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The La Roche University campus is mostly empty for the second half of the spring semester, as widespread closures force students, faculty, and staff to work remotely.

Campus Closed

La Roche community adjusts to online platforms in midst of pandemic

BY JULIA FELTON
EDITOR-IN-CHIEF

When La Roche closed its campus due to the COVID-19 pandemic, the community faced major changes.

Full classrooms energized by student discussion have transitioned to Canvas modules and Zoom conferences. Vibrant study groups in the library have resorted to group chats or video calls. Professors have replaced office hours with email replies.

La Roche even had to postpone major events, like graduation.

But students, faculty, and staff are finding ways to adapt to online platforms.

Dr. Joshua Bellin, an English professor, said it takes plenty of work to launch an online class. “There’s a lot of planning that goes into teaching an effective online class,” he said. “There are videos to record, schedules to prepare, PowerPoints to design, discussion boards to post, and so on.”

Considering the circumstances that abruptly ripped students

from their classrooms, professors also had to accommodate students who weren’t prepared for online learning from home.

English Department Chair Dr. Janine Bayer said the first thing she posted in her online class was a discussion board where students could explain the challenges they were facing working from home—like accessing technology, living with family, or working essential jobs.

“I had to modify some assignments and projects. And I re-

duced the workload and relaxed the deadlines in every class because I knew the transition would be much more difficult for some students than others,” Bayer explained. “I did not wish to further disadvantage students who were already facing enormous challenges.”

Though many professors already had Canvas platforms for their courses, moving to an entirely online structure could be difficult.

SEE CAMPUS CLOSURE, PAGE 32

Congratulations, La Roche University Class of 2020!

The Courier celebrates our graduating editors, Danielle DiNatale and Jordan Smith. Thank you for sharing your time and talent with the La Roche community! We wish you all the best!

Danielle DiNatale

Associate Editor & Social Media Coordinator



To the La Roche Courier, saying goodbye is always hard, but even harder now that we aren't together. None of us knew that we'd be finishing out the year from our houses instead of on campus. Even though we aren't closing out this year's journey the way we wanted, it doesn't take away the good times that we've had.

The last four years have been an incredible journey, and especially with our newspaper. Some of my best memories of my time at La Roche are the ones spent arm-to-arm in the Courier Office, crowded around the computer. We have put out some amazing issues, and I'm proud of everything that we were able to accomplish together.

I struggle to think of a group that is more resilient than we are. We've worked around every obstacle, conquered every challenge that came our way,

and still produced our best work. Nothing can stop us, not even a pandemic! We've made a difference in the La Roche community with every story that we've written, no matter how small. I believe that is something worth celebrating. Thank you for all of the laughter, the hard work, and positive energy that came with being a part of this paper.

Thank you Ed Stankowski for your constant encouragement, guidance, and support of this paper. You've made us all more thoughtful writers, including me. We wouldn't be here today without everything that you do for us.

I am going to miss writing with such a creative, determined, supportive, and passionate group. That being said, I can't wait to see how the paper continues in the years to come.

Good luck, everyone!

Jordan Smith

Sports Editor

This is my last issue writing for the Courier. Since my sophomore year, these past three years as the Sports Editor have been more than I expected. I know writing in this newsletter isn't the same as writing for the Wall Street Journal or NY Times, but I still felt like I had a voice and I appreciate the school giving me that. I was humbled to work with great people who care about writing interesting stories and making people aware of certain topics. I would like to thank Ed Stankowski for always helping me, talking with me about what stories to write, giving advice, complementing my work and always talking to me in the faculty offices

about anything. I would also like to thank Julia Felton for editing my work and giving me great stories to work on. Also, thank you to the dozens of editors I worked with over the past three years making this paper fun to work on. Writing for the Courier was one of the best decisions I made in college. It has only made me want to be a journalist even more as I enter my career. Thank you to everyone that read my work. I will really miss writing for the Courier and the La Roche community!



Community

LRU president talks with students at Open Forum

BY JULIA FELTON

EDITOR-IN-CHIEF

KATHLEEN KENNA

CONTRIBUTING WRITER

From bookstore prices to Bold Hall temperatures, from class schedules to commuter spaces, from dining hall options to diversity efforts, the Open Forum covered an array of issues important to La Roche students.

