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La Roche University President Sister Candace Introcaso welcomed donors to the newly-renovated Science Center.

La Roche unveils Palumbo Science Center renovations

BY JULIA FELTON
EDITOR-IN-CHIEF

La Roche University unveiled a multi-million-dollar renovation for the Palumbo Science Center on January 10, 2020.

During a ribbon-cutting ceremony, La Roche University President Sister Candace Introcaso said these renovations will improve opportunities for the La Roche community. “It’s in these spaces that the human element—our students, our faculty, and others—will experience an education that has potential to change the world in which we live. The reactions hold potential for engagement, a hope for the future,” she said.

She also thanked the benefactors who helped make the renovations a reality. She said, “Our students are the main beneficiaries of

your support and generosity, and I know I speak for them when I say you’re making a difference in their lives and in their ability to get a quality education.”

Introcaso was joined by Pennsylvania Speaker of the House Mike Turzai, who congratulated Introcaso for her vision in overseeing this project. “I am convinced, Sister, that the founder of your order, Mother Marie de La Roche, is looking down on you and your team with such pride that you helped fulfill that original dream of those six sisters that came from Germany over here to the United States of America to spread the idea of improving people’s lives,” he said.

When students returned to campus for the spring semester, the

Science Center was ready to host classes and labs.

SGA Academic Vice President Riley Polacek, who is studying biology, said the renovations benefited everyone in La Roche’s science department. “Everything is clean and nice, and I think I speak for all lab students when I say this update was a necessity to our sciences,” she said.

The Science Center’s improvements include a cell culture lab, additional fume hoods, and gathering spaces for students to collaborate.

“Before, nobody would hang out in the Science Center. Now, it’s a

SEE SCIENCE CENTER,
PAGE 16

SGA to host open forum

BY JULIA FELTON
EDITOR-IN-CHIEF

La Roche Student Government (SGA) is working towards semester goals, which include an open forum with the university president.

According to SGA President Allison Bosworth, one of their major projects for the semester is to host an open forum where students can discuss their concerns with La Roche President Sister Candace Introcaso. SGA is urging students to attend the event on February 24 at 6 p.m.

“We really need [the open forum] to be successful. We need to show Sister Candace that this event is important and is needed on campus,” Bosworth said, explaining that while SGA bylaws require they hold an open forum every year, SGA hasn’t hosted in one in several years.

Director of Student Development David Day urged the group to prepare for the event properly. “It’s extremely important that the forum goes well. At times, SGA hasn’t been prepared and it’s been a waste of Sister Candace’s time,” he said. “If you’re going to ask tough questions, you do it in a respectful manner. You have an obligation to bring the concerns of the students to the president. You also have an obligation to protect the president in that she’s treated with the dignity that she deserves.”

To prepare for the forum, SGA organized a survey to gauge student concerns. “The survey committee needs to combine all that information to form questions that will be presented at the open forum. The floor will also be open for students to ask questions,” Bosworth said.

SGA also discussed their annual SGA gift. “We have about \$3,000 allocated every year for an addition to the school called the SGA project. Last year, we added the lights to the courtyard and fixed the fireplace that was broken,” Bosworth said, asking SGA members start brainstorming ideas.

Bosworth encouraged the SGA board to start planning for SGA

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On Campus

Creating the Courier

BY MADELINE RICCARDI
CONTRIBUTING WRITER



© SARAH HEFFERIN

(From left) Associate Editor Steven Munshower, Editor-in-Chief Julia Felton, Associate Editor Danielle DiNatale, and Entertainment Editor Sarah Hefferin work on the Courier's layout.

From Idea to Print: The La Roche Courier has a complicated and seamless work schedule.

Four weeks before an edition of the La Roche Courier is released, editor-in-chief Julia Felton sends an email to the Courier staff asking for their story ideas. This is only the beginning of a long process of writing, editing, laying out, and releasing.

All story ideas are welcome, but not every idea is approved. Each article has to be related to La Roche, and if there is an overlap of ideas, "then we just go on a first-come-first-serve basis," Felton said.

She said she encourages people to write about whatever they SEE COURIER, PAGE 22

ABCs of LRU

BY MADELINE RICCARDI
CONTRIBUTING WRITER

A – Amazing Academic Advisors

Every major and minor at La Roche has an academic advisor who will do everything in their power to ensure that your time at the University is meaningful and fulfilling.

B – Bountiful Bookstore

The books aren't the only thing offered at The La Roche Bookstore – they offer a multitude of school supplies and La Roche gear to get you excited about the semester!

C – Charming Chapel

The Magdalen Chapel offers a place not only for Catholic mass services but provides a place for meditation and worship for everyone at La Roche!

D – Distinctive Dining

The Cantellops Dining Hall offers food selections from all around the world in a unique way.

E – Exceptional Extracurriculars

There are dozens of clubs at La Roche that are welcoming to everyone! They range from the chess club to the LRU Car Society!

F – Fruitful Financial Aid

Struggling to pay for your college tuition? Meet with anyone in the financial aid office and they will do everything they can to help you!

G – Grateful Graduates

Most students at La Roche University graduate on time or early.

H – Hardworking Headquarters

Every member of the LRU faculty and staff put their best effort into ensuring that students receive a fulfilling education.

I – Insightful Investments

Choosing La Roche University as your college is a terrific investment due to the high quality of the education.

J – Joyful Journey

The time one spends at La Roche is full of happiness and joy through their experiences, friendships, and Redhawk Spirit!

K – Killer Kindness

Looking for some kindness? At LRU, look at anyone on campus.

SEE ABCs OF LRU, PAGE 21

Catholic university without Catholic priest

BY JULIA FELTON
EDITOR-IN-CHIEF

Founded as a Catholic institution, La Roche University touts its religious heritage.

The St. John's Bible is a centerpiece of the Wright Library and its illuminations adorn Magdalen Chapel.

A St. John of Arc statue kneels outside Wright Library.

The university dedicated a café to the idea of Providence and named a lounge for retired chaplain Father Peter Horton.

Students mingle with Catholic Sisters.

But one thing seems to be missing.

There's no chaplain.

La Roche's most recent chaplain, Father Bill Dorner, left La Roche in the fall of 2019. The diocese never replaced him.

Sister Elena Almendarez, director of Mission and Ministry said: "I talked to the office that assigns priests. The director said he likes to try to match a priest with the institution that they assign them to. He said, 'I just really don't have anybody.' The truth is, I think there's so many changes going on in the diocese right now that it's very challenging."

Some students have expressed their displeasure at not having a chaplain for the college. "I feel like not having our own chaplain on campus, we don't have any consistency. There may be a new chaplain each week and no one feels like a family if the chaplain is new each week," Kasey Baronick, a Catholic student, said.

Danielle DiNatale, also a Catholic student, agreed the campus would benefit from having a regular chaplain again. She said, "I think that there are benefits to having a chaplain. Having someone to guide the community is helpful and brings people together. It also helps encourage spiritual events on campus when there is someone that people know by name leading the events."

But Almendarez said the chances of getting an assigned chaplain are slim. "I would not look for a chaplain to come back as a permanent assignment anytime soon," she said.

The Mission and Ministry office is, however, working to fill that void on campus. Almendarez explained that she brings in retired priests to celebrate Mass on

Saturdays and Sundays, as well as Holy Days.

The Motherhouse also has a chaplain, who says Mass at 8:00 a.m. on Tuesdays, Wednesdays, and Fridays and at 4:30 pm on Mondays and Fridays. He also has Mass on Sundays at 9:00, followed by brunch. She emphasized that students are always welcome to attend services at the Motherhouse.

Almendarez said she never wants students to feel that priests aren't available for them. "Students should never feel like they don't have that resource," she said. "If you came to see me, I could find you a priest."

Almendarez added that she and Sister Janet Folkl are always willing to help students in any way they can.

They offer an array of spiritual programs through the office of Mission and Ministry. Every week, Folkl facilitates a Word and Eucharist service, which uses the St. John's Bible. On Thursdays, Almendarez hosts a guided imag-

SEE CHAPLAIN, PAGE 20

People

Student poetry recognized at CMU

BY KATHLEEN KENNA
CONTRIBUTING WRITER

On Martin Luther King Jr. Day, Maurice Harvey, a La Roche University freshman, stood on a Carnegie Mellon University stage to be honored for his poetry. His poem, "In the Eye of MLK," was chosen as best in his school. He and 50 other students from Western Pennsylvanian schools were honored for their exceptional poetry and prose.

Harvey's poem was part of a competition held by CMU every year. Co-sponsored by Carnegie Mellon's Department of English, the Center for Student Diversity and Inclusion, and Dietrich College, the MLK Jr. Day Writing Awards offer an opportunity for students across Western Pennsylvania to express themselves through poetry and prose.

The awards began in 1999 as a way to share students' experiences with diversity and discrimination. According to the founder of the awards, "The awards prompt students to think about Martin Luther King, Jr. in the context of their everyday lives."

Awards were given to both high school and college students from all over our part of the state. The ceremony was rounded out by performances from a CMU choir. The entire event celebrated both the life of Dr. King and the

budding artistry of the students being honored.

In the competition, there aren't strict guidelines for how a student should express themselves because the sponsors and judges don't want to limit the inspiration of the students. Harvey was inspired both by his life and the words of Dr. King. He used quotes from speeches given by Dr. King to support his poem and mirror his thoughts with King's.

The ceremony was a beautiful and emotional event. It had the air of a celebration; after all, the audience was honoring Dr. King and the young writers. But, the poetry and prose stirred some tears on more than one occasion. The works were both passionate and educational.

The topics of the winning pieces covered a broad range of social and political issues. The writing talked about race, sexuality, gender, family relationships, romance, and violence. While these topics might seem heavy for such a young demographic, the sponsors of the awards believe that these types of things can be discussed at any age: "From violence, to bigotry, to bias and discrimina-

SEE HARVEY, PAGE 20



© KATHLEEN KENNA

Freshman Maurice Harvey's poetry won award at Carnegie Mellon.

Professor shares love of illustration

BY DANIELLE DiNATALE
ASSOCIATE EDITOR

Adjunct graphic design professor, Stacy Innerst, discusses his experience, dreams and advice as an illustrator.

Stacy Innerst has won various gold medal awards for his illustrations. He grew up in Los Angeles and studied art and history at the University of Mexico. Today, while being an illustrator, he is also an adjunct faculty professor for design students. Most recently he won the Sydney Taylor Picture Book Award in 2020 for his illustrations for "The Book Rescuer" by Sue Macy.

In many professions, there are misconceptions that society

may have about certain careers. Although Innerst said that he doesn't see any misconceptions for illustration, he does see that there had been a change in the field.

"I think the lines between fine art and illustration have been blurred in recent years. I've always approached illustration as art and not as something that is only utilitarian," Innerst said. "Also, I think that illustrators are storytellers, first and foremost, but we have to be adept at telling other people's stories as well as our own."

SEE INNERST, PAGE 19

Speaker suggests secrets to blossoming success

BY TAYLOR ELLIS
CONTRIBUTING WRITER

The expert journalist and gardener, Doug Oster, said that happiness is the key to a successful future in a presentation to LRU students.

Oster, 59, is an award-winning producer, author, editor, and television host. The Kent State graduate is well-known for his editorial work with the online forum "Everybody Gardens." In 2009, he won an Emmy for his documentary, "Gardens of Pennsylvania." The expert gardener strives to reach his audience on a variety of platforms, from television and

radio shows, to magazines and books.

Throughout his presentation, Oster emphasized the importance of happiness in life. In relation to the field of journalism he said, "There are two things about this job that are critical, accuracy and happiness."

Oster made it a point to relate the theme of satisfaction to all areas of life. "If you're not happy doing it, you should be doing something else." The storyteller

SEE OSTER, PAGE 19

Politics

As the presidential election approaches, the Courier is pleased to introduce you to the current candidates. What follows is our thoughtful blend of fact and opinion, informed by research and observation. We encourage our readers to draw their own conclusions. We've added each candidate's website for your convenience.

BY JULIA FELTON SARAH HEFFERIN JORDAN SMITH
EDITOR-IN-CHIEF ENTERTAINMENT EDITOR SPORTS EDITOR

Democrat

Joe Biden

Joe Biden is among the most experienced politicians vying for the Democratic nomination. After spending nearly forty years representing Delaware in the Senate, he served as vice president under former President Barack Obama. This election marks his third presidential bid.

Biden has found himself at the center of controversy recently. Lucy Flores, a lieutenant governor nominee from Nevada, accused

him of inappropriately touching and kissing her—and several other women subsequently came forward with similar allegations.

He was also a central figure in the recent impeachment inquiry targeting President Donald Trump. During the impeachment, House Democrats accused Trump of pressuring Ukraine to investigate **Biden's** son, Hunter, and his business dealings in Ukraine. There was no evidence

Biden had committed any wrongdoing in the incident.

On the campaign trail, **Biden** is operating off a fairly moderate platform. His campaign website stresses three main ideals: rebuilding the middle class, demonstrating leadership on the world stage, and ensuring that American democracy includes everyone.

Learn more about his campaign at <https://joebiden.com>.

Michael Bloomberg

Former New York Mayor **Michael Bloomberg** is running on a moderate Democratic platform.

The billionaire, considered one of the richest men in the world, is self-funding his campaign, putting over \$400 million into television ad campaigns.

He's faced criticism for stop-and-frisk searches that disproportionately targeted minorities when he was mayor.

But he's funded popular Democratic movements in the past—backing climate change awareness and gun control.

Bloomberg currently advocates for lowering prices of prescription drugs, curbing climate change, and banning assault weapons. He also wants to make two-year public colleges free for all and four-year public colleges free for low-income stu-

dents. Other campaign promises include raising the minimum wage, increasing access to affordable birth control, and expanding opportunities for small business owners.

For more about Bloomberg, visit <https://www.mikebloomberg.com>.

Pete Buttigieg

Pete Buttigieg is an American politician who has served as mayor for South Bend, Indiana since 2012. **Buttigieg** is one of the youngest politicians to ever run for office, as he is only 38 years old.

Since running for office, he has been featured in every Democratic debate and won the Iowa Caucus. **Mayor Pete** attended several town halls and forums as well to gain traction.

Politically, **Buttigieg** has stated his stance on many topics and ideas:

On climate change, he has a

plan to doubling clean electricity by 2025, net-zero emissions from industrial vehicles by 2040, and net-zero emissions by 2050. He wants to heighten the U.S. role in the international fight against climate change.

Under criminal justice, he supports eliminating the death penalty. He stated in 2019 that he calls for the U.S. to “decriminalize mental illness and addiction through diversion, treatment, and re-entry programs.”

Buttigieg has a \$700 billion investment policy for universal full day childcare and pre-K for

all children from infancy to age five.

Buttigieg also favors the abolition of the Electoral College.

Currently, under foreign policy he believes in withdrawing our troops from overseas. He remains open-minded to potential sanctions but not military intervention.

Mayor Pete is also in favor of Medicare for All, just like the majority of Democratic nominees.

To find more information on Buttigieg and his policies go to his campaign website, <https://peteforamerica.com/meet-pete/>.

Republican

Donald Trump

President Donald Trump has spent the first term of his presidency enjoying an economic boom. In the last four years, he's pushed through sweeping tax cuts, including tax relief for over 80% of middle-class families. He also negotiated trade treaties including the USMCA, a trade deal between the U.S., Mexico, and Canada that replaced NAFTA. Under his administration, unemployment is under four percent, 7.3 million new jobs were created, and the stock market has soared.

His contentious immigration policies include erecting a wall at the Mexican border and disqualifying sanctuary cities from certain types of federal funding.

Trump has also focused on national security efforts, including strikes that killed Qasem Soleimani and Abu Bakr al-Baghdadi.

He has also faced much controversy during his first term, including impeachment. He was acquitted on charges of abuse of power and obstruction of Congress.

For more information on Trump's campaign, visit <https://www.donaldjtrump.com>.

William Weld

A former prosecutor and Massachusetts governor, **William Weld** appeared on the Libertarian party ticket as a Vice President candidate in 2016.

Weld has been vocal in his criticisms of Trump since 2016. Now, he's challenging the sitting president. Weld said he supports immigration reform and free trade. He also wants to legalize marijuana.

For more information on Weld's campaign, visit <https://weld2020.org>.

Tulsi Gabbard

Tulsi Gabbard, a representative from Hawaii, serves as a major in the Army National Guard. This presidential bid makes **Gabbard** the first female combat veteran to run for the presidency. After serving two tours in the Middle East, **Gabbard** vocally

opposes regime change wars and the new cold war. She now vows not to send troops into war without a clear strategy and purpose.

She was one of the first female combat veterans elected to Congress and the first Hindu elected to Congress.

In 2016, she controversially endorsed Bernie Sanders, but with her own presidential bid, she's turning away from Sanders's far-left platforms.

Gabbard says she wants to see America stop policing the world and getting involved in expensive

wars. She also promises to fight for privacy rights, criminal justice reform, and stronger campaign finance laws.

For more information about **Gabbard's** campaign, visit <https://www.tulsi2020.com>.

Amy Klobuchar

Amy Klobuchar, a Senator from Minnesota, was her state's first female senator.

The former prosecutor garnered widespread attention for being particularly vocal during

Brett Kavanaugh's Supreme Court nomination proceedings.

Klobuchar wants to abolish the death penalty, raise the minimum wage to \$15, and expand student debt relief programs.

She also wants to eliminate the electoral college. Other campaign promises include universal healthcare for all, labor law reform, and immigration reform. She said she would implement

universal background checks for purchasing firearms. She endorses a ban on assault weapons and bump stocks.

For more information, visit <https://amyklobuchar.com>.

Bernie Sanders

Political Stance: **Bernie Sanders** is the longest serving independent, but is running as a Democrat.

Brooklyn native **Bernie Sanders** is currently a Senator from Vermont. He was elected to this position in 2016, after being Vermont's sole congressman in the House of Representatives. He is now serving his third term.

While in Congress, he focused

on the middle class, specifically working families. His goal was to tackle the growing gap between the rich and the poor, and the fact that that middle class group was getting smaller.

Currently, he has stances on many issues. They range from combating climate change to LGBTQ+ rights, to immigration and medicare. Some of his most popular are:

Free College for All: All public colleges and universities, trade schools, HBCUs and Minority Serving Institutions would be tuition free.

Free Medicare for All: **Sanders** wishes to start a national health insurance program so that every single American can have access to healthcare. It would include a wider range of benefits like dental, hearing, vision, etc, which are

often not included in all health-care plans.

Green New Deal: **Sanders** wants to convert 100% of our energy production to renewable energy and plans to create 20 million jobs to do so.

To learn more about **Sanders**, visit <https://berniesanders.com>.

Tom Steyer

Tom Steyer, born in New York City, NY is a hedge fund manager, environmentalist, philanthropist and currently running for President as a Democrat.

He completed his B.A. at Yale University and got his MBA at Stanford University.

He is 62 and has four children. He served on the board of trust-

ees at Stanford University from 2007 to 2017.

Steyer's campaign is mainly running on global warming and renewable energy. He's been an environmentalist, taking on new climate activist projects with another presidential candidate, Michael Bloomberg, in 2013.

Steyer won the Environmen-

tal Leadership award in 2012 and the Environmental Achievement Award in 2013.

Steyer opposes Medicare for All but is in favor of adding policies and expanding healthcare coverage.

It is well known that **Steyer** is a billionaire. He has a net worth of \$1.6 billion. He has mainly

earned his fortune from being a hedge fund manager, but he is in favor of raising the taxes on the wealthy people like himself.

If you want to learn more about **Tom Steyer** and his policies, go to <https://www.tomsteyer.com/meet-tom-steyer/>.

Elizabeth Warren

Elizabeth Warren grew up poor in Oklahoma, but earned enough money to go to school and become a teacher. **Warren** began her teaching career with those with special needs. After earning her law degree, she taught at Rutgers University, the University of Houston, University of Texas-Austin, University of Michigan, University of Pennsylvania, and Harvard University for a combination of 30 years.

She now is a politician, serving as the senior U.S. senator from Massachusetts since 2013.

Like all candidates, **Warren**

has many promises for if she becomes president. They range from making the rich pay more in taxes to raising the national minimum wage.

Her featured plans are:

End Washington Corruption: **Warren** wants to change how Americans view the government, and to restore their faith in it. This means government officials would disclose their tax returns. She would stop them from using their positions for personal gain, among other things.

Tackling the Climate Crisis Head On: **Warren** wants Wash-

ington to start paying attention and take action regarding the climate crisis. **Warren** has detailed plans for different aspects, such as clean air and water, corporate accountability, renewable energy, and tribal lands, just to name a few. **Warren** is very passionate about all of these issues; she is the only candidate to propose a Blue New Deal, which is directed at ocean and other water conservation.

Cancelling Student Loan Debt on Day One of Her Presidency: For this, **Warren** will rely heavily on the Secretary of Education.

She wants to use their authority to modify federal student loans consistent with her plan to cancel up to \$50,000 in debt for 95% of student loan borrowers (about 42 million people). **Warren** will also crack down the for-profit college industry, especially targeting "predatory student lending" and the racial disparities in the college education system.

To learn more about **Warren**, visit <https://elizabethwarren.com>.



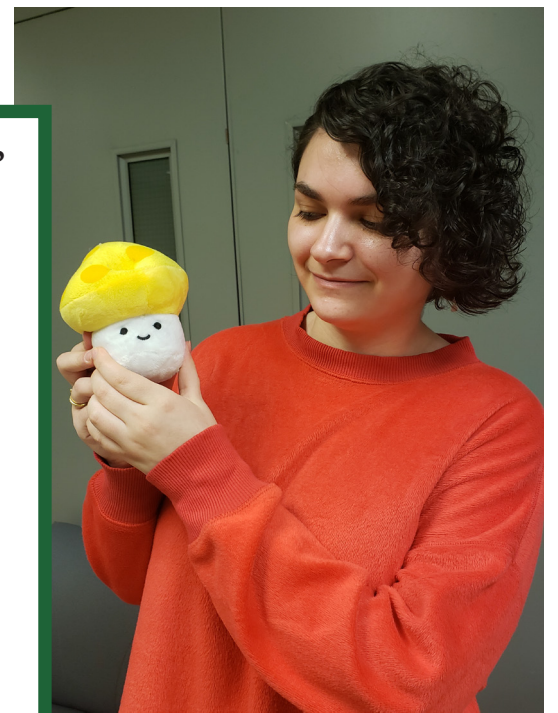
Courier Call

Hear the Courier Staff Answer the Question: What food will you absolutely not, under any circumstances, eat?



"I WILL NEVER EAT CONDIMENTS BECAUSE I HATE FLAVOR AND I EAT ONLY BORING THINGS."

-KATHLEEN KENNA, CONTRIBUTING WRITER



"UNDER ANY CIRCUMSTANCES, I WILL NOT EAT MUSHROOMS. THEY'RE A FUNGUS THAT GROWS IN THE DIRT. SURE, MOST VEGETABLES GROW IN THE DIRT, BUT THEY GROW ON DECAYING AND DECOMPOSING THINGS. THAT'S GROSS TO ME. YOU COULDN'T PAY ME A MILLION DOLLARS TO EAT ONE OF THOSE. YUCK."

-MADELINE RICCARDI, CONTRIBUTING WRITER



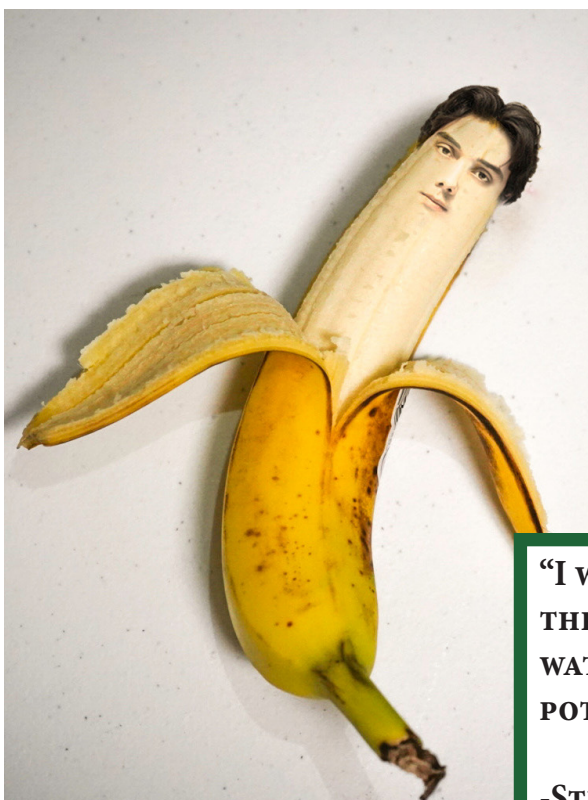
"CHERRY TOMATOES. THE WAY THAT THEY EXPLODE WHEN YOU BITE INTO THEM GROSSES ME OUT."

-DANIELLE DiNATALE, ASSOCIATE EDITOR AND SOCIAL MEDIA COORDINATOR



"SUSHI. I DON'T EVEN LIKE FISH WHEN IT'S COOKED, SO WHY WOULD I EVER, EVER, EVER EAT IT RAW AND WITH SALMONELLA?"

-JULIA FELTON, EDITOR-IN-CHIEF



"I WILL NEVER EAT A BANANA. I TRIED ONCE, AND THREW UP IN MY HALLWAY WHILE MY MOTHER WATCHED. THEY ARE TERRIBLE. GET YOUR POTASSIUM SOMEWHERE ELSE."

-STEVEN MUNSHOWER, ASSOCIATE EDITOR

Tech Tips

Dangerous online threats you may not have heard of

By MELISSA UTZ
CONTRIBUTING WRITER

We've already talked a little bit about what computer security is and why it's important. We've also given a few examples of the kinds of threats you may face every day. Threats, however, are always growing and changing. New threats emerge every day, and they are getting increasingly difficult to detect.

So, what new kinds of attacks do you need to be aware of right now?

You have very likely already come across something known as "phishing." Phishing refers to the use of phony e-mails that try to convince you to give up personal information. Many people mistakenly believe these are easy to spot, but phishing is becoming more sophisticated and convincing every day.

As of May 2019, the Federal

Trade Commission has issued a warning to be wary of a variety of e-mails. These may take the form of a service you use claiming that there has been suspicious activity on your account. They may also pretend to be a popular company such as Netflix asking you to update your payment information or confirm personal details.

Some may tell you that an account you have is on hold due to a billing problem. It's also common for phishing e-mails to disguise themselves as government entities claiming you're eligible for some sort of government refund.

These e-mails can look very real at first. Their entire goal is to make you feel intrigued or concerned enough to click on the link they send to your e-mail. These links often take you to fake pages that will ask you for very per-

sonal information such as your usernames, passwords, or even banking information. Submitting those as asked puts them directly into the wrong hands.

The Federal Trade Commission also advises everyone to be cautious of unusual e-mails, even if it's from a company you know and trust. Be on the lookout for e-mails you receive that contain odd or generic greetings such as "Hi Dear." As a rule of thumb, you should treat any e-mail that asks you to click on a link to update payment and personal information with suspicion.

Ransomware is another type of attack that you should be on the lookout for. According to the Cybersecurity and Infrastructure Security Agency (CISA), ransomware refers to any type of malicious software that prevents you

from accessing your computer and its data until a ransom is paid.

This often goes hand-in-hand with phishing, as many of these attacks are launched through e-mail. Oftentimes, they take the form of an e-mail attachment you're expected to download. Visiting websites that are infected with ransomware can also spread that infection to your system.

Thankfully, ransomware can be avoided by practicing good safety habits.

For starters, you should keep your computer's operating system up to date. Modern operating systems will prompt you to do this already, and you should take them up on that. You can also protect yourself by being careful of e-mails that carry attachments.

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Entertainment

Art director shares experiences from “A Beautiful Day in the Neighborhood”

BY DANIELLE DiNATALE
ASSOCIATE EDITOR

Greg Weimerskirch, a La Roche '94 Distinguished Alumni, spoke about his experience as art director for the film, “A Beautiful Day in the Neighborhood” during the Literary Society event on Friday, Jan. 24.

“A Beautiful Day in the Neighborhood” centers around Lloyd Vogel, a journalist who is working on a profile about Mr. Rogers, played by Tom Hanks. Through their interviews, Vogel’s heart is opened by Mr. Rogers’ kindness and empathy.

Weimerskirch said that his experience with Mr. Rogers started when he met Mr. Rogers in high school. They met while walking down the block by Central Catholic. Weimerskirch had said, jokingly, that the teachers had given him too much homework. Mr. Rogers said, “Never stop learning, because life never stops teaching.” In June 2018, Weimerskirch got a call from a producer in New York inviting him to be art director for “A Beautiful Day in the Neighborhood.” Weimerskirch said yes and left his position with the TV show “Mindhunter” to work on the film.

Though originally the film was going to be shot entirely in New York, the movie ended up being

filmed in Pittsburgh, with scenes being shot at WQED--the studio that produced “Mr. Rogers’ Neighborhood” in the 1960s.

As art director, Weimerskirch’s job was to take basic scribbles of ideas for sets and make them into a reality, leading a team of artists to bring these ideas to life. He had 11 weeks to recreate all the sets for the movie.

It was decided early on, Weimerskirch said, that all “Mr. Rogers’ Neighborhood” set pieces would be recreated instead of using originals in museums and archives. The only original elements are some of Mr. Rogers’ neckties, which were borrowed from his wife, Joanne Rogers.

Weimerskirch said that when he started the job, he thought that recreating the sets would be meaningful, but easy. He discovered that he was wrong. Through all of his research, there were no original set design sketches from the 1960s to be found. All that was left of the original set was the wall with the entry door--the only piece that he could measure. While Weimerskirch said he had photos to work with, there were people blocking important details, and their age showed through the distortion of color.



© COURTESY OF JANINE BAYER

Members of Sigma Tau Delta joined Sister Rita Yeasted in welcoming La Roche alumnus Greg Weimerskirch.

“We were especially baffled by the wall color,” Weimerskirch said. “Was it gray or blue?”

He studied hours of Mr. Rogers’ episodes to figure out the dimensions, proportions, and colors of the recreated set. One day, he came across a segment in an episode that, Mr. Weimerskirch said, changed his entire understanding of how the house set was

built and how they filmed Mr. Rogers.

Showing the audience that exact clip, the video showed how set designers in the 1960s set up the house scene for “Mr. Rogers’ Neighborhood.” He learned, after contacting one member

SEE WEIMERSKIRCH,
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“Marriage Story” explores nuances of troubled marriages

BY STEVEN MUNSHOWER
ASSOCIATE EDITOR

To say the absolute least, relationships are complex. “Marriage Story” is a drama/character study that aims to explore the intricacies of a troubled marriage. Noah Baumbach wrote and directed the Netflix original film. The film was nominated for 46 awards so far. It scored a 95 percent on critic website Rotten Tomatoes, and a 93 percent, along with a “Metacritic Must-See” award, on Metacritic.

“Marriage Story” is a film about the deterioration of a relationship. The story centers around a successful play director and his

wife, who is a full-time actor. The film opens with the two talking about what they love about each other. However, a swift cut reveals that these are simply letters they are reading in marriage counseling. From this point, the conflict starts rolling. The two former partners then spend the rest of the run time dealing with the legal and emotional tolls of divorce.

Noah Baumbach crafts extraordinarily natural dialogue with this script. It is clear that this was a passion project for him, as he went on to get behind the

camera as well. The writing in “Marriage Story” is incredible. The script is heavy and not afraid of exploring the most uncomfortable aspects of a relationship. One specific scene near the end of the film, involving child protective services, features some of the most impressive uncomfortable tension in recent cinema. The script is filled with wonderful monologues, character arcs, and nuances that make up the skeleton for what became an excellent finished product.

Adam Driver was snubbed of

an Oscar for his performance as the husband in this film. Driver gained popularity for his portrayal of villain Kylo Ren in the recent Star Wars films. However, he proves that he is capable of a much more dramatic role in “Marriage Story.” Driver delivers a jaw-dropping and brilliantly subtle performance here. The emotional power he brings to the movie is unparalleled. Any moment he is on screen is absolutely captivating.

SEE “MARRIAGE STORY,”
PAGE 21

Man on the Street

“IF YOU COULD DESIGN ONE CLASS AT LA ROCHE, WHAT WOULD IT BE?”

“I wish La Roche had some more science classes like palaeontology.”

-Joe Scolieri, Freshman, Undeclared



“It would be a things you need in life class that teaches practical life skills, like taxes.”

-Garrett Berner, Junior, Marketing

“I’d like to have classes dealing with event operations: how you set it up, costs, and what your job entails.”

-Tyler Bowman, Junior, Marketing and Management



“If it was a general class, it would be how to navigate the medical system. We’d call it understanding how our medical system and insurance works, including Medicare and Medicaid.”

-Dr. Christina S. Baktay, Dept. of Nursing

“Some type of branding for an artist because it’s so important right now. Either that, or character design, creating a story from one image.”

-Barrington Ratliff, Senior, Graphic Design



The La Roche Street Journal

Trump's USMCA trade deal replaces NAFTA

By JORDAN SMITH
SPORTS EDITOR

On January 29, President Trump signed legislation to implement the USMCA Trade deal.

Since running for office, this has been something that Trump ran on and wanted to happen during his administration.

For years, President Trump constantly stated his disappointment in the country's trade deals,

The U.S. International Trade Commission stated that there could be an overall boost of about .35 percent total in the long term of GDP (Gross Domestic Product). But the International Trade Centre (ITC) as well as other critics have stated it will cause a decline in assembly jobs as the price of cars will rise. Typically, when

For years, President Trump constantly stated his disappointment in the country's trade deals, specifically NAFTA and trade with China.

specifically NAFTA and trade with China.

This new trade deal guarantees that free trade will continue on the continent. The White House mentions the deal's new rules to prevent currency manipulation and also to protect American workers from unfair competition with Mexico.

the price of cars rise, that can also slow consumer spending.

President Trump and his administration stated that the auto industry could potentially add 76,000 jobs alone and boost GDP by 1.2 percent. Trump added that there are "strong provisions to ensure that new cars are fashioned by American hands." Ford Motor

"Despite the fact that it includes very good labor provisions, I am voting against USMCA because it does not address climate change."

-Chuck Schumer

Co. was in favor of the deal.

Some who are negative about the trade agreement feel as though the new deal is not enough to handle issues between Mexico and U.S. employment. Senator and Democratic presidential candidate Bernie Sanders, who voted against USMCA, said, "This agreement does virtually nothing to stop the outsourcing of jobs to Mexico."

Other critics were against the deal because it did not address climate change. Senate Democratic leader Chuck Schumer of New York said, "Despite the fact that it includes very good labor provisions, I am voting against

USMCA because it does not address climate change, the greatest threat facing the planet."

Surprisingly, even Senator Elizabeth Warren and Joe Biden supported the deal.

NAFTA was written in 1994. Twenty-six years later, Trump signed the new pact officially. Trump ran on his promise to change these deals. Trump said this deal will help "American workers immensely."

The trade war with China has cooled off. That looks to be the next situation that Trump wants to handle as far as international trade goes.

The trade war with China has cooled off. That looks to be the next situation that Trump wants to handle as far as international trade goes.

Interested in joining our staff?

The Courier is always looking for new writers and photographers.

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

Julia.Felton@stu.laroche.edu

Food

SAGE welcomes community input with new food committee

By JULIA FELTON
EDITOR-IN-CHIEF

SAGE Dining Services is hosting a food committee to hear input from members of the La Roche community.

Susan Padolf, the assistant director of SAGE Dining at La Roche, is organizing the committee to help SAGE work with the community's needs. "All SAGE venues should implement a food committee to ensure that SAGE knows what's important to the entire community and continues to deliver great service, to get input directly from community members, and to bring together people who represent different parts of

the community to have meaningful, in-person discussions about the dining program so it can be improved," she explained.

According to Padolf, the committee has already addressed several concerns with dining on campus.

The committee discussed food offerings for people with food allergies. Padolf said students with allergies should contact SAGE for allergy accommodations.

She added that SAGE also provides gluten-free options. "We have an abundance of gluten-free options," she said. "We are work-

ing to make our gluten free guests more aware of our options."

SAGE has also implemented a new meal equivalency program that allows students more flexibility in how they use their meal plans. "As of the beginning of this semester, between 6 p.m. and 7 p.m., Monday through Thursday, students can order a meal from Redhawk and use one of their meal swipes instead of using their Hawk dollars," Padolf said.

Padolf said students will also be able to vote on what SAGE serves for lunch on Thursdays. "Be on the lookout for a voting

form to vote for your favorite meal for lunch," she said.

Padolf said her goal for the food committee is to help SAGE communicate with the La Roche community. She said they hope to hold monthly meetings, which students and faculty are encouraged to attend.

"We hope to create a line of communication between SAGE and the community and let everyone know that we are here and we will listen," she said.

Students Take the Stage



© ERIN ROSS



© ERIN ROSS

Students took the stage in Bold Union Room for a night of karaoke.

Internships

Several La Roche University students share their unique and memorable internship experiences...

BY SARAH HEFFERIN
ENTERTAINMENT EDITOR



STEVEN JUSTUS

Year: Graduated
Major: Computer Science
Internship Employer: Department of Energy
Internship Title: Mickey Leland Energy Fellow (MLEF Participant)

Computer science major Steven Justus had an internship through the Department of Energy, where he spent a considerable amount of time developing his own research. His responsibilities included exploring the CO2 capture properties of amino acids by theoretical density functional theory, DFT, calculations. These calculations were conducted on NETL's Joule 2.0 supercomputer via a Linux command-line interface. To set up these calculations he used batch files as well as molecular modeling software.

He said that day to day work varied, but he mostly created files that represented an interaction between some amino acid and CO2 within an aqueous system. He would run the files on the supercomputer and use those results to help create the next set of files.

Steven's college experience is what some may call "unconventional." He began at Pitt thinking he wanted to major in chemistry, but found computer science to be his true calling. But it was the combination of his studies in both that helped him excel at the Department of Energy.

He stresses that you might not know everything when you get to an internship, and that is okay. Asking for help and building relationships will get you far.

Steven said: "Ask for help! You aren't expected to know everything when you get there. Make friends or points of contact. If you enjoy where you are and hope to get a job offer having a relationship with those around you can make it easier to be hired. If you plan to move on to something else having a person you can ask for a good reference is also very helpful."



JORDAN SMITH

Year: Senior
Major: Marketing & Management (Finance Minor)
Employer: The Pittsburgh Penguins
Internship Title: Media Relations Intern

Jordan Smith currently works as a Media Relations Intern with the Pittsburgh Penguins. With this recent internship, he has now had internships with all three major Pittsburgh sports-the Steelers, Pirates, and Penguins. He has also held internships with the Riverhounds, and is the Sports Editor of the La Roche Courier.

As a Media Relations Intern, Jordan is on his feet all day. He shows up five hours before every game, and with that, he is absorbed into the world of Penguins hockey. He begins by looking through game notes and creating lineup sheets for the Penguins and visiting teams. Jordan helps handle seating charts, media guides, statistics, and has to bring statistics to home and visiting coaches, broadcasters, home and visiting management, and media members. Constantly researching, Jordan always has to be in the know, and he has to know the status of the players on the Penguins team. And at the end of every game, he gets to record interviews with players and Mike Sullivan, to then be sent out to journalists and media members for article content.

His advice to students? Get an internship.

He said: "Internships are the most important part of going to college. In all seriousness, you will probably not get a job in your field if you don't have internship and work experience in your field. My advice if you are looking for an internship, especially your first one is to use your resources. First off, go into the field you really want to work in or something close to it. Find websites that you can apply on, talk to friends and family, talk to teachers, go to the career planning office, look at LinkedIn, do all the research you can. Don't be afraid to work for free as well. It is much better to work for free and maybe be in a little bit more debt than cutting off a little debt now because those experiences will pay off in the future. You'll get a better job in the future. If you are not willing to work for free just a little bit, especially if it's in your dream field then you don't have enough passion. You've got to earn it."

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Sports

LRU basketball star leads on and off the court

By **JORDAN SMITH**
SPORTS EDITOR

The La Roche Redhawks men's basketball team is on a nine-game win streak going into the playoffs. After the Redhawks 88-86 win against Hilbert this past Saturday, they will officially be hosting the AMCC semi-final and championship games on February 28th and 29th.

Senior Kennedy Smith has been a big part of the team's success.

Smith was named a team captain before this season. "I try to be a good captain by leading by example, bringing the energy daily and being very vocal. I'm a firm believer that a good captain is not just displayed on the court but also in the classroom," he said.

He stresses the importance of doing well in the classroom. As an honor student he takes his grades very seriously. He is a marketing and management major with a minor in professional writing. He said, "We can reach our fullest potential by putting in the work others don't want to do.

If we can't get it done in the classroom, then we won't be able to get it done on the court, mentally. We need to pay attention to details, that's what separates a good team from a great team."

Head Coach Hermie Carmichael said, "Kennedy gathers a lot of respect in many ways. He's a great student, a great guy off the court and he practices and plays extremely hard. He's extremely important to our team in so many ways. He can score, rebound, and has become a key assist guy on our squad as well."

Speaking of scoring, rebounds and assists, Smith is a leader in those categories throughout the AMCC conference. He is fifth in the league in points-per-game with 16.8, has 132 total rebounds which is 14th in the league, 3.4 assists per game sitting at fifth in the AMCC and 1.6 steals per game being sixth in the league in that category respectively.

For being only 5'11" and po-



© COURTESY OF PAUL NOVELLI

Senior Kennedy Smith serves as the basketball team's captain this year.

sitioned as a point guard, that is very impressive to have that many rebounds.

This season he was named AMCC Player of the Week (11/25) and La Roche Athlete of the Week (12/17). He has scored 20 or more points in seven games and scored

a career-high 32 points in a game against Geneva on November 23rd.

A unique part of La Roche basketball games is that Charlie Batch is always in attendance at

SEE SMITH, PAGE 19

Penguins welcome Jason Zucker

By **JORDAN SMITH**
SPORTS EDITOR

The Pittsburgh Penguins trade for Minnesota Wild forward Jason Zucker. General Manager Jim Rutherford gave up a first-round pick, Alex Galchenyuk and prospect Callen Addison in return for Zucker.

With this move, the Penguins management are serious about a run for the Cup. Sources say they have been looking at Zucker for three years. They almost traded Phil Kessel for him over this past summer but Kessel vetoed the deal. Finally, the Penguins got their man.

In a season full of injuries, after what seems like every game another man goes down, getting another winger like Zucker is extremely helpful.

Although, Pittsburgh has struggled over Crosby's career when trying to trade for a winger, specifically to play with him. Only a few trades like acquiring Marian

Hossa in 2008 worked out to play with Sid. Most of his line mates throughout the years have come up through the organization like Jake Guentzel and Dominik Simon.

Crosby is a north-south player and expects his line mates to excel in quick give-in-go passes with him, especially when entering the offensive zone from the neutral zone. Crosby likes to play down deep, between the hashes. Players that go to the net tend to do well with him. Patrick Hornqvist, Chris Kunitz, and Jake Guentzel have all found success when going to the blue paint when playing next to Sid.

So far, in Zucker's first three games as a Pittsburgh Penguin, his finishing ability has been shown off. On French Night against the Montreal Canadiens, Zucker had a two-goal night with

both goals being assisted from the Captain.

On his first goal, Crosby's patience and passing ability was on display. And Zucker finished a one-time shot at a hard angle past Carey Price. In the second goal, the secondary assist came from Sid. As he created space, Pettersson made a great feed to Zucker in front of the net as he tipped it in past the glove hand.

Zucker after his first game as Penguin stated, "It's a bitter-sweet feeling leaving Minnesota, but I've heard nothing but great things about this organization."

On Crosby he said, "He is an unbelievable player and an unbelievably humble person on the bench."

Zucker is reunited with former teammate Matt Cullen. Cullen is currently a coach in a player development role.

Overall, most critics and writers around the league agree that in the long run, Minnesota probably won the deal. But, if Zucker produces and helps them win a Cup, then the Penguins made a great trade. Sometimes you have to give up a lot to get what you want.

As it currently stands the Penguins are just one point behind their rival, the Washington Capitals in the Metropolitan division. Overall, they are fourth in the league.

Looking ahead, Pittsburgh has exactly 25 games left on their schedule. These games down the stretch are important and will determine who the Penguins will play in the beginning of the playoffs.

Weather

Warming weather in western PA

BY ED STANKOWSKI V
CONTRIBUTING WRITER

Western Pennsylvania is getting warmer.

There is an abundance of evidence for this, including National Weather Service reports and more localized studies. These are abstract and so do not present a clear view of the future. One can easily read that so far this winter has been seven degrees higher than historical averages without comprehending the implications of this change.

Numbers alone don't show how warmer weather can change life in Western Pennsylvania.

One way to picture a warmer future is to imagine how it could change common Pennsylvania pastimes. Fishing is a necessarily outdoor activity and one that many Pennsylvanians enjoy. It is also easily impacted by warming weather.

This winter, ice fishing has ceased almost entirely due to a lack of ice. The Pittsburgh Post-Gazette's John Hayes writes, "Most of the region's amateur ice fishing tournaments were canceled, postponed, or remained in limbo." He attributes this to only brief periods of cold weather. The ice that does form cannot safely support any fishermen.

A warmer environment also impacts other activities. Changing wildlife populations will fundamentally alter hunting and birdwatching.

Team sports will face different playing conditions. Everything from golf to deer hunting will be affected.

Conventional fishing is also at risk. The Pennsylvania Fish and Boat Commission reports that many factors can easily change local fishing conditions. Increased rainfall and erosion cause soil to wash into usually clear waters, decreasing water quality.

Aquatic plants need sunlight to survive, and they are an important component of the food chain. Warmer water is also a danger to Pennsylvania fish. The brook trout, Pennsylvania's state fish and popular with anglers, is very sensitive to water conditions. They can only survive in water cooler than 73 degrees Fahrenheit.



© COURTESY OF STANKOWSKI

Winter scenes like this once were common across Pennsylvania. What the future holds is anyone's guess.

Warmer weather leads to warmer water, and that leads to fewer fish. Fewer fish leads to a decline in fishing, and the Fish and Boat Commission's fish-related programs are almost entirely funded by fishing license sales and taxes on fishing equipment.

Humanity has a complicated relationship with insects. Some people keep them as pets, while many others are terrified of them. They are an important part of the ecosystem and a menace to picnics everywhere.

Warming winter weather will change insects' lives a great deal, both to their advantage and disadvantage. The entomology departments of Iowa State University and Michigan State University both published articles with similar findings: Insects do not adapt to warmer winters very well.

Mild weather causes all insect species to become active, hatching or coming out of dormancy. When this happens during winter, the insects have few food sources and either starve or freeze during the next cold front.

Other species can endure cold weather but need a gradual temperature change to survive. Inconsistent weather patterns can kill them in large numbers. Some insects do benefit from warmer winters by more easily surviving colder days, but they are still subject to winter weather.

The most obvious effect of warmer weather on everyday life is the weather itself.

A study by the University of Massachusetts illustrates how Pennsylvania's weather has changed and will continue to change. It shows that from 2000 to 2015, 13 years were warmer than the Twentieth Century average. It projects that Pennsylvania will be more than five degrees warmer within 50 years.

Following this model, the warmest winters today will be similar to the coldest winters in 2070. The same is true for summers. To ground this in experience rather than numbers, western Pennsylvanian weather could become similar to the weather in today's Alabama.

Rain is a prominent feature of Pennsylvania weather. Warming weather will bring changes to rainfall, causing a dramatic increase in precipitation. The University of Massachusetts reports that Pennsylvania had above average precipitation consistently from 2005 to 2015.

The northeastern United States saw a 71 percent increase in precipitation from 1958 to 2012, and that trend continues. Warmer winters and more total precipitation means much more rain. Pennsylvania is looking at a muddy future.

As with all meteorological forecasts, this is not an entirely certain view of the future. The weather may change more drastically, but it may not change as much. For good or ill, however, it will change. Pennsylvania will be much different in the years to come.



Culture

Bamboo toothbrushes serve as eco-friendly alternative to plastic

BY MAURA FALLONE
CONTRIBUTING WRITER

Brushing our teeth is a normal daily routine that we all do. Since it's so normalized, we probably didn't pay any mind to it, but now we are becoming more aware of the plastic pollution issue in our seas and are starting to think about certain choices in our everyday lives. Since all of us brush every morning, why not do it with your very own bamboo toothbrush?

There's always been quick and easy ways to be ecofriendly--turning out the lights, using reusable water bottles, recycling, etc. All of this is nice and very helpful but recently companies have been releasing everyday items that are convenient in your life and contribute to making the world a better place.

Bamboo toothbrushes originated from China. In 1498, bamboo toothbrushes were built with coarse bore hair and were attached to handles made of bamboo. Today, the bristles on the bamboo toothbrushes are no longer made with hair, but with nylon bristles.

You might be asking yourself, why should I buy one? Why do I care?

Every plastic toothbrush impacts the environment. According to MYSA Environmental Magazine, one billion toothbrushes are thrown away every year in the U.S. this is enough to wrap around the world four times. Fifty billion pounds of toothbrushes are being thrown into landfills

as well. Toothbrushes are being built with larger handles and this is adding to the plastic; with this the amount of plastic in landfills will increase. So why are bamboo toothbrushes better?

Atanas Arsov, CEO of Nordics Bamboo, said, "Bamboo is a sustainable material. It grows over a meter long in 24 hours, so there is no deforestation. Bamboo is suitable for oral hygiene because of its natural anti-microbial properties. But the most important thing is that bamboo is 100% bio-degradable, there is no harm to the planet at all and we are ecstatic about it."

Decreasing the number of toothbrushes, you use will also help save the animals. Science

Laws explained, "Plastic pollution is emerging as a top threat to ocean ecosystems. By 2025 there could be one ton of plastic for every three tons of fish in the ocean." Plastic debris affects 700 species due to entanglement and ingesting it.

It might not seem like you as a person can do much to you help, but the truth of it is that you can. All it takes is just switch from plastic to bamboo. The best part is that their cheapest toothbrush is made by a company called Mabo and it is only \$2.50. Save some green by going green. Remember that every little bit helps, you can make a difference without any change in your daily routine.

International Admissions office launches new global initiatives

BY JULIA FELTON
EDITOR-IN-CHIEF

At La Roche, engaging the world is more than a slogan. It's a mission the International Admissions office strives to fulfill with new initiatives.

According to Director of International Admissions Michael Bauer, La Roche typically brings in between 60 and 80 new international students each semester. That means international students account for about 22 percent of the school's overall enrollment.

The International Admissions office hopes to increase that global presence through its new IS-CIP initiative.

"The idea is that students who are juniors or seniors currently in high school have the ability to take college courses online and earn credit at a reduced rate so that they have the ability to get ahead," Bauer explained.

La Roche already has a domestic SCIP program in place, so Bauer said they wanted to expand that program for an international audience.

He said, "If students are tak-

ing classes online here regionally, it makes sense to explore an opportunity for our potential international students."

The program, which is set to begin in the fall, will offer international students several benefits.

One of the main advantages is earning university credit early. "For the students, it's an opportunity to earn university credit, to learn how to be a university student," Bauer said. "They officially receive a La Roche University transcript, so those credits can be applied here towards their major or they can transfer to other institutions."

Bauer said having that La Roche transcript could also help international students get non-immigrant visas, which can be a major obstacle. "One of the key aspects to this strategically is that we are hoping that students who are earning credit from La Roche University early [have] the ability to take that transcript to the visa appointment. It proves they have a dedication to higher education. It proves they have a dedication

to learning. Hopefully, it will be able to improve our student matriculation," Bauer said, explaining that over 100 students were denied visas to come to La Roche last semester.

He added that he hopes to implement a scholarship for IS-CIP students who come to La Roche.

Plus, IS-CIP classes will be more affordable than standard La Roche classes. According to Bauer, IS-CIP students will pay a reduced rate of \$210 per credit for IS-CIP classes.

While IS-CIP will offer new opportunities for students, Bauer said it also benefits La Roche. "For us, it enrolls students. Our intention is to get some students in this program who might not have heard of us before," he said. "It will increase our brand awareness tremendously, which sometimes is half the battle when it comes to recruitment."

According to Bauer, the program will be open to junior and senior high school students with a minimum of a 3.0 GPA. They also need to provide a letter of

recommendation and proof of English language proficiency.

"We're working with Duolingo in order to verify English language proficiency," Bauer said, adding they also expect to recruit students from international high schools where students are taught in English.

In addition to implementing new programs like IS-CIP, Bauer said La Roche is improving its global image with its new university status. Since becoming a university last spring, Bauer said more international students have been applying.

"We've definitely processed more applications since we've become a university," he said. "It has made a difference and will continue to serve us well into the future."

Bauer explained that the word 'college' hadn't translated properly in some parts of the world. "The word 'college' doesn't necessarily mean a post-secondary educa-

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Science Center, continued from page 1



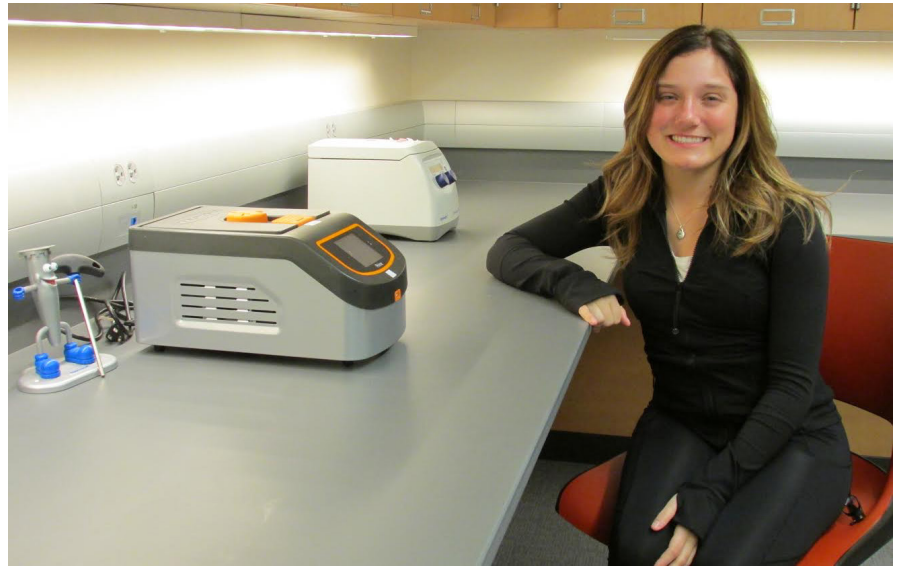
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Representative Mike Turzai spoke during the ribbon cutting ceremony for the newly renovated Palumbo Science Center.

much more relaxing and welcoming space,” Alyssa Smith, a junior biology major, said. “The Science Center feels so much bigger than before.”

Polacek added that the Science

Center upgrade has made her more enthusiastic to participate in her labs. She said, “I’m more motivated to want to be here and to try, because we actually have proper, working equipment.”



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SGA Academic Vice President Riley Polacek (top) and Natural and Behavioral Sciences Division Chair Rebecca Bozym (bottom) posed in the Science Center during its grand opening.

SGA, continued from page 1

elections, which they’ll hold on April 6 and 7.

“We want to do more to engage the student body when discussing the elections, discussing the positions, and raising awareness about how students can get more involved on campus,” Executive Vice President Lauren Ranalli added.

Bosworth said she wanted to help students prepare for the upcoming presidential election by encouraging voter registration.

“It would be really good if we tried to help people understand that voting’s important,” Day said, adding that students also need to understand how to register for absentee ballots.

SGA also approved the formation of a new African culture club.

Nine SGA representatives attended the Ohio Student Government Summit in February. “We got a lot of good insight from it,” Bosworth said, suggesting La Roche might host a similar event in the future.

The SGA board welcomed two members at the beginning of the semester. Christian Mukungilwa now serves as director of international and multicultural affairs. Tashai Thompson is the new director of residence life.

“The passion that Christian and [Tashai] have for La Roche—it was a good reminder that we need to work just as hard as they

aspire to work for the student body,” Public Relations Chair Gabrielle Lisella said.

SGA members are working toward several individual goals this semester:

- Director of Community Service Nathan Polacek said he’s working to organize a blood drive on campus.
- Lisella said she is working with the Marketing and Media office to promote awareness of SGA on campus.
- Robin Stih, director of commuter affairs, said she’s working to create a commuter assistant position. She said she also hopes to create more quiet spaces for commuter students on campus.
- Samantha Terry, director of athletics and intramurals, said she hopes to implement more intramurals. “My goal is to have more participation in intramurals and possibly host a volleyball tournament this semester,” she said.
- Mukungilwa said he hopes to work closely with other international students. “My primary goal is to bring back the international community,” he said.



Tech Tips, continued from page 7

Verify they are from someone you trust. If not, it’s best to delete them right away.

A newer threat that is important to discuss is called “cryptojacking,” a process in which cyber criminals use your devices’ processing power to mine for digital currency such as Bitcoin. Many devices can be hijacked to perform this task – computers, phones, and tablets are all possible targets.

At this point, you probably won’t feel surprised to hear that this attack is also frequently launched through malicious e-mails. As with normal phishing and ransomware, these e-mails will typically include an attachment or link that will install problematic programs on your system without your knowledge. In addition to this, cryptojacking can be caused by clicking pop-up advertisements on web pages.

Signs that your device has become a victim of cryptojack-

ing include slower performance. It may also start to overheat, as cryptojacking causes your device’s processor to do an intense amount of work for someone else.

Cryptojacking can be prevented by practicing the safe e-mail habits we’ve already discussed. Investing in good security software can also help keep your system safe. If you use a web browser such as Google Chrome, you can also make use of many free ad-blocking extensions to keep yourself safe from malicious pop-ups.



Internships, continued from page 12



ANGELA CISNEROS

Year: Senior
Major: Management Information Systems / Management
Internship Title(s): Compliance Intern
Employer(s): First National Bank

Senior Angela Cisneros is a dedicated student and hard worker, looking forward to graduating in May. She completed an internship with First National Bank as a Compliance Intern. For her, she often reviewed spreadsheets and Word documents that summarized risk tolerance within the bank. Angela also learned about the different areas of business that First National Bank serves, and what options they offer. She tracked assigned projects, and was also in charge of reviewing training requirements within different areas of the bank.

Many of the skills required for her internship were learned on-site, however she said that her financial institutions class at La Roche University really helped lay that foundation for her.

Without her experiences in First National, Angela said that she would have never considered looking outside her major for an internship. While it was a lot of learning new skills, Angela said that being open to new things was the best thing she did for her career.

She said, “Be open to different things, and don’t limit yourself. I’m not a finance or accounting major, so this internship position was different. I now feel more confident in taking a position that I wouldn’t have usually considered, and I now am more open to opportunities that come my way.”

She also said that applying early is the best thing you can do when looking for an internship.

When she isn’t studying for her major, one may find Angela studying for her minor in pre law. When she graduates, she hopes to move out of Pittsburgh for her job. Angela is passionate about traveling, and has been to many states, and countries around the world including Phoenix, Arizona; Denver, Colorado; Atlanta, Georgia; several parts of Maryland; Ohio; West Virginia; Washington D.C.; Texas; Massachusetts; New York; Rome, Italy; London, England; Munich, Germany; Canada; and Aruba.



AUSTIN VERSHAVE

Year: Senior
Major: Computer Science
Internship Title(s): CWD CERT Intern
Employer(s): Carnegie Mellon University / Software Engineering INSTITUTE / CERT

Meet Austin Vershave, coding master and dedicated Detroit Lions fan. Austin is always developing and looking for new opportunities within his computer science major.

Austin’s internship took him to Carnegie Mellon University, where he worked as a CWD CERT intern. The CERT division is a leader in Cyber Security, and it was Austin’s responsibility to develop exercises for the Army to train them in malicious attacks on their network. He also did research in many different topics related to computer security to provide a realistic environment.

For Austin, it was an initial challenge at CMU because he did not come from a computer security background. He came in wanting to develop. However, his risk paid off, as he gained those skills as a result of his internship.

He said, “The biggest reward is seeing someone use my tool or exercise. There’s nothing like working hard on something and accomplishing the goals you set for yourself.”

His biggest piece of advice? Network and learn everything you can from your internship experience. He said that you never know when you could bump into an opportunity.

Austin said: “The first piece of advice would be you’re interviewing every day. You never know who you’re talking to! He or she might be your next boss. The next thing is to apply to as many as possible and early. I believe you can apply for internships at La Roche starting your junior year. If you’re unsure, the only thing you can do is try. If later you’re reflecting on if it wasn’t a great experience, you still learned something from that internship.”



JULIA FELTON

Year: Junior
Major: Journalism & Professional Writing
Internship Title(s): Writing Intern; Marketing Intern; Campaign Writer; Research & Design Intern; Research & Design Intern
Employer(s): Bansen Labs; Little Italy Productions; District Attorney Stephen Zappala’s Campaign; Depreciation Lands Museum; Dr. Janine Bayer

Meet Julia Felton. Some may call her the Jane-of-All-Trades, because she has tackled what seems like all areas of the professional writing and journalism fields. Currently she is an intern at Bansen Labs, but she has been at museums, the District Attorney’s campaign office, and helped numerous professors at La Roche University. When she is not in school or at her internship, she teaches karate, and is the Editor-in-Chief of the La Roche Courier newspaper.

Throughout her internships, Julia has been tasked with many different projects. She has created self-guided tours, wrote press releases, designed flyers, op-eds, letters to the editor, made yard signs, and created website materials. At her current internship at Bansen Labs, she maintains the company’s blog. Currently, she is interviewing the CEO of Bansen Labs for an ongoing profile series about the people who built the company. Julia finds it interesting to learn about people’s personal experiences with the disability field.

Julia feels that her writing classes at La Roche had a big impact on her as she applied for her various internships, specifically Publication Design.

She said her internships were challenging, but rewarding. Julia said: “It’s great to learn in a classroom, but having real-world experience is much more meaningful. My internships have helped me to hone my writing skills, improve my design skills, and gain confidence in my abilities. These experiences have also helped me with networking, which is opening up new opportunities for me as well.”



Unusually Warm Winter at La Roche



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Weimerskirch, continued from page 8

of WQED who worked on the show, that the house set was put together to film two weeks worth of episodes, and then taken apart so they could move in the neighborhood of make believe, since the studio was not big enough for both sets at one time.

After this discovery, Weimerskirch said he informed the writers that the screenplay was written incorrectly; they were trying to fit both sets onto the same stage.

Weimerskirch made 3D models for the film, updating them even as plans were drafted and construction was underway. They were used for blueprints for the set and by the director, the cinematography team, the construction team and the art department.

The set pieces were constructed at 31st Street Studios in the Strip District. Once they were finished, the pieces were loaded onto an open bed truck and sent over to WQED for installation.

“We didn’t cover these, so you can imagine these sets going down Fifth Avenue,” Weimerskirch said.

His own personal addition to the house set, Mr. Weimerskirch said, was the traffic light used in the film.

“The traffic light is the very first shot of the movie. How cool is that?” Weimerskirch said.

Because of their tight filming schedule, there was a two day

window to take down the house set and install the neighborhood of make believe set. The art department painted the colorful stones on the floor for the neighborhood of make believe first and covered it with a vinyl film. The art department removed the film when it came time to change from the house set to the neighborhood of make believe set.

Everything for the set was recreated to be an exact replica. This included the sofa, as well as fabrics for the sofa, curtains, and carpet. Miniatures that Mr. Rogers had on a shelf in the kitchen were 3D printed and hand painted, but Weimerskirch said that they are never seen in the film.

To shoot scenes of the TV show exactly like they were shot in the 1960s, the production team found and shipped in old cameras from England. Though not the exact cameras used for the original “Mr. Rogers’ Neighborhood,” they were the same type of camera and technology.

For the famous trolley, the art department made it from scratch. It took three weeks to make the trolley, which had to be self powered. The trolley and track cost \$12,000 to make.

Another challenge was creating set elements for the neighborhood of make believe, which had to be made so that Tom Hanks could operate the puppets from

inside of them. X the Owl’s tree was made from a frame covered in canvas, identical to the original tree’s construction.

“I don’t know how Fred ever operated Henrietta,” Weimerskirch said. “He had to stick his arm all the way through the truck of the tree—very convoluted.”

True to detail, the art department even recreated the graffiti on original set pieces from the set designers of “Mr. Rogers’ Neighborhood.”

“If you saw the documentary on Mr. Rogers’ last year, ‘Won’t You be my Neighbor?’ you’ll recall how rowdy the crew was. I can confirm they were a loud bunch based on the graffiti,” Weimerskirch said.

Original staff members from WQED came to see the sets, and some, Weimerskirch said, were very emotional.

“I’d never had anyone cry over a set that I’d worked on before, but our entire crew was very humbled to bring these sets back to life,” Weimerskirch said.

Other parts of the movie that the art department worked on was the digital recreation of the exterior WQED during the 1960s, the reconstruction of Mr. Rogers’ office, Lloyd’s loft, and Mr. Rogers’ New York apartment. After the tragic loss of one of the crew members on the apartment set of the movie, the production team

decided not to film remaining parts of the scene in its original location. Instead, the art department recreated a small part of the apartment at 31st Street Studios to finish filming all of Tom Hanks’ reaction parts. These scenes were filmed five weeks after the rest of the shots shown during this scene.

The art department created miniature models for transitions between scenes. They were made for Pittsburgh, New York, and Lloyd’s parents house.

“We knew we absolutely had to put in the Duquesne Incline somewhere,” Weimerskirch said.

Another aspect of the film that intrigued Weimerskirch, he said, took place during the restaurant scene.

“What’s interesting in this scene to me as a filmmaker, beyond its emotional weight, is how risky it was to have Tom Hanks look directly into the camera,” Weimerskirch said.

He added that all people eating in the restaurant during this scene were those directly connected to Mr. Rogers and the original show, including his wife, Joanne Rogers.

Weimerskirch ended his presentation with this scene to honor Fred Rogers and, as Rogers said, “to honor all those who loved us into being.”

Innerst, continued from page 3

Throughout his career, Innerst has worked on a variety of projects--from more mature material to children's books. Innerst said that the difference between children's books and other projects is that the time to illustrate a project is luxurious compared to others.

"It's also a true collaboration between a group of talented people including the author, editor, art director, designers and publisher," Innerst said.

Innerst said that working on children's books has taught him how to lighten up his depictions of people and animals.

"I don't believe that you need to 'dumb down' complex pictures for kids, though. They are sophisticated observers of life in my experience," he said.

The projects that he loves the most, Innerst said, are those that present a challenge.

"I'm most gratified when I can communicate something that is complex and make it understandable to the viewer," he said. "I've been working on nonfiction biographies lately, which I enjoy because of the research I'm able to do. I learn so much from each of the subjects I take on. I'm looking forward to illustrating some poetry which I've been talking to one

of my publishers about recently."

His favorite part of the job, he said, is that he is never bored.

"I also love working for myself and being able to set my own schedule. I've never been a nine-to-five type and mostly like to work when the juices are flowing — sometimes it's very early or sometimes late," Innerst said.

While Innerst has done many projects, he said his dream project would be to work in animation.

"I'm a huge fan of artful animation. I've dabbled in it but would love to animate a short film someday," he said.

Since first going to college for art, Innerst's career has been one of success. Looking back on his time as a student, he said that if he could tell himself anything, it would be to do what he loved without hesitation.

"I went to a school where illustration was looked down upon and wasn't considered as lofty as fine art," he said. "I would've taken myself aside and said, 'Learn everything you can about painting, drawing, literature, ideas and making fine art and apply it to what you love to do, which is, or will be, illustration. And don't be discouraged!'"

Oster, continued from page 3

said, "Your life is going to be so much better if you're happy doing whatever it is you're doing."

"Happiness is up here," the wordsmith said as he held his arm high in the air. "If you find something that you can enjoy, and be happy doing, it's going to make your life a lot easier."

Oster warned students that achieving happiness isn't easy. "Everybody's not happy all of the time," he said. "There's ups and downs for your whole career. You're going to have certainly plenty of trials and tribulations through your life and through your career."

The radio show host reassured students that even he has experienced difficult times. "I have been lucky that even in bad situations, I figured out a way to find happiness," he said.

The khaki-clad gardener wasn't always a journalist; he started his career as a photographer. He assured students that the possibilities in life are endless. "You can do anything basically that you want to put your mind to if you believe you can do it," Oster said.

The guest speaker continued his assurance: "Just because you haven't done it before," he said, "doesn't mean you can't do it. I

wasn't a writer, I'm still not a writer, I'm a storyteller."

Midway through his career, Oster changed his path: "I changed when I was 40 years old, I changed everything." The journalist left his job with a paper and began his journey with the online forum, "Everybody Gardens."

The plant lover encouraged students that there's never a deadline. "It's never too late to change," he said.

Oster emphasized the importance of happiness and passion in life by telling students to find their passion. "Everyone has their niche and when you have that niche and you love it, whatever it is, people will respond to it."

Professor Stankowski's Journalism class welcomed the seasoned journalist as a guest speaker last semester.



Grizzly Good Times



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Communications major Tray Johnson poses with the bear statue that stands outside of the Art Gallery.

Smith, continued from page 13

the Kerr Fitness Center. He's there to watch Smith, a family friend.

"We both come from Homestead," Smith said, "When he was a child my aunt used to babysit him. Around the time I was born that's when he started his Best of the Batch Foundation. My dad is a board member. I played in his basketball league growing up. He comes to the games to support and take a lot of pictures for me."

Just as Coach Carmichael said before, Smith is a great student off the court. Smith recently completed an internship over the summer for Charlie Batch's foundation.

He was a programming and event intern. He built mentor relationships for kids there, just as he has a mentor relationship with Batch. In this internship, he gained valuable marketing experience by researching, planning and budgeting activities for events with the foundation. Also, he then aided in promoting, and executing the events.

Not only has Smith fallen in the footsteps of Batch to do community work with the foundation, but he also worked part-time for the Pittsburgh Steelers in 2019, Batch's former team he played quarterback for from 2003 to 2012.

"I loved the environment the most. There is nothing like being around 60,000 Steelers fans on game day wanting the same thing: to get wild and to win. The culture is amazing, and I worked with some great, ambitious peo-

ple that I wish nothing but the best for each and everyone one of them," he said.

Smith worked as a Marketing Brand Ambassador under Jonathan Mancuso, a La Roche alum. Starting next season, Mancuso will be the head of the Steelers Marketing department. Smith also completed this part-time work with fellow La Roche students Tyler Bowman and Jordan Smith.

The position entailed working every day at training camp and every home game. The duties were to help set up games for the fans and help promote the Steelers brand.

La Roche has two conference games left, as they play at Pitt-Greensburg on Wednesday the 19th and then at home for Senior Day on Saturday the 22nd against Alfred St. Come celebrate and support the senior seasons of Kennedy Smith, Darrel Barron, Darius Lawrence, Torry Hawkins and Luke McDonough.

Charlie Batch won two Super Bowls with the Steelers in 2006 and 2009. Smith was a part of the La Roche, AMCC Championship team in 2018. He will look to win a second championship on February 29th just like his mentor.



International Admissions, continued from page 15

tion. It's cultural. It's language," he said. "In the US, we typically use the words 'college' and 'university' interchangeably. In other areas of the world, that is simply not the case."

But becoming a university has made it easier for Bauer and the International Admissions office to reach potential students. He said: "When we became a university, that made a huge difference. People understood that we're an institution of higher learning, offering undergraduate, graduate, and now doctorate degrees. We could put ourselves on the same level with other universities across the US."

Bauer said his office is working on other ways to help bring international students to La Roche.

He said they provide support for students during the visa application process, recruit students with a strong social media presence, and offer generous scholarships.

"My staff and I do a very good job leveraging the resources we have. When you couple a dedicated staff [with] a solid strategic plan, it's bound to be successful," he said.

In the fall, La Roche will implement a Pathway Program that will revamp the English as a Second Language (ESL) program, Bauer added.

In the past, international students who could not demonstrate English language proficiency would have to pass the ESL program before they could start working toward their degrees.

Bauer explained: "You would come here with the idea that you will enroll in ESL and then rise into undergraduate or graduate studies once they successfully pass our English as a Second Language program. It's quite a challenge. Some students aren't happy they have to take the extra time, extra money."

It was also difficult for students to obtain visas to come to America for an ESL program, Bauer said.

According to Bauer, this new Pathway Program will alleviate those complications.

"With some curriculum changes, those ESL classes will transition into classes that will be for university credit. A student [will have] the opportunity to complete the English language coursework alongside additional coursework," he said. "Even at a lower English language proficiency, they [will] have the ability to earn university credit."

Bauer said he and his staff are always dedicated to finding new ways to bring more international students to La Roche. "We're always under the gun to create new programming in order for our students to be attracted to what we have to offer," he said.

Bauer said La Roche's global outreach is strong. He said, "We have a wonderful history of global engagement all the way back from the days of Pacem In Terris program. People know who we are. Our brand internationally is unrivaled."

Chaplain, continued from page 2

ery meditation and Communion service.

Though Almendarez offers spiritual opportunities for Catholic students, she said she wanted to emphasize that her office provides for non-Catholic students, too. Many events Mission and Ministry hosts—like meditation, service events, or diversity discussions—are spiritual, but not exclusively Catholic.

"While the founding community and the founding faith of the university is Catholic, part of our mission is to be very globally focused. That inherently means to be open to other faith traditions or to people who have no faith tradition," Almendarez said. "My overarching message would be no judgement. Don't think because I'm a Roman Catholic Sister that I can't be open and my opinions

can't be very diverse and broad. By the same token, I won't judge you."

Almendarez also noted that she's working to implement an interfaith ministry this semester. She said, "We are going to be looking for students from a variety of faiths—Muslim, Jewish, Hindu, Buddhist, various Christian denominations, and any other. We're looking for a really diverse group of students who want to be faith leaders on campus and want to begin to help other students to cultivate that interest in faith."

Almendarez encouraged any student who wants to discuss faith or who wants to contact a priest to visit her in the Student Life office.

Science Center Study Break



© ERIN ROSS

Alyssa Doman draws on the new whiteboard tables in the Science Center.

Harvey, continued from page 3

tion of all kinds, teens and young adults are not immune to the ugly side of humanity."

Poetry and prose were poignant from both age groups.

The winners' work was published in a book distributed at the event and will be added to the anthology the college keeps of all award-winning work from the 20 years this competition has been running.

Carnegie Mellon does not just stop at the third Monday of January to celebrate Dr. King. Their English department offers events throughout the entire month of January that deal with diversity and discrimination. They offer a free speaker series that covers a broad range of topics and they sponsor class visits and more experiences for students.

The contest is offered every year and thousands of people have entered in the past. There are no requirements for entry other than being a student. The awards do not discriminate in any way against entries.

Harvey found out about the contest from a poster that was distributed to local schools and was hung up in our Writers' Center. Be sure to check in the Fall semester for the next call for entries.

Harvey is a second semester freshman hoping to study Exercise and Sports Science, but that does not stop him from having a love for words. He plans to enter other writing contests throughout his next years at La Roche.

The poetry and prose stirred some tears on more than one occasion. The works were both passionate and educational.

ABCs of LRU, continued from page 2

L – Likeable Lectures

There is no such thing as a useless lecture on the Redhawk campus.

M – Multitude of Majors

LRU offers more than 50 undergraduate major programs that strive for greatness.

N – Noble Notetaking

No matter what class you are in at La Roche, it is necessary to take notes in order to succeed.

O – Open Office Hours

Every member of the La Roche University faculty has open office hours and they are always enthusiastic about receiving visitors.

P – Profound Professors

The professors at La Roche have a vast amount of knowledge and are willing to answer any questions you might have about class or life.

Q – Quick Quarters

Although La Roche is arranged by semesters, the time that is between the beginning of the semester and midterms or

the time between midterms and finals could be considered a quarter. This time goes by fast.

R – Refreshing Residency

Living on campus at La Roche is a unique experience that inspires wonderful friendships, stories, and plenty of sleep.

S – Sensational Scholarships

Looking for a scholarship? LRU has dozens for you to choose from and even has some secret ones that you won't know they exist until you receive them.

T – Terrific Tutoring

Struggling in a class at La Roche? Sign up for academic tutoring, available Monday through Friday.

U – Unlimited Undergraduate Degrees

There are dozens of undergraduate majors that you can sign up for at La Roche, ranging from Dance to Religious Studies.

V – Vivacious Visual Learning

Are you a visual learner? Each class at La Roche offers visual

learning through presentations, document cameras, and PowerPoints.

W – Wonderful Writer's Center

Not every student is able to write with the same level of expertise. Make an appointment at the Writer's Center, where they will gladly help you revise your papers for any class that requires one.

X – Xtravagant Xuberance

All over the LRU campus there is a high amount of happiness and friendliness.

Y – Youthful Yonderers

Looking for an adventure while at college? Well take a yonder and apply for a Study Abroad Trip.

Z – Zealous Zero-Tolerance Policy

Under no circumstances, plagiarize. Plagiarism will be caught and will result in an automatic failure. You may also be asked to attend another university.

“Marriage Story,” continued from page 8

Robbie Ryan was the cinematographer on “Marriage Story.” Similar to the Baumbach's script and Driver's acting, the camera work is subtle but effective. Ryan does not attempt anything wildly ambitious with the camera, but he doesn't have to. He simply captures the actors and allows their performances to shine. He refuses to allow the camera to distract from the acting and writing on display. It is a naturally beautiful film to look at, that conveys a raw and unedited mood to audiences.

Even if this “Marriage Story” seems out of your realm of normal genres, the quality of writing, Driver's performance, and the beautiful camera work make this a worthwhile watch.

Redhawk Pride Under Gloomy Skies



© STEVEN MUNSHOWER

La Roche Architecture



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Courier, continued from page 2

want, but it is excellent if they write about something that they are interested in.

"I never want to shut down a good idea that gets someone excited to write," Felton said.

Once an idea is approved, Courier writers have about two weeks to write and finalize their articles.

Entertainment Editor and Lead Designer Sarah Hefferin said she loves writing her entertainment articles. They "challenge me to think outside of the box and find stories that would be a good fit [for the Courier]," she said.

Hefferin also holds herself to a higher standard during her two weeks of writing. "I want people to be interested in what I'm writing about and want to read it," Hefferin said.

Not all writers use their full two weeks to write, however. Sports Editor Jordan Smith barely needs any time to write an article.

"I can honestly write an article in a night, so within a few hours," Smith said. "If I'm writing an article on the Penguins and our article is due on Friday, and there is a game on Thursday night, I'm going to wait to finish the article until after that game. This is so I can update what their record is,

"I want people to be interested in what I'm writing about and want to read it."
-Sarah Hefferin

and all the players statistics that I am mentioning in the article."

Smith's strategy is one that other writers should follow, as professional deadlines are not as spread out.

"Any writer in the real world has a strict deadline for every article," Smith said, "so that is something you have to get used to anyways."

As soon as a writer believes that they are finished with their article, they send it to Felton and the editors get to work.

According to Felton, the amount of time it takes to edit articles differs. It all depends on story length and how well it is written.

"For a short, well-done piece, it can take just a few minutes. But sometimes, I have to comb through longer stories to fix issues and tweak the grammar. It can take a while," Felton said.

She also made it very clear that

the Courier staff does not want to release anything with errors.

When the editing process is finally over, the layout procedure begins. According to Felton, the layout process can be tricky.

Felton said, "We try to conform to a hierarchy where the most newsworthy topics that impact the most people go on the front page."

Laying articles out is, according to Hefferin, a "good eye" with lots of "trial and error."

"But when you think of a newspaper, it's hard to visualize where everything is going to go when it's a blank canvas," Hefferin said.

There can also be some issues with layout, according to Associate Editor and Social Media Coordinator Danielle DiNatale.

"Sometimes we have computer troubles," DiNatale said. "Sometimes there isn't as much news happening as we would like to report on."

Reading the articles over and over again can also lead to some difficulties. DiNatale said, "The harder parts are dealing with the unexpected bumps in the road, and then looking over the layout a hundred times before the issue is published. Sometimes you just can't tell anymore if the font is climbing upwards or it's just your eyes playing tricks on you."

When the articles and photographs have been placed in their final layout spots, the Courier is released.

Felton sends the articles to the La Roche community, Sarah Reichle from the Marketing and Media Department puts it on the La Roche website, and DiNatale tweets out the link.

On tweeting out the link, DiNatale said, "On the release date of each issue, I tweet out the link to our followers. The Courier has a Twitter, @la_courier. If you're on Twitter, you have an easy place to find the link to the Courier issues."

The La Roche Courier has a goal according to DiNatale, which is "to let people know what is happening both on campus and outside of La Roche."