Abroad hosted a photo contest during this year's International Education Month to promote travel and learning about the world.

In past years The Office of Study Abroad has conducted photo contests for students. Traditionally the office printed submitted photographs and displayed them in the Cantellops Art Gallery for voting. This year, the contest was conducted through Instagram.

"We tried to make the contest more accessible to the masses by taking it directly to the students – electronic submission and online voting," Nicole Gable, director of study abroad, and Emily Markham, assistant director of global engagement, said.

Submitted entries were post-

ed on the study abroad Instagram, @studyabroadlaroche. Students voted by giving a like to their favorite picture. Gable and Markham said that this year the contest received 32 entries, and all were posted to the Instagram page.

Students, faculty, and staff all shared in the excitement throughout the contest, and students were eager to participate from the start. Gable and Markham said that the contest succeeded their expectations, and that using Instagram has dramatically increased active participation.

"We've noticed that students are sharing the Instagram page with others in their network both within and outside La Roche," Gable and Markham said. "Not only has this helped highlight the incredible talent of our students,

but it has also brought a greater awareness to Study Abroad at La Roche to others as well."

Gable and Markham said that organizing the photo contest to overlap with International Education Week gives them a unique opportunity to highlight the value of travel as a means of learning about the world. They added that they hope the photo contest garners interest for study abroad and travel in general.

"One goal of Study Abroad at La Roche is that students bring back to campus what they learned, saw, and experienced abroad," they said. "By sharing their experiences via photographs, dialogue and other mediums, students help create connections between the countries they visited and La Roche."

Study Abroad has many bene-

fits. Students often find that their confidence in new and unfamiliar situations has grown, and also have a greater interest in cultures other than their own.

Rachel Juristy came in third place with her photo of part of her hike in Torres Del Paine, Chile. Linda Akaliz came in second place with her submission of breakfast served in Rwanda.

Evan Whalen won first place with his photo of the Grand Canyon. He said that he is happy and proud that his photo won the contest.



Entertainment

“Modern Warfare:” fun yet flawed

BY STEVEN MUNSHOWER
ASSOCIATE EDITOR

“Call of Duty: Modern Warfare” earns its title, showing the harsh realities of modern combat through stunning graphics and compelling gameplay. Infinity Ward released “Modern Warfare” on October 25, 2019. Activision published the game and it received a “Mature” rating from the ESRB. Despite media backlash, the game went on to sell over \$600 million in the first three days.

“Modern Warfare” steered the series in a new direction than recent entries. 2018’s “Black Ops 4” established a futuristic, arcade-shooter setting. “Modern Warfare” answered fans requests for a more grounded, classic “Call of Duty” experience. The game features a single player campaign, online multiplayer, and cooperative special ops mode.

The campaign in “Modern Warfare” caught quite a bit of attention due to its morally trivial scenes. The game does not shy away from showing the horrors of war and places the player in uncomfortable and tense situations.

One mission, entitled “Clean House,” asks the player to raid a terrorist hideout in a London townhouse. The house also contains civilians. This mission re-

“Call of Duty: Modern Warfare” is a promising, yet flawed entry into the long running series.

quires the player to make split second decisions in determining a threat.

Part of the controversy around the game is due to the photo-realistic graphics. The graphical fidelity in the campaign is jaw dropping at times. “Modern Warfare” is a testament to how far graphics technology has come.

The story draws out themes of moral gray areas and the line between right and wrong. These themes never feel fully explored, as the campaign is only five hours long. Despite this, it is easily the most solid “Call of Duty” campaign in the past seven years.

The online multiplayer in “Modern Warfare” brings several new features that change gameplay drastically. The new 64 player “Ground War” mode is especially solid, taking place on much larger maps than usual. Opposite that, is the new small scale “Gunfight,” which is a two versus two tourna-

ment style game mode.

The maps are an important part of gameplay. “Modern Warfare” struggles in this area. The maps are lacking, with many being overly complex and confusing. However, the developers have already added two new maps that are drastic improvements upon the launch maps. They plan on adding many more and have already announced six upcoming maps.

The multiplayer gameplay is extremely fast-paced, with little time to breathe between engagements. The game launched with several issues, but the developers have been active in ironing out these problems.

Overall multiplayer is a solid foundation for a good year of content. For the first time in recent “Call of Duty” history, all post-launch content will be free for everyone. The developers have been committed towards making

multiplayer the best it can be. So far, they are doing a good job.

The final mode in “Modern Warfare” is titled “Special Ops.” The player and three friends are tasked with completing a mission against computer-controlled enemies in this mode. The game only launched with one mission, and four operations. This makes it the lightest content offering for “Special Ops” in “Call of Duty” history.

“Special Ops” was met with heavy criticism from the community, for good reason. The game mode is a complete failure at launch. It is too difficult and lacks the charm of earlier iterations of the “Special Ops” mode.

The developers announced that they will be adding new missions to the mode. However, it may end up being too little too late. It will be interesting to see if they can fix the mess labeled as “Special Ops.”

“Call of Duty: Modern Warfare” is a promising, yet flawed entry into the long running series. With some love from the developers and community, the game will undoubtedly reach iconic status.

Winter Wonderland



© ERIN ROSS

Snow is falling and friends are calling at La Roche. Ernie Bodley (left) and Alyssa Doman (right) enjoy the winter weather.

Facing the Labyrinth



© MADELINE RICCARDI

This statue of a face decorates the labyrinth behind the Motherhouse.

Man on the street

“IF YOU COULD GET ANYTHING YOU WANTED FOR CHRISTMAS, WHAT WOULD IT BE?”

“The Cybertruck. The new Tesla. It looks like Agent K’s car from ‘Blade Runner,’ my favorite movie.”

Josh Paris, 20-year-old graphic design major



“I want a French horn, because music has been a part of my life since I grew up with my grandfather.”

Ernie Bodley Jr., 19-year-old graphic design major

“Either the ‘Dawson’s Creek’ box set or a 1996 Harley Davidson ‘Bad Boy.’”

Justin Locke, 19-year-old graphic design major



“A dog, because I have always wanted one. I’ve only had a cat and I want both.”

Cassie Cornelius, 19-year-old graphic design major

“Death Stranding. I had this conversation with people, and I don’t really want anything that big for Christmas this year. A million dollars would be good, too.”

Connor Hoffman, 21-year-old management major



Sports

Sisters, students support Steelers

BY DANIELLE DiNATALE
ASSOCIATE EDITOR
SARAH HEFFERIN
ENTERTAINMENT EDITOR

Sister Cathy Frost has an entrance pass: a 1996 Steelers license plate. The plate is slightly bent, with a yellow background and the famous three-star black helmet boldly emblazoned on the left side. Spelled in all capital letters on the right side are the words, "Pittsburgh Steelers." Every game that the Steelers play, she brings it instead of a Terrible Towel.

On November 24th, the Sisters of Divine Providence found a connection with students through their mutual love of football.

Sister Cathy Frost and Sister Donna Marie Gribshaw have been Steelers fans for decades. The Sisters found that their love of football began with the Steel Curtain in the 1970s.

"I fell in love with the Steelers back in the 70s when Terry Bradshaw was ruling the world," Sister Cathy said. "Where Terry Bradshaw went, Terry Bradshaw conquered."

When she was young, Sister Cathy watched football at her grandfather's house with him and her father. She said that she remembers her grandfather banging his feet against the floor while he watched the Steelers play.

"[My grandfather] lived until the age of 98, and two weeks before he died there was a football game. He didn't have much energy, but he could bang that foot," Sister Cathy said. "So when I go to the football games with Sister Donna, I pray to Pap. And I say, 'Come on Pap! Come on Pap!' And invariably, they do well."

When the new players came onto the team, Sister Cathy said that she fell in love with Ben Roethlisberger, especially with how he became quarterback.

SEE SISTERS SUPPORT
STEELERS, PAGE 22

LRU basketball looks to rebound after last season

BY JORDAN SMITH
SPORTS EDITOR

The La Roche Redhawks Men's and Women's Basketball teams look to have a great year in the 2019-2020 season.

The men's team last year lost in the final by two points against Penn State Behrend in the AMCC Championship. The women's team lost in the semi final against Behrend by only one point.

The Redhawks look to rebound and get back to the title race.

Senior Luke McDonough from Bellaire, Ohio has started off with a strong season. Helping the team specifically on the defensive end and offensively with rebounds. Talking about last season, Luke said, "The team is overall disappointed how we finished last season. But we would like to make it up for the seniors of last year and play hard for them this season. So far, we have been faced with a lot of adversity. It's a part of the grind every season. We just need to work through it and keep getting better."

The men's team so far has a record of 1-4. All four losses came by under eight points except for one game. The team finally exploded in their last game against Penn State Altoona putting up 113 points showing off their offensive talents.

SEE LRU BASKETBALL,
PAGE 19



© COURTESY OF JORDAN SMITH

Jordan Smith poses with senior Luke McDonough, who started the season with strong defense.

Christmas presents for Pittsburgh sports

BY JORDAN SMITH
SPORTS EDITOR

Santa Claus is coming to Pittsburgh this Christmas. After a long discussion and negotiation with Santa, he has decided to take the Pirates off the naughty list. You can thank me later. Pittsburgh needs good health moving into the new year. This is what Santa and I decided on would be good gifts for the professional sports teams of Pittsburgh:

Steelers:

The Pittsburgh Steelers early on have been faced with adversity. After removing Antonio Brown and Le'Veon Bell from their lineup, the other "B" of the "3 B's" trio, Big Ben went down with season ending surgery in the second game of the season against the Seahawks. Since then, the injuries have gotten worse. After

much improvement, Artie Burns has been out with a knee injury as well as Bud Dupree with a triceps injury. After the loss against the Cleveland Browns, Juju Smith-Schuster is having concussion and knee problems. James Conner has had issues all season, and now Benny Snell Jr. has a knee

SEE PITTSBURGH SPORTS,
PAGE 20

The La Roche Street Journal

World of retail changes in 2019

By **JORDAN SMITH**
SPORTS EDITOR

Black Friday, and Cyber Monday have now passed. Two of the biggest days of shopping in the year for consumers. But the next month will still be filled with tons of shopping and sales during the holiday season.

Over the past decade we have seen the average shopper begin to order more online instead of going into malls and stores. Big reason for this is the presence of Amazon.

Other retailers are trying to adopt the changing behavior of consumers by targeting online spending. Target and Wal-Mart recently have been striving for this business model. Their stores are staffing differently to meet the competitive challenges by collecting the products being ordered online by shoppers.

According to Adobe Analytics, the online sales this Black Friday reached a total of \$7.4 billion which is up from last years total

of \$6.2 billion. The expected estimate is that e-commerce will account for \$170 billion of the \$730 billion in holiday spending this year.

The past two years have given Target more success. They have a new staffing system where they keep their department always stocked, answer questions better and track inventory. They also added more technology in the stores to guide workers and customers to have a better shopping experience.

Most employees at Target across the country get paid at least \$12 an hour. Target has promised to move that up to \$15 an hour at a minimum starting in 2020. Increasing the minimum wage has been a hot topic in the United States for the past couple of years as inflation has increased, yet the minimum has not over the past decade.

Wal-Mart has not really

changed their pay of employees which has gotten a lot of attention in the media. They pay their employees less compared to Target and Amazon.

Moving forward with customers wanting to buy online, it makes me pessimistic about the future of mom and pop shops, antique stores and small businesses. Small businesses that do effective marketing and have a niche can succeed in today's market if they are selling online. This is especially true in fashion. Clothing companies like Everlane, Taft and others have really succeeded in online shopping. But, for the small businesses that don't have much capital, it may be too hard to market themselves and differentiate from the competition.

Amazon is paying employees a lot more money, but that is a part of their plan to continue to expand and basically buy out the competition.

Wal-Mart's stock is up and is selling at \$119.09 per share. Targets stock has also been on a positive yield going up to \$125.01 per share. The e-commerce giant Amazon is now up to \$1,800.80 per share. Companies like Kohl's, Macy's and J.C.Penney's have been very unsuccessful in the past few years. They have lacked innovation during this time of change. They have had to close several stores. J.C. Penney's specifically has done the worse as their stock is down to a whopping \$1.13 per share.

Times are changing and e-commerce is only getting bigger. Just wait in maybe three years, people will be getting microwaves delivered to them by a drone to their front door.

Tips for tackling student loan debt

By **MICHAEL SURIANO**
CONTRIBUTING WRITER

According to the Federal Reserve, 69% of college students face student loan debt when they graduate.

And depending on what college or university you go to, it could range anywhere from a couple thousand dollars to a couple hundred thousand dollars. And don't even get me started about going to graduate or medical school.

We're always told to follow our dreams or passion and do what we love for a living, but sometimes never fully think about the ramifications and price it costs. You might go to college for something you love, but how much is it going to cost you? Is it a degree you're going to be paying off for the next 30 years, and have you regretting and wishing you had chosen a different career path? If so, you might want to think twice about it.

But that doesn't have to be the case. For many majors and programs, it can absolutely be worth the risk, especially if the career field is on the higher end of the

spectrum of salary, like a doctor or engineer, for example.

You could still choose the college and degree you want and not end up being fully submerged under all of the debt you owe. There isn't some crazy trick that will magically reduce all of your debt out of thin air—or reduce it so that you can pay it off it only a year or two. However, there is something you can do to drown your student loan debt before it drowns you first.

Now before I get started on how to pay off your student loan debt quicker and save thousands of dollars in the process, there is one important reminder that every student needs to know: never forget to pay a monthly payment. This will come back to haunt you and you will be charged a higher percentage and end up paying even more when you're supposed to be paying less.

What most people do and why they have this lingering debt with them is because they pay off the amount every month. Wait, isn't that what you're supposed to do?

Isn't that what I just said, to never miss a payment and always pay the amount? Well, half of that is the right way. Yes, you should never miss a payment; but no, you should never pay the amount you're billed. You should always pay more than what is actually owed. This might seem simple, but for the millions of graduated students with huge debt hanging over their head who aren't necessarily the most financially literate, this is something people rarely think about.

There are a few different ways to pay off your student loans and save you the money you deserve.

The first tip in paying off your student loans in the best way possible is that if you have more than one loan and there are two different interest rates, always pay off the loan with the higher interest rate first. Obviously, you will be paying both off at the same time, but if you're only going to choose one to pay more than the required amount, choose the higher interest rate loan. The longer this loan lives, the more money you will be

paying, even if the loan amount is smaller. Pay off the higher interest rate to reduce your total interest, because that's why it takes so long to pay them. If there were no interest rates, people wouldn't have as much of a problem paying of their debt, but because of the interest, they feel that they can never catch up.

I previously mentioned that you should never pay the minimum payment, and I stand by that. But sometimes there's the question of "Is there a maximum amount I can pay?" The answer to that is a big N-O. Since there is no maximum amount you can pay per month, never be afraid to just pay five times the amount that's owed, or even 10 times the amount. If you have the money to pay a significantly higher amount, then do it.

You can pay off your student loans in a few ways. Two ways I'll be talking about are making regular increased payments over the

SEE **STUDENT LOANS,**
PAGE 21

La Roche Reacts

This issue: Upcoming Movie Trailers with Dr. Bellin

BY STEVEN MUNSHOWER
ASSOCIATE EDITOR

Dr. Bellin likes his movies. This becomes immediately clear upon entering his office. Ray Harryhausen, a Balrog, and King Kong welcome any and all visitors. Bellin follows new film releases but does not often watch trailers.

Trailer 1: “No Time to Die”

Bellin: “It seems to me that James Bond movies are fun, they’re cool, there’s a lot of great action. But they have become, sort-of, self-parodies because it’s such a long running franchise. You almost can’t avoid it. How are they going to do it in a way that makes it fresh, that makes it fun? Or are they not even going to bother and just going to parody their own style and moments.

There’s going to be the love interest, the car chase, the great stunts, the guy who’s going to explain his nefarious plot to destroy the world and while he’s explaining it, James is going to figure out some way to get free of the shackles. It’s always going to be the same. But we still love watching it. It’s very well staged and it’s very well done.”



Trailer 2: “Star Wars: The Rise of Skywalker”

Bellin: “Obviously, you can just look around my office, and see that I’m a huge ‘Star Wars’ fan. I was twelve years old when the first movie came out. I’ve really been looking forward to this movie, as has my son. We’re going to see it. We already have tickets for the day it opens. It’s a cool story, you

know. It’s kind of epic. If you grew up with it, it reminds you of your childhood. You feel like you have a connection with these characters, even though they’re people that you’ll never know. Although, I do follow Mark Hamill on Twitter.”



Trailer 3: “1917”

Bellin: “I like movies with a, kind of, epic scale. So many movies these days, I get bored by them, because they seem so eager to please. I always feel the filmmakers trying to pull my strings and manipulate me. I like movies, and ‘Blade Runner: 2049’ was an example of [this], that unfold at a more leisurely pace. There didn’t always have to be eye candy in every shot. It was

something [where] I could admire and appreciate the shots. This looks a little bit like that. It looked fairly understated considering it’s a war film. So many of those scenes [are] just a stark bare landscape, and just these two figures moving across it. War movies are trying, impossibly, to put you into the war.”



© STEVEN MUNSHOWER

Celebrating the Courier's 25th Anniversary

As the Courier celebrates its 25th anniversary, we are proud to feature our faculty advisor, Ed Stankowski.

When did you become the Courier advisor?

January of 2000

What drew you to this position?

The typical things that bring people to jobs—I had a job, but I wanted to do more. The main reason I was brought in was to advise the newspaper. It wasn't like I came here and then became advisor. I came in as advisor of the newspaper.

In the twenty years you've been working with the Courier, what was the most rewarding aspect?

There's not just one, but I'm continually rewarded. Every September and January when we're gone for a while, when we come back, out of nothing, something really cool happens. That impresses me every year. I never get tired of being delighted by that, being impressed by that. The Courier is a showcase for so many different people's talents and abilities. We start off with a blank page blinking cursor, and then we end up with a twenty-page paper. I never get tired of that. I don't think writers ever get tired of seeing their name in print; I don't ever get tired of seeing student work in print.

What has been your favorite memory of the Courier?

There were stories that challenged the staff as writers—and that'll happen with young people. But there were stories that challenged us as human beings—and those are the ones that stand out. Specifically, we did a story one time [when] a woman who was not part of the La Roche commu-

nity desecrated the Chapel. We covered it in a very thorough and journalistic way, but we received a lot of criticism for that story, because people thought that we, because we're small, shouldn't report on those sorts of things. Our size doesn't give us the right to go and hide from things.

When I think back on some of my favorite times working with the paper, it was when we had a bigger office and a lot of people. It would be kind of chaotic and we would be here late and we'd be smoking cigarettes and swearing and frustrated with technology. It was really like the old days of newspapers. That would result in having physical newspapers around campus—I really miss that. That was always very satisfying.

What are some of the most challenging parts of working with the Courier?

Being advisor to the Courier is in some ways like coaching a college athletic team. When you have a good crop of upperclassmen, you really have something going on. But what's supposed to happen is what happens—people grow up, they move on, they do other things. So constantly having to recruit and build a staff is the biggest challenge. Acknowledging that challenge, we've expanded beyond the English department.

Secondarily to that is that I don't always feel like we have the faculty support that we could and should. People are cooperative with photos and interviews and things, but I think the college faculty in general could be bigger



© STEVEN MUNSHOWER

advocates of the Courier. We do something that's really unique. If you're a chemistry student, you have chem lab. If you're a bio student, you have bio lab. If you're a writing student, you have the Courier. But, much like the dancers and athletes, our mistakes occur in public for everybody to see. We walk this tightrope where we expose ourselves three or four times a semester.

Why do you think having a campus newspaper is important?

I don't think you can have a college without a newspaper. To me, if your school doesn't have a newspaper, I think that just makes such an awful statement. Newspapers are a big part of my life and they play important roles in communities, whether it's your city paper or your campus community paper. What would replace it? How else would you find out about things you otherwise wouldn't know? We inform you, we make you laugh, we give you things to look at. There's nothing that would replace that. It's important because it's the only thing of its kind here. There's nothing else on this campus that's like the Courier. I think its absence would be noticed by a lot of people.

What are some of the biggest changes you've seen in the Courier?

Clearly, the move from print to a digital platform has been the biggest change. While I'm happy with the change because it reflects 21st century sensibilities, I do think we've lost a lot of readers. People of a certain age still like to have a physical newspaper. What I miss the most is when that paper would come out and the staff would put one in every faculty member's mailbox and they'd be in stacks throughout campus. You could walk around campus that day, you'd see the paper everywhere—people sitting the Square reading it, faculty members in their offices reading it. That's been the biggest change.

What would you like to see for the Courier in the future?

I'd like to see us to extend to other departments.

I'd also like to see us continue on a technological arc that includes embedded videos. A lot of the online publications are doing this now. It's just the evolution of the product.

"The Courier is a showcase for so many different people's talents and abilities. We start off with a blank page and a blinking cursor, and we end up with a twenty-page paper. I never get tired of that."

-Ed Stankowski

International Desserts, continued from page 2



© JULIA FELTON

Mai Ngo, Minh Nguyen, and Thao Bui represented Vietnam during the desserts from around the world event.

you can search about different countries, different cultures. But you never have the chance to taste desserts from different cultures. When you try to eat a different country's food, when you try to talk to them, you feel closer and more open," she said.

Though the desserts are the focal point, Kim said students were also ready to share information about their countries and cultures. She said, "I ask our international students to make posters about their culture, their history, their food, their language, and their customs."

Kim said she hopes people can learn about the world by participating in International Education Month events like this. "The community can get to know countries they did not know before," she

said. "Maybe they can be more open to other cultures. This is learning out of a classroom."

While Kim wants domestic students to learn through this event, she said it also benefits international students. "I am so happy to talk with our international students to prepare this big event. I am so happy they can participate in an event to explore their culture and to share about their country. I can see their growth," she said.

Ultimately, Kim's goals for this event are to encourage people to be more open-minded and to foster new relationships. She said, "This is a really good chance to make good friendships. This is to make more openness, more sharing—being together and doing together."

Weiss, continued from page 2

mountable discrimination and injustice.

She was eventually adopted at the age of nine by a family that lived in New York. The prejudice Weiss had faced earlier in her life continued as she was met with her adoptive father's insistent and close-minded beliefs that a woman's role was "determined by biology: they were to bear children and run a household."

Weiss ran away at the age of 17 and eventually ended up in a detention facility as it was illegal for minors to leave home without their parents' permission.

These experiences only fueled her desire for social justice. Weiss fought for equal rights for women in the workplace and also became active during the civil rights era, participating in peaceful protests and circulating the readings

of Malcom X. Later on, she also advocated as a peace activist, demanding for the withdrawal of U.S. troops from Vietnam. "We who opposed the war started as a tiny minority, yet we grew to be the majority," she said.

Weiss states that the basis of evils in the world- Nazism, racism, ethnic cleansing and colonialism- is white supremacy. Despite these forces, Weiss remains hopeful that solidarity and knowledge can defeat these things.

Her powerful speech ended with this inspiring thought: "What changes people is the struggle," she said. "If we can unite against white supremacy, we can unite against these evils. The spirit of solidarity is strong in our world."



© JULIA FELTON

Suzanne Berliner Weiss encouraged the La Roche community to unite against evil forces in the world.



© JULIA FELTON

Students, faculty, and staff participated in events during International Education Month.

Angel Tree, continued from page 8

"The Gifts of Providence Angel Tree is just one example of La Roche looking into the community, looking outside their walls here and really trying to spread some kindness."

-Paula Valliant

it's only a small gift, but it's an opportunity for them to give back to the community in a fun way."

Gifts typically cost around \$20. Valliant added that students can also select gifts they would enjoy purchasing.

For Valliant, the Gifts of Providence Angel Tree fits in well with La Roche's emphasis on service. She said, "La Roche as an institution strongly believes that we should get involved in the community. The Gifts of Providence Angel Tree is just one example of La Roche looking into the community, looking outside their walls here and really trying to spread some kindness."

She encouraged students to use these opportunities at La Roche to spark a lifelong dedication to serving others. "It gives students a platform where they can start their giving. It's something everyone should do the rest of their life," Valliant said.

Valliant said she wanted to share a message of gratitude to those who have contributed to the angel tree: "Huge, huge thank you on behalf of the Providence Family Support Center and La Roche. It's a wonderful example of people's generosity in such a simple way to make someone's holidays better."

SGA, continued from page 3

chocolate. That is a mandatory event that all of you are required to attend,” President Allison Bosworth said, adding that she also encouraged SGA members to help with other clubs and organizations at Festival of Lights.

The executive board met with State Senator Lindsey Williams during her visit to campus on November 12. Bosworth said they discussed student loan debt with the senator.

“It was an interesting experience, hearing about what the plans were to get more funding for private, nonprofit schools,” Judicial Vice President Gracie Kann said.

Gabrielle Lisella, the public relations chair, said she talked with Marketing Communications Manager Rebecca Pasqua. “We’re talking about ways we can reach students,” Lisella said.

Executive Vice President Lauren Ranalli said, “Two weeks ago, I went to the Pittsburgh Student Government Council. They are organizing a meeting with Mayor Peduto [in January].”

Director of Athletics and Intramurals Devin Wolford said he attended an AMCC Conference meeting held at La Roche. “We

talked about rule changes coming up,” he said.

He said they also had scheduled a pep rally for the basketball team, which was cancelled due to last-minute scheduling conflicts. “We might do it for the Behrend game, because that’s our biggest rival for La Roche basketball,” he said.

Wolford said intramurals were postponed until next semester.

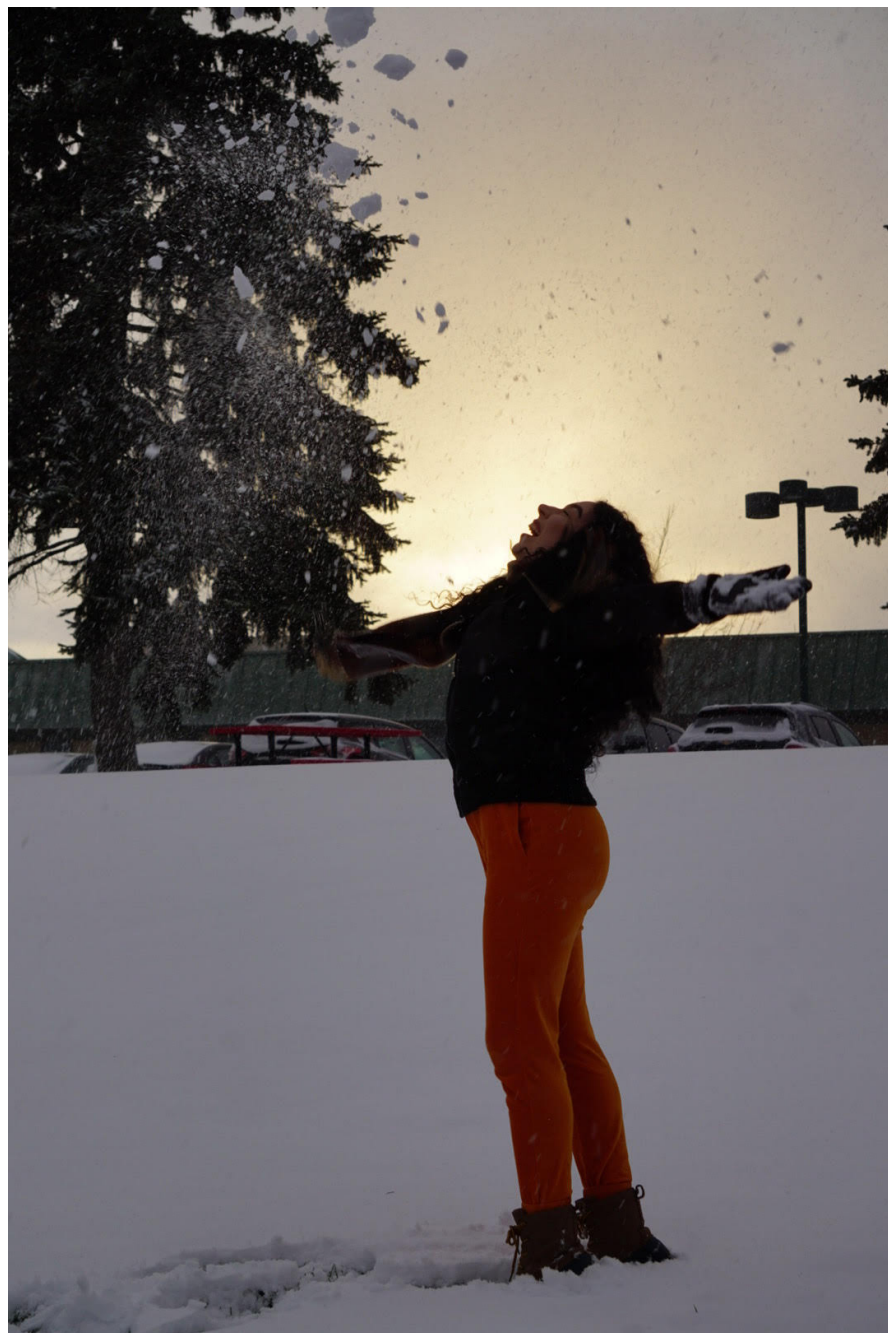
Florence hosted a fundraising event with La Roche Activities Forum (LAF) for Thanksgiving. She said proceeds went to Light of Life.

Stuart said, “One of my goals this year was to have a successful event with all the multicultural groups on campus. That was international dessert day.”

Bosworth said she and Ranalli are setting goals for next semester.

“We’ll be working on a survey that will go to all the students,” Bosworth said. “That information will transcend to us having an open forum with Sister Candace and other administration and staff. That would be open to all students.”

Let it Snow



© ERIN ROSS

Alyssa Doman enjoys a snowy day on campus.

Saint Joan of Arc



© ERIN ROSS

Fire safety, continued from page 1

ment here helping with an evacuation. At that point, it would be enforced by McCandless Township, not the school. In the spring, we’re going to set off the alarm and go floor by floor, room by room, making sure everyone’s gone and implementing fines.”

Once students are out of the building, Wilcox said they need to go somewhere safe. He said, “You want to get a safe distance away from the buildings. Standing in front of the front doors is not [safe].”

According to Wilcox, students evacuating out the front doors of Bold Hall should go to the library. Students evacuating from the back of Bold Hall should go to the loading dock. For students living in Schneider and Mahler, he suggested evacuating to the front of Kerr Fitness Center. Students in Peters should go to the back of Kerr.

Wilcox also explained that the university has some fire safety precautions in place. Resident Assistants are trained with fire

extinguishers, which are available in all buildings on campus. If students notice fire extinguishers missing from their residence halls, Wilcox urged them to notify public safety.

Despite these fire precautions, Mahler and Schneider do not have fire suppression systems. According to Wilcox, the buildings were built before the modern fire suppression regulations and therefore are not required to have sprinkler systems. He did say, however, they would like to install fire suppression systems into these buildings in the future.

“It’s a budget restraint, because it’s a costly thing,” Wilcox said, adding that he did not know when students could expect to see fire suppression systems installed in Mahler and Schneider.



Labyrinth, continued from page 8

Christians were expected to travel to the Holy Land at least once during their lives. Traveling was often dangerous and difficult, so the labyrinth was created as an alternate pilgrimage. The needed spiritual merit could be achieved simply by walking through the labyrinth in meditation.

Junior Carly Burdett said after walking through the labyrinth that it is a calm and peaceful place. "It is a great place to be alone with your thoughts and spend some time focused on your relationship with God," she said.

You do not need to be in silence or alone to walk the labyrinth. It is helpful to be in a calm and restful state of mind, but how you get into this mind state is up to you. You can bring a friend, a loved one, even a pet. All are welcome at the labyrinth.

You may also bring candles, incense, or aroma oils. Some find it helpful to listen to music and have a notepad with you so that you can write down what you are feeling.

One does not necessarily need to think of God while walking the labyrinth, because they are not only Catholic symbols.

According to Greek Mythology, a labyrinth is a complex and

confusing structure designed to hold a minotaur, a half-man half-bull creature that is a symbol for death and torture.

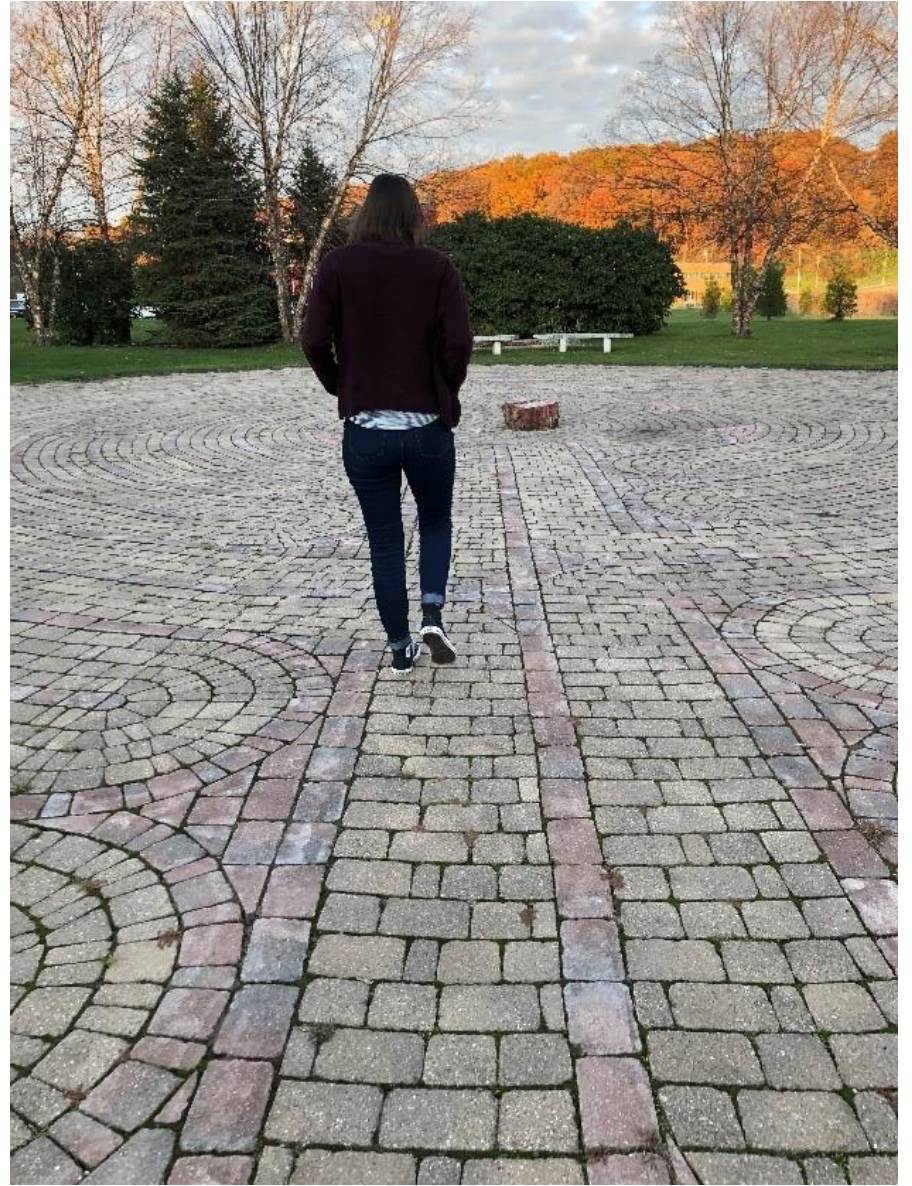
There is no minotaur inside of the Kearns Labyrinth, but instead a block of petrified wood with various religious artifacts inside of it. These artifacts look like small, metal coins that relate back to God.

On the sides, the artifacts include a brown symbol with the illuminati in it, a small white cross, and a stone head. The stone head appears to be that of a woman with her eyes closed.

On top of the petrified wood is an exact miniature carving of the Kearns Labyrinth as well as a small green artifact that speaks of how we submit to all of God's decrees.

Labyrinths are often in a circular shape. The circle symbolizes wholeness, totality, eternity, and original perfection. It also typically symbolizes God because God is like the center of the circle of everyone's lives.

To access the labyrinth, simply walk past the front of Kearns Spirituality Center and then turn right.



© MADELINE RICCARDI

Junior Carly Burdett said the labyrinth is a peaceful place for her.

Kindness, continued from page 3

For them, the LRU Kindness page is a way of reminding others that their place in this world has value, and offers them encouragement and inspiration through daily posts on the page. The student in charge also takes submissions from others who may nominate someone who, in their eyes, emulates that kindness on campus. Posts consist of compliments that are based on character and personality, rather than popularity or appearance. The student said that it is really the student body who runs this account, and they just put it all together in one place.

"The LRU Kindness is an Instagram account run by each and every student here who chooses to send in a compliment, either for a peer or a professor. I just hit 'post.' Everyone at La Roche needs to know they are appreciated; not for the superficial things, but for the fact that they are unique and special and no one is quite like them," they said.

The student explained how kindness and being nice not only make people feel good, but they have concrete health benefits for everyone. It actually releases endorphins, decreases anxiety, and

prolongs life. Even more than this however, the student hopes that the Instagram page helps others put their own differences behind them, and truly be caring towards others.

"But beyond health benefits, kindness is about something bigger than yourself. To be selflessly loving and considerate is to show someone that they are capable of

130 followers. It has been mentioned on various La Roche University Facebook pages, and in the November campus newsletter.

But for its student owner, it's not about the fame or recognition. For them, they don't want to be recognized because the emphasis is on others, not them.

The student said, "This account isn't about me. I don't want

With the LRU Kindness Instagram page at their fingertips, the student in charge hopes to continue spreading goodness to the community. For them, the world needs more kindness, especially in today's society.

loving and being loved," the student said. "Mr. Rogers once said, 'the world needs a sense of worth, and it will achieve it only by people feeling that they are worthwhile.'"

Since its creation, LRU Kindness has posted almost 100 pictures, and has accumulated over

anyone to treat me differently or think I'm attention-seeking just because they know I'm behind LRU Kindness. Anonymity allows me to continue to compliment without any pre conceived notions of who I am. It levels the playing field in a way."

With the LRU Kindness Insta-

gram page at their fingertips, the student in charge hopes to continue spreading goodness to the community. For them, the world needs more kindness, especially in today's society.

"With things like 'cancel culture' and other negative attributes of social media, we all feel a little lonely, maybe hurt by something that somebody posted," the student said. "Everyone wants to be included and appreciated, and when someone recognizes that, it's all the more special. Even La Roche's motto, 'ad lucem per amorem,' [to light through love] reflects kindness. I only hope that one person feels a little less alone when they see themselves on the page."



Sunset over the Motherhouse



© MADELINE RICCARDI

ROTC, continued from page 1

more responsibility,” Lucier added.

For students who want to pursue ROTC seriously, there are additional opportunities beyond the elective courses. “For perspective students who want to do ROTC, if they want to do it as more of an elective, there are summer programs. We also have study abroad, where they can go abroad for a couple of months,” he explained.

According to Lucier, the ROTC gives students the chance to see whether the Army is a good fit for them. “The biggest thing we’re looking for is someone who’s open-minded and enthusiastic,” he said. “A lot of people

don’t know if they’ll like the military or not until they try it.”

Though the ROTC program at La Roche is in its early stages, Lucier said he hopes the program can make a positive impact on the school. “We’ll want to make our presence known and help out in the community and on campus,” he said.

For Lucier, bringing the ROTC program to La Roche is fulfilling a need he saw at the school. He said, “La Roche is one of the few universities in the area without the program, so we saw a void.”

While Lucier said he is excited to begin the ROTC program at La Roche, he said he understands some people on campus may be

skeptical of their presence. He said: “Some people are wary of us. I generally think that’s due to a lack of information. We’re not here to trick people into joining the Army without their consent. We’re not here to change the culture of the university. For those who might be a little wary, we’re here to be open and honest about what we’re offering. If that’s not something you’re interested in, that’s fine. We’re here to be part of the community. I want ROTC to be seen as something normal in the school, rather than something separate.”

Students who are interested in the ROTC program should contact Kyle Lucier at kyle.j.lucier.mil@mail.mil or 412-366-7475.

“That’s what it’s all about--teaching people how to be leaders. It really is an art more than a science.”

-Kyle Lucier



Basketball, continued from page 12

The women’s team similarly started off with three losses and then got a win against Penn State Altoona on the same night as the men. The women’s shooting ability came to life as they also put up a high score of 90 points.

Jenna Cole, a senior from North Huntingdon, Pennsylvania is the reigning AMCC player of the year. She said: “No one wants to go out how we did. Especially on our home floor. We have something to prove. We are back this year and we are a stronger team than we were last year, our newcomers and freshman bring a lot to the table for us.”

Jenna also said on this year’s expectations, “A championship is always the expectation. Regular season, conference and then onto the tournament to hopefully get the first round win.”

Both the men’s and women’s team are undefeated in conference play so far.

Go to <https://larochesports.com/landing/index>, to see all the upcoming games this season.

Pittsburgh Sports, continued from page 12

problem. After the whole situation between Myles Garrett and Mason Rudolph, there will certainly be suspensions, adding to the list of players not available for us. If healthy, I like our depth. We have mainly been relying on our defense to win games, which is the opposite of what the past seven years looked like. Analytically, our offensive line has been terrific on the pass but not on the rush. Part of that is James Conner having a sophomore slump, but also the inability to keep up with the best defensive ends and outside linebackers from opposing teams. Clearly, Big Ben could run this offense better. But I do not think any new backs are necessary. Conner is a featured back in the league. He'll be fine. Santa cannot cure people from their injuries, but he can give us gifts. I would suggest another wide receiver. Juju, James Washington and Dionte Johnson have not been as versatile as past receivers. For this team to be more than a .500 team and get into the playoffs, they need another scoring threat. Preferably, one good on the deep ball as Juju and James Washington are good in the slot.

Penguins:

I could spend a substantial amount of time talking about the injuries the Penguins have faced. Evgeni Malkin was out for a stretch and now Sidney Crosby needs time to heal after a hernia surgery. After the first five games of the season, the team looked like the same as last year. Tons of turnovers, bad pinches from the defense, giving up several odd man breaks, lack of possession in the offensive zone and unnecessary penalties. That has now changed. Instead the Penguins have been smarter on the Power Play, less turnovers, more dump and chase hockey, and overall more possession. The Penguins have been a much harder team to play against. Unfortunately, they've not always gotten the results they want. What the Pens really need is to get healthy. Besides that because Santa can't heal our injuries, I will see if he can hypnotize a General Manager in the NHL to take on Jack Johnson's contract. Until then, the Penguins really do need another top four to top six defenseman. Dumoulin and Letang stay as the first pair. Justin Schultz will continue to be the second pair right defenseman, but he is now on the LTIR. Petterson can slot well on the left side on the second or third pairing. I love the call up of John Marino. The organization speaks highly of him. He's a good third

pair NHL defenseman. Between the five of them, I really like our unit. But we can't have a weak link at the blue-line. I wanted us to do this by trading Nick Bjugstad or Jack Johnson if possible but Bjugstad is now also on the LTIR. I just don't like Jusso Rikolla there just yet. And, Chad Ruhwedel can only play the right side. I'd like to see Santa bless us with a solid left-hand defenseman. The offense is good, lines just need to be figured out to build chemistry once everyone is healthy.

Pirates:

The Pittsburgh Pirates had another rough year. Will the next year be a bridge year? Probably. The organization decided to sweep house under the owner Bob Nutting. Neal Huntington, Clint Hurdle, Ray Searage and other coaches all were fired. So far, Ben Cherrington is the new General Manager of the ball club. From what I've heard he is a very humble, good guy and he is a great option moving forward. The Pirates theoretically have some decent ball players that they could build a team around. Guys like Bryan Reynolds, Kevin Newman, Starling Marte, Adam Frazier and Josh Bell. Reynolds was one of the best rookies, Newman hit eight walkoffs, Frazier is all around good and Bell had a career year hitting 37 homeruns and 116 RBI's. Unfortunately, Marte might be getting traded to the New York Mets as they have shown interest. Our new GM has been told that we can move anyone. If he gets rid of Reynolds and Bell, then I don't think the fanbase will have much hope for this next group of leadership. I would be fine with moving Marte. I would like to move Polanco as it is known his focus is low and he has not performed as expected. The Pirates could be hiring a new coach soon so that could change how things are handled. The Pirates just like other Pittsburgh teams had some health problems this past year. Jameson Taillon yet again missed most of the season. It would be nice of Santa blessed us with a great starting pitcher. The bullpen needs some help as well. I would like to see us find a true ace, because we haven't had that since Gerrit Cole.



Service Panel, continued from page 2

sume for the application process.

Houseman also said that the application process includes a statement of intent. "You have to flesh out why you want to go and what you're doing it for," she said.

Houseman said that the application process also includes a medical clearance. "You're going to be in a country for two years," she said. "They want to make sure you're going to be healthy and there's no health risks." Houseman said that if there are any health risks, they will work with the applicant to put them somewhere that is best suited for them.

Houseman also said that there is an interview process for the Peace Corps which may take place over Skype or a phone call. She recommended setting aside around three hours for the entire application process.

Kimmy Ferry was the representative for KEYS Service Corps, a Pittsburgh branch of the AmeriCorps organization. Ferry began her presentation by talking about where KEYS Service Corps operates.

"AmeriCorps is like the Peace Corps, but instead of going overseas to do service we do service right here at home," Ferry said.

"The program I work for works with youth," Ferry said, "We place people at schools, after school programs, and summer camps to mentor to kids and give them one on one support." She said that teachers can't always give that kind of support to individual students, and their members are there to help take those reigns.

Ferry also highlighted different AmeriCorps programs around the country. "There's the HealthCorps, and they focus on health-related issues. There's VISTA AmeriCorps, which focuses on behind-the-scenes capacity building for different non-profits. There's programs that work on dealing with the opioid crisis. If there is a need out there, there is probably an AmeriCorps program that kind of fits that need," Ferry said.

Ferry said that people who want to help can apply from their website. "You can search for different organizations and different interests," Ferry said. "You can pick a state that you want to be and search what programs are in that state; or you can search by interest area."

When speaking about her program, Ferry said that they have people who will start in January and participate until the end of the school year or until the end of summer. She also said they have a program that just goes through the summer and a program that

would run from August until the end of the school year.

"One of the great things about AmeriCorps is that members have really great tangible benefits," Ferry said. "You get paid, and in addition to your paycheck you get something called an education award when you're done. This is money that can go toward student loans you might have or towards future educational expenses."

Ferry also said that student loans go on a type of deferral while you are working with AmeriCorps. "You don't have to worry about paying on them," Ferry said, "and AmeriCorps pays the interest that accrues on a loan in that time. We also provide healthcare and childcare to our full-time members as well."

"AmeriCorps members don't make a whole lot of money, but it's enough to live on," Ferry said. She also said that they will help members with budgeting. "They try to make it as easy as possible for you to serve, and to support you through those benefits," Ferry said.

One audience member asked the panelists, "What advice do you have for students who might be interested, whether it's classes they could take, that would help them?"

"Get involved in clubs," Houseman answered. She said she was able to get involved through someone who she met through a club during her time at La Roche.

"I went to Cal U," Ferry answered. "I graduated with a degree in video production. When I got out of college, I worked at Hallmark, which was rewarding, but I wasn't using my degree. But then I discovered AmeriCorps, and they needed somebody to teach high schoolers video production. I spent three years serving with an organization teaching kids about how to tell the story of their own community. Giving the youth that voice to tell their story and to share the positive impact that they're having was really powerful. I found a way to combine the skills I learned in the classroom and apply that to something that can actually make a difference in the world."

Those who wish to apply to the Peace Corps can visit their website, www.peacecorps.gov. Those who wish to apply to AmeriCorps can visit my.americorps.gov, or visit www.keysservicecorps.org to visit the KEYS Service Corps in Pittsburgh.

Christmas Time is Here



© ERIN ROSS

The La Roche campus is ready for Christmas with decorations adorning the trees.

Ambrosini, continued from page 3

From there, Ambrosini said people sometimes began to seek violent solutions. He explained, “There’s a lack of interest in non-violent resolution to grievances. You want people to explore—as unpleasant as they are—lawsuits, because they’re nonviolent alternatives.”

While some warning signs may seem subtle, Ambrosini said sometimes the signals are loud and clear. “There’s a deliberate or inadvertent disclosure of future violent plans,” he said.

He also warned to look out for people who fantasize about victimizing people, struggle with interpersonal relationships, can’t handle daily stressors, or become obsessed with past attacks or attackers.

Ambrosini said, “If people don’t have an interest in firearms and then all the sudden, they start researching it and always wanting to go to the range, that’s not their normal behavior.”

Another red flag is when people begin to dismiss the ramifications. “When people think

they’re not afraid of going to jail anymore, not afraid of getting fired, there are no more of those buffers that keep us tethered to society,” Ambrosini said. “[For] people in this frame of mind, those little tethers don’t exist.”

These people may also become reckless in their daily lives. Ambrosini said they exhibit uncharacteristic behaviors sexually or they may abruptly start or stop using drugs and alcohol.

Ambrosini said before a violent attack, there’s typically a planning phase. He said: “They start pre-attack research and planning. Maybe they start showing up on campus. Maybe they start doing dry runs. They plan. They stockpile.”

He said it’s imperative that people contact law enforcement if they think someone is potentially planning an attack.

Despite the red flags, Ambrosini said none of this will seem wrong to a potential attacker. “This is all righteous to them. It’s an ego syntonic—they don’t think they’re wrong. It’s perfectly

Student loans, continued from page 13

minimum amount and making just a single increased payment. You can also make increased payments at any time during the loan’s lifespan, it doesn’t have to be on just one or every single one.

In *The Missing Semester* by Matt Kabala and Gene Natali Jr., they show the effects of regular and a one time increased payment. The example given is of a \$10,000 loan with an eight percent interest rate paying \$100 a month. For regular increased payments, paying the minimum amount would come out to be 166 total monthly payments with a total interest paid of \$6,534. So, starting with \$10,000 and paying the minimum every month would have you end up paying \$16,534. If you paid twice the minimum, the total monthly payments is almost cut by two-thirds, being 62 payments, with a total interest paid of \$2,204. So by paying double the amount of the minimum every time, you will save about \$4,300. If you pay three times the amount, the number of total payments would be 38, with a total interest paid of \$1,347. And if you pay five times the minimum, then the number of total payments would be 22, with a total interest paid of \$769.

Now paying five hundred dollars every time you’re supposed to pay one hundred dollars is challenging and will leave you will less money in the moment, but it’s not about the moment. It’s about the big picture and how much you are saving yourself. So by paying five times the amount on this example, you will have 144 fewer total monthly payments and save

\$5,765 worth of interest.

Now I understand not everyone is capable of paying five times the minimum amount, but that’s not an excuse to not pay over the minimum, even if it’s only once. The same example is used with the \$10,000 loan, eight percent interest rate, and a \$100 minimum monthly payment. Again, the minimum would be 166 total monthly payments and \$6,534 of total interest paid. Now if you pay the minimum plus an extra \$100 just one time, this will save you three payments and \$194. Paying the minimum plus an extra \$200 just one time will save you six payments and \$382. Paying the minimum plus an extra \$400 just one time will save you twelve payments and \$743. By making just one additional payment, it will save you about twice the amount.

There’s always something that we buy compulsively or amenities that we don’t need but buy away. That should be the money that is put into these extra student loan payments. So next time you’re out with your friends or even by yourself and are thinking about buying that one thing you really, really want, think about your student loan debt first. You might miss out on whatever it is and your friends might have it or whatever it may be, but down the road, they will still be talking about and paying back their loans while you’ve been done paying them off for a while and buying the things you want. Trust me, you and your bank account will be thanking you.

aligned to how they’re thinking,” he said.

In addition to remaining vigilant for these warning signs, Ambrosini urged people to simply pay attention to others and spread kindness. He said: “Just a small dialogue can give someone a little bit of doubt before they do something terrible. You don’t know a

person’s frame of mind, what’s going on in their life. You might be the only person in their life giving them five minutes that day. Don’t underestimate the power you have when you communicate with someone, when you employ active listening, when you ask them how their day was.”

“Just a small dialogue can give someone a little bit of doubt before they do something terrible. Don’t underestimate the power you have when you communicate with someone, when you employ active listening, when you ask them how their day was.”

-Rob Ambrosini

Sisters Support Steelers, continued from page 12

“Quarterback one and two were injured and they put him in as a third, and hoped he’d do well. And he’s doing exactly what this young one is doing now,” Sister Cathy said, in reference to one of the new Steelers’ quarterbacks, Mason Rudolph.

As for Sister Donna, she said that she didn’t remember watching football until one of the greatest moments in football history happened while she was teaching.

“When I moved to Divine Providence high school and Franco Harris had that Immaculate Reception, that’s when all of a sudden football became the game to watch for me,” Sister Donna said.

Throughout the years of being a fan, Sister Donna said she has been to half a dozen football games. Some of those games the Steelers were in divisional playoffs.

“I think it’s wonderful that you see us interested in other things besides our religious life, which is very important. But alongside that is what gives us life. Well, football gives us life. And we take it to prayer, that’s for sure. But it’s fun to do other stuff.”

-Sister Cathy Frost

“The most infamous were the two playoff games in the 70s,” Sister Donna said.

The Sisters drove two weekends in a row from Altoona to Three Rivers Stadium to watch two playoff games. Perched in the nosebleeds in section 606, the group of three Sisters witnessed the Steelers win both games.

“We were truly against the wall, way up at the top,” Sister Donna said. “The stadium rocked, it really did. It moved under people’s feet, and it was so exciting to be there even if you couldn’t see a lot.”

During the second game, an ice storm was blowing towards Pittsburgh. Sister Donna said that the group beat it out of the stadium and got out of Pittsburgh with the ice storm behind them.

“Ever since then I’ve watched every game,” Sister Donna said.

No matter where she lived, Sister Donna remained a faithful Steelers fan—even when she was under pressure from her New England-based Sisters.

“I was bold enough in those years when I volunteered at bingo nights. I would wear all my black

and gold, and some of the guys tried to shame me into putting on Patriots gear,” Sister Donna said. “The more they tried the stronger I got and added more and more on: not only the t-shirt, but that hat and the keychain.”

She faced a similar challenge when she attended John Carroll University and went to two Steelers games in Cleveland, Ohio.

“I would always be teased for who I rooted for. Everyone was in their brown and orange and I was in my black and gold,” Sister Donna said. “Unfortunately we lost both of those games, but I’m always able to withstand the trauma of losing. I can’t get myself so worked up about it because it’s only a game. But it is really fun.”

In 2001, all branches of the Sisters of Divine Providence in the US came together as one Province. The unification brought Sisters together from New Eng-

land, Saint Louis and Pittsburgh, which in turn brought fans of the Patriots, Cardinals and Steelers. Sister Donna said that there came a time where all three teams were in the playoffs.

“When we would gather to watch the game, we gathered at the Nazareth House. We called each other and checked in with each other and razzed each other—yes, that was a lot of fun,” Sister Donna said. “Ultimately, even if your team loses, oh well, it’s all in the family.”

Some Sisters took football more seriously than others, while some had fun guessing who would win. Though passed, Sister Hilda was a football fan who was known as the bettor around the Motherhouse. Sister Cathy said that Sister Hilda always won.

“Every week she would walk around the house and get all the Sisters and staff to bet on a Steelers poll,” Sister Donna said.

Together, Sister Donna, Sister Cathy, and other Sisters became a tight-knit group of football-watchers, who still gather for almost every game. Like the Sisters, football emulates very similar

“When I moved to Divine Providence high school and Franco Harris had that Immaculate Reception, that’s when all of the sudden football became the game to watch for me.”

-Sister Donna Gribschaw

qualities that the Sisters of Divine Providence possess. What Sister Cathy loves most about football, she said, is seeing how the players care for one another. Sister Donna said that she loves the camaraderie of the city and the energy.

“The energy you feel in the stadium is incredible,” Sister Donna said. “It’s so much more dynamic being in person than watching [the game] on television.”

“Another thing that tosses the energy is the flashing on the boards, that increases the energy,” Sister Cathy said. “And the little kids who scream and jump around and have no idea what they’re screaming for.”

In their minds, no one can replace the players of the Steel Curtain, but Sister Cathy and Sister Donna enjoy watching JuJu Smith-Schuster, and James Conner.

When the Steelers aren’t in the playoffs, the Sisters still watch the other games.

“I always root for the underdog,” Sister Donna said. “Or anyone who plays against the Patriots.”

Though the Sisters tease one another over their favorite teams, Sister Donna said that it’s all in jest.

While the Sisters have attended a few games in their lives, they bring the same energy when they watch the games in front of the TV. Sister Donna said that the Sisters thought it was fantastic that students thought to watch a game with them.

“Really, just to open up our doors and create a space for a fun time together, I think it’s wonderful that you see us,” Sister Donna said.

“I think it’s wonderful that you see us interested in other things besides our religious life, which is very important,” Sister Cathy said. “But alongside that is what gives us life. Well, football gives us life. And we take it to prayer, that’s for sure. But it’s fun to do other stuff.”

Sister Donna said, “I don’t know what students today really think of us when they hear that a bunch of nuns live over here in

this castle. I worked at La Roche for five years, and I loved being over there with young people because they’re very energizing. So for them to come here and think, ‘oh it might be a nice idea to watch a game’ was pretty cool for me--that we can enjoy something without any pretense.”

On Sunday, November 24th, La Roche students gathered with the Sisters at the Sisters of Divine Providence Motherhouse to watch the Bengals versus Steelers game. The students and Sisters, many dressed in black and gold, pulled chairs around a TV in the Community Room. A Terrible Towel had been draped thoughtfully over the TV-stand, with the hopes of bringing the Steelers good luck.

The room was toasty compared to the 30 degree weather outside. Sister Cathy remarked that “you could make bread rise in this room,” but it did not deter the excitement that the group felt at kick off.

It was predicted to be a low-scoring game--the Bengals were 0-11, and the Steelers were hoping to make them 0-12. With Ben Roethlisberger still sidelined from injury, rookie Mason Rudolph was the starting quarterback. But the Sisters loved him all the same.

The students and the Sisters sat in anticipation, waiting for the first score to go on the board. Terrible Towels sat in their laps as they watched the mostly punting game unfold. Sister Cathy, sending her famous Steelers prayer, banged her foot against the ground and chanted, “Come on, Pap!” She was going on a hunger strike--no snacks until the Steelers scored.

Many Sisters said, after watching T.J. Watt’s victory dance for sacking the Bengals’ quarterback, that they would have pulled a hamstring if they had tried that.

When the Steelers finally kicked a field goal, scoring the first three points of the game, there were cheers and sighs of relief. Sister Cathy decided to wait until Halftime for her snack.

The Bengals made a comeback.

Tyler Boyd made a gain of 47 yards, resulting in cries from the Sisters and students alike. Scoring seven points in the last remaining minutes of the second half, disappointment crept its way into the atmosphere. Boyd jumped into the stands to hug his fans; the game was on.

Halftime was snack time, Sister Cathy relenting on her hunger strike to the other Sisters' requests. Drinking water and lemonade, the football fans ate chips, cracker jack, chocolate covered raisins and candy. During this time the Sisters got to know the students, while the students listened to stories from the Sisters.

As the third quarter came about, it brought on a change in quarterbacks for the Steelers: Devlon "Duck" Hodges. Immediately, he threw a long spiral to James Washington, who had just received a penalty. Washington, wide open, scored, putting the Steelers in the lead. A 97-yard-pass! The Sisters could not believe it. Sister Elena scooped her chair

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-Sister Donna Gribshaw

closer; she could not miss any more action.

The Bengals could not make it to the end zone, but by 5:10 on the game clock, they were in field goal range. They scored, tying the game 10-10. With Hodges now in the game and backup quarterback Ryan Finley playing for the Bengals, the Sisters said that it was now really a rookie versus rookie game.

With the fourth quarter well

on its way, the Steelers scored another field goal, with the help of many penalties from the Bengals team. As the quarter dragged on, the Sisters and the students assumed that would be it for the scoring. As it neared 4:15, Sister Donna said that it was almost dinner time. But dinner could wait; the Steelers were more important. She said that back in the 1970s, when the Steelers were in the height of their careers, they

often played on Sundays before mass. Once, Sister Donna was in charge of reading, but could not leave the playoff game. The priest held up mass just for her and her fellow sisters.

But there was a fumble, and Steelers' safety Minkah Fitzpatrick intercepted the loose ball. This lead led the Steelers to score another field goal, solidifying their lead at 16-10. The Bengals were finished, and let the clock run down. The Sisters cheered.

At the end of the game, the Sisters expressed their joy of watching the game with students. They said that they were thankful for the students for sharing this experience with them.

"Hanging out with the Sisters was so fun," junior Kathleen Kenna said. "They are a riot. They were so sweet and welcoming and I hope we can go back again."

Joking, she added, "I tried to find out the secrets of the Motherhouse, but they wouldn't tell me."

La Roche Redhawk Wishes You a Merry Christmas



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The Redhawk poses with Santa, a snowman, and several students during the annual Christmas tree blessing in CC Square.