The Student Government Association (SGA) hosted La Roche President Sister Candace Introcaso for the event in February.

"This is a great opportunity to exchange ideas, hear your concerns," Introcaso said. "There are lots of very positive things going on, but I know there are also some things we could do better."

Academics

SGA Academic Vice President Riley Polacek expressed concerns that classes aren't offered often enough, leading to classes conflicting in students' schedules.

Sister Candace said, "They have found that when courses are offered too frequently, they're cancelled because of low enrollment. There's a balance that has to happen." She said students should work with their academic advisors to find solutions to scheduling issues.

SGA President Allison Bosworth said some design students



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(From left) SGA Vice President Lauren Ranalli and SGA President Allison Bosworth hosted an Open Forum with La Roche President Sister Candace Introcaso.

are concerned about the faculty-student ratio in their department.

"They're thinking about future directions and adding some new focus. In doing that, we've postponed hiring into a couple of open design positions until we know what the focus is going to be," Sister Candace explained. "We're dedicated to hiring into both graphic design and interior design."

Nathan Polacek, director of community service, said students were worried that LRX classes were putting them into credit overload.

According to Sister Candace, LRX shouldn't force credit overload. "When LRX was added, we increased the allowable cred-

SEE OPEN FORUM, PAGE 33

A message from Courier Advisor Ed Stankowski

First and foremost, we at the La Roche College Courier hope that you and your families are well and safe.

The Courier comes to you with a decidedly different look. As you might imagine, the staff was not able to produce this issue using our standard technology and teamwork. Producing the Courier is a collaborative effort, something complicated by these non-collaborative times. We typically work together in our closet-sized office, cranking out the publication with our old friend, InDesign. Working remotely and, of course, separately, we used Microsoft Publisher and hundreds of email messages to bring you this issue.

While we might not look familiar to you, the same passion, effort and dedication that goes into every issue also went into this one. We might not look the same, but we're still the folks we always were. Perhaps you will find a metaphor in this.

On a personal note, I could not be more proud of the Courier staff and their desire to produce quality work under difficult circumstances. People often have criticized this generation for what they perceive to be its shortcomings. But some of us already knew that our kids would rise to whatever challenges they face. Risen they have, and our kids have not proven us wrong.

Finally, this is the last issue for graduating seniors and longtime Courier leaders Danielle DiNatale and Jordan Smith. Danielle and Jordan, you will be missed; you will be remembered.

Providence Food Pantry provides help, hope for students in need

BY JULIA FELTON

EDITOR-IN-CHIEF

Though the La Roche campus is closed, the Providence Food Pantry is still serving students in need.

Sister Janet Folkl, who runs the Providence Food Pantry with Sister Elena Almendarez, said students are using this resource more than usual during the pandemic.

"There have been 54 students who have used the Providence Food Pantry multiple times since our campus closed. That is definitely a rise in usage," Folkl said. "Several students have lost jobs in

these last weeks and having the food pantry to come to makes all the difference for them."

The food pantry, which is located in Bold Hall 216, is open Mondays and Thursdays from 6-7 p.m. If students need food, but cannot come during those times, Folkl said they should contact her or Almendarez to schedule another time.

If you need food from the Providence Food Pantry or would like to make a donation, contact Sister Janet Folkl at

Janet.Folkl@laroche.edu or Sister Elena Almendarez at Elena.Almendarez@laroche.edu.

Folkl said she would also encourage anyone who is able to support the food pantry with non-perishable food items or monetary donations.

She said, "Non-perishable food items can be given to the food pantry at any time. Monetary donations or gift cards can also be given by anyone who wants to be a part of our supportive outreach."

Folkl said she—and the students using the pantry—are deeply grateful to anyone who is able to support the food pantry.

"In giving to the Providence Food Pantry, you become an extension of God's loving care and compassion to our students," she said.



Students

SGA president bids LRU farewell

BY JULIA FELTON
EDITOR-IN-CHIEF



COURTESY OF ALLISON BOSWORTH

Allison Bosworth posed with mentor Todd Hoffman after presenting him with the Outstanding Staff Award last year.

Student Government Association (SGA) President Allison Bosworth said La Roche has given her opportunities to learn, lead, and give back.

Reflecting on her four years at La Roche, Bosworth said, “It’s amazing to see how much you grow. Just improving on myself and how I work with people—La Roche taught me that.”

Bosworth said SGA was one of the biggest highlights of her college career. As a sophomore, the graphic design major became SGA’s director of design and technology. By her junior year, she was the vice president. This year, she served as president.

“Last year taught me so much about the power of SGA and how much we as a group can accomplish by working together and reaching out. We are the liaisons between the students and administration,” she said.

Acting as a liaison between students and administration, Bosworth said she’s taken several student concerns to administration and staff. “At one point, we brought up all these issues we were seeing on campus. We compiled those little minor issues we saw and I met with facilities, residence life, and student life and we discussed those problems,” she said, adding that those conversations led to improvements like lights by the grill

behind Bold Hall.

Taking the experiences she’d gained from previous years on the SGA board, Bosworth said she was eager to improve student government as president. She said she began planning over the summer, meeting with SGA advisor and Director of Student Development David Day to work on training initiatives.

“Going into this year, I wanted to get a head start,” she said. “We wanted to make sure the board was trained well and improving what we already did. I really took time to try to train them in a more impactful way. We tried to do things differently this year. I think it was really helpful to break the routine.”

To improve the way SGA ran, Bosworth implemented Robert’s Rules to govern the meetings and invited SGA board members to student government conferences.

Bosworth said she was proud of what she was able to accomplish with SGA this year.

She said one of her favorite events this year was the Open Forum, which SGA hosted with La Roche University President Sister Candace Introcaso. “The Open Forum was really good and just inviting Sister Candace to more meetings was good for working on that relationship—creating that relation-

SEE BOSWORTH, PAGE 26

President, SGA share updates

BY JULIA FELTON
EDITOR-IN-CHIEF

La Roche Student Government Association (SGA) and Sister Candace Introcaso, president of La Roche, shared their updates through a video conference during the lockdown.

SGA President Allison Bosworth hosted weekly meetings over Zoom to allow SGA to continue operating during the lockdown.

Sister Candace attended their last meeting to share news with the SGA board.

Sister Candace said La Roche will be able to provide more help to stu-

dents in need soon. According to Sister Candace, the Coronavirus Aid, Relief, and Economic Security (CARES) Act will provide La Roche with \$1.2 million, half of which will offer direct financial relief to students.

Sister Candace said: “Help is on the way. There’s money coming to La Roche that is intended for all of you. We are working on a process where all the La Roche students who are eligible will be able to fill out a very simple re-

SEE SGA, PAGE 20

Student body reacts to SGA

BY KATHLEEN KENNA
CONTRIBUTING WRITER

Do La Roche students make enough of an effort to have their voices heard, and does the Student Government Association (SGA) make enough of an effort to incorporate them?

Forty La Roche students completed a survey in March. This survey asked students about how they feel their opinions are represented, especially by SGA, how well-informed they feel about being able to voice their opinions, and what they feel could be done better. The students surveyed are all

BY ZACHARY RUBY
CONTRIBUTING WRITER

of different age, graduation year, and major.

Sixty-two percent of students said that SGA represents their wants and needs as students. However, of all students surveyed, one had ever attended an SGA meeting before.

In fact, 87 percent of the surveyed students weren’t sure of when the last SGA meeting was, and ten percent said it was on Feb. 24 which was the night of the Open Forum. One student said it might

SEE SGA SURVEY, PAGE 23

Politics

Pennsylvania voting revamped in time for 2020 primaries

BY JULIA FELTON
EDITOR-IN-CHIEF

Voting in Pennsylvania will look a little different this year. COVID-19 has delayed Pennsylvania's primary elections until June 2.

But PA voters will also see permanent changes to the voting system this year. In October 2019, Governor Tom Wolf signed Act 77, a massive voter reform bill. It's designed to make voting easier and more secure.

In the past, absentee ballots were reserved for voters who could not vote in their polling places because of a pre-approved reason—including disabilities or attending college outside of the municipality.

Beginning this year, there's a new option for people who prefer to vote from home. Mail-in ballots will be

available to any registered voter. Voters can apply for this type of ballot without providing a reason for not attending their polling place.

Registered voters can apply for mail-in ballots online with a valid Pennsylvania driver's license.

When you apply, you can opt to be placed on a permanent mail-in voter list, which will allow you

to vote through mail-in ballots for the next year without re-applying for mail-in ballots.

To vote via mail-in ballot, you must apply by May 26.

Voters must submit mail-in ballots by 8 p.m. on election day. Voters can mail it in or take it to the county board of election's office.

Pennsylvanians who are not

yet registered to vote must apply by May 18 to be eligible to vote in the June primary.

In addition to modifications making it easier to vote remotely, there are a few other changes impacting voting this year.

Voting machines will no longer offer a shortcut straight-party option where voters can select all candidates of one party with one click. Voters can still vote for candidates of only one party, but they will have to select candidates individually.

The state has also dedicated \$90 million for the cost of new voting systems throughout Pennsylvania.

To register to vote or to register for a mail-in ballot in Pennsylvania, visit www.pavoterservices.pa.gov.

MAY FLOWERS



© MADELINE RICCARDI

People

LAF lifts students' spirits with online bingo games

BY JULIA FELTON
EDITOR-IN-CHIEF



COURTESY OF
NATASHA FLORENCE

Natasha Florence hosted bingo over Zoom for La Roche students.

La Roche Activities Forum (LAF) isn't letting the lockdown stop them from sharing laughter and games with students.

Natasha Florence, LAF's president, is hosting bingo over Zoom every Friday night at 8:00.

After finding herself doing nothing but schoolwork during quarantine, Florence said she wanted to give students a fun way to connect. "I wanted to give students an outlet that was not doing schoolwork or watching the news 24/7," she said. "Just a neutral place to get away for an hour and to see some of their fellow students."

Florence said she wanted to offer something that students could enjoy together remotely. "I know bingo is really popular on campus and it is also one of the easier, more universal games. I wanted to pick something that everyone could participate in," she said.

Junior Alyssa Smith said these weekly bingo nights have helped

her handle quarantine. "Being able to play bingo makes this time a little less stressful," she said. "It allows us to have a little bit of normalcy that we otherwise wouldn't have. I think La Roche doing bingo is just one way they

an online bingo caller, Florence facilitates an hour of bingo games for students who are miles apart.

Florence said the last bingo game of the semester will be on May 1.

According to Florence, LAF is

"I wanted to give students an outlet that was not doing schoolwork or watching the news 24/7. Just a neutral place to get away for an hour and see some of their fellow students."

-Natasha Florence

are showing support for their students."

To participate, students can email Florence to ask for an invitation to the Zoom call. Florence will send students instructions for how to create their own bingo cards. Florence opens the Zoom meeting at 7:30 p.m., encouraging students to socialize over video call before the game starts. Using

also having weekly online meetings and plans to host virtual elections for next year's leaders.

"We hope that LAF can try to do something this summer if possible," Florence added.

Director of Diversity and Inclusion says goodbye to LRU

BY SARAH HEFFERIN
ENTERTAINMENT EDITOR

After five years, La Roche University is saying a heartfelt goodbye to Candace Okello, director of diversity and inclusion.

I went to interview Candace on a Thursday, right before we all departed for Spring Break. Her office was stuffed with boxes, her bulletin board was empty. A few trinkets remained unpacked; they were mere remnants of her time here.

For her, her work is her passion. Since 2014, Okello has been an advocate for diversity, bringing many clubs and organizations to La Roche. She helped found the very office which she now leaves, along with Black Student Achievement, and the MLK Lounge in Bold Hall.

Okello answered questions regarding her time at La Roche, as well as the legacy she hopes to leave. She

said that leaving is hard, but she hopes that whoever takes on her position will be even more passionate.

How did you get here?

When I started in August of 2014, I was the assistant director of Multicultural Affairs, which fell under student development. I was tasked with just doing multicultural programs, but I realized that the need was bigger than just programs. So I began to do work that focused on diversity and inclusion; it was not just about pro-

gramming but thinking about retention—thinking about how, when we talk about diversity, we talk about it and who we are talking about. Who's being included and who isn't, and how do we bring them from the margins to the center?

So my work has expanded outside of just programs to institutional work. It went from being the assistant director of multicultural affairs to being the director of diversity and inclusion. And then establishing this office, and

this space of diversity and inclusion—its mission, its vision, its goals—because it was imperative to have something that was very specific to doing that work in an intentional way.

It obviously comes with some healthy challenges, but I think we are better as an institution because of it. And students have been positively impacted as a result, and that's ultimately what we want to see. We want to see our students feeling welcomed and affirmed and valued because that is what makes or breaks their college experience.

If they don't feel seen, or they don't feel heard, that's a problem.

What inspired you to get into this sort of work?

"To see the students grow, to watch them from when they first come into the office to then walk at graduation, that does something to me."

-Candace Okello

SEE OKELLO, PAGE 24

Survey Says

Student survey shows stress levels

BY ERIN RUSSELL
CONTRIBUTING WRITER

A day in the life of a student obviously includes going to classes, completing homework, and setting time aside for studying. However, some students also have other obligations such as work, athletic responsibilities, volunteer work, club responsibilities, etc. Some students may even have a family to look after.

Given the plethora of responsibilities that a student may be juggling during the academic year, it's no wonder they could be experiencing stress.

The La Roche Courier conducted a survey to determine how many students experience stress during the academic year.

Meet The Participants

One-hundred La Roche students participated in the stress survey. Of the 100 participants, 60 were women and 40 were men. The participants included 17 freshman, 24 sophomores, 23 juniors, 34 seniors, and two graduate students. The majors of the 100 participants ranged from accounting to psychology.

- 70 students indicated they were Caucasian
- 22 students indicated they were African American
- Four students indicated they

- were Hispanic
- Four students indicated they were a mix of ethnicities

Stress Levels Among Students

The survey defined stress as a physical, mental, or emotional factor that makes one feel worried or uncomfortable. These worries can affect an individual's mental health.

Which academic task provokes the most stress for students? The results of the survey show taking an exam and writing a research paper were the two academic responsibilities that students find the most stressful.

Thirty-four percent of the participants said they often feel stressed during the academic year, and 28 percent of respondents said they regularly feel stressed during the academic year.

The survey asked participants to rate their current stress level on a scale of 1-5, with 1 being not stressed, and 5 being extremely stressed. The majority of respondents, 33 percent, indicated that they were currently feeling (3) a little stressed during the time they were filling out the survey. Other responses to the question were:

- Nine students said they were not stressed at the time
- 16 students said they were sort-of stressed at the time
- 25 students said they were stressed at the time
- 17 students said they were extremely stressed at the time

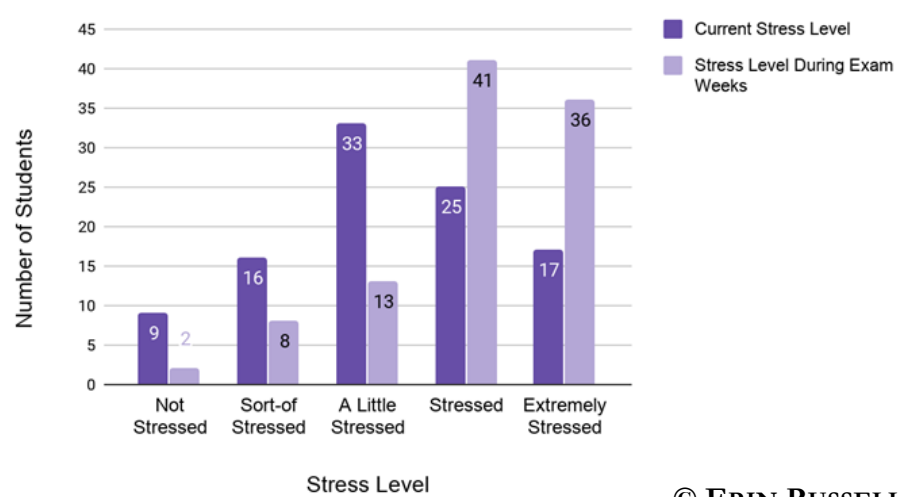
In comparison, students reported a significant increase in their stress levels during midterm and final exams. Two students said they do not feel stressed during these two critical points in the semester. Eight students reported feeling sort-of stressed during midterm/final exams. Thirteen

students said they are a little stressed during midterm/final exams. Forty-one students said they were stressed during midterm/final exams. Thirty-six students reported feeling extremely stressed during midterm/final exams.

The survey study took place in the University's Campus Center, a commonly perceived relaxed part of campus. The bar-graph below shows the difference between student's stress levels at the time of the study versus a student's expected stress level during the week of midterm/final exams.

SEE STRESS SURVEY, PAGE 22

Current Stress Level Among Students vs. Stress Level During Exam Weeks



© ERIN RUSSELL

La Roche's reading habits

BY MADELINE RICCARDI
CONTRIBUTING WRITER

Alice loved to read, so she fell through the rabbit hole and found herself in the fictional Wonderland. A survey shows that twenty-three percent of the La Roche community would do the same.

The La Roche Courier conducted a survey to determine what percentage of the La Roche community

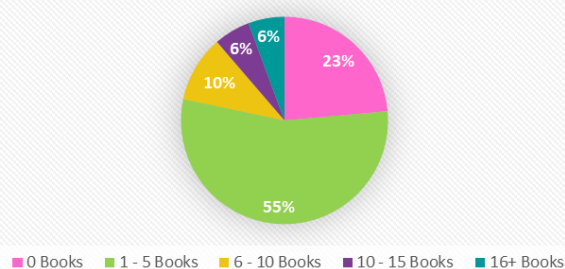
reads for fun. This survey defines reading as both digital and print.

Of the 1,700 students, staff, and faculty at La Roche, 100 took part in the survey. This included 68 women, 31 men, and one other.

These 100 were 18 freshman, 17 sophomores, 32 juniors, 22

SEE READING SURVEY, PAGE 20

Number of Books Read in the Last Year for Fun



© MADELINE RICCARDI

How students cope with stress

BY MATT BRLETIC
CONTRIBUTING WRITER

"The greatest weapon against stress is our ability to choose one thought over another," American psychologist and philosopher William James said.

For college students who are dealing with school, work, maintaining relationships, and trying to figure out their future, dealing with stress can be a daily battle.

Although stress is a factor that everyone will have to face, it's how we cope with it that make us different.

This survey was created in order to understand La Roche students' experiences with stress and the mechanisms they use to combat it.

The survey was distributed in the La Roche dining hall during lunch and dinner hours as well as in some classes throughout February 2020.

Out of the 1,555 students attending La Roche University, 100 took part in the survey. This included 47 males, 51 females, and two gender non-conforming students.

Fourteen of the students were commuters and 86 were residents. Students from a wide variety of backgrounds participated in the survey. From dance to biochemistry majors, ages from 18 to 30, many gave insight into how stress plays a role in their lives.

The survey defined stress as mental, physical, or emotional tension caused by an outside factor.

The survey began by questioning participants how often they felt stressed on a 1 to 5 scale of never to very often.

SEE COPING WITH STRESS, PAGE 25

La Roche Street Journal

Making money during quarantine

BY JORDAN SMITH
SPORTS EDITOR

In this list, I have put together some methods one can do to make some extra cash during this quarantine. Not only are some of these options to make money, but to also improve oneself and declutter from some unnecessary habits we get trapped in.

Sell on eBay/Craigslist – Declutter your room, your basement, your garage, etc. We all have a substantial amount of crap we don't use on a daily basis at all. Look up sold and completed items through the eBay app and figure out the value of your items. You could easily gather a couple hundred bucks. (Weight equipment has gone up 750 percent since quarantine started.)

Sneaker game – Start truly hustling by flipping sneakers. The shoe industry is one of the most liquid markets in the world. Start doing your research first. Look at StockX, eBay and other auction websites to understand the price of the shoes. Join a discord cook group or reddit group to start understanding more and learning more from those who run the group chat. The basics is to buy off retail websites and flip for more cash. People are making thousands

off of this. Just do your research. **Sports Cards** – Sports cards have returned and may be more liquid now than sneakers. They are quickly becoming the go-to for side hustlers more than sneakers and vintage/limited edition clothing. After the recent documentary on Michael Jordan, his cards have gone way up in value. Rookie cards, Prizm, Topps, Panini are the gold standard for cards. Look out to invest in basketball and soccer cards more than other sports, as they are becoming the most popular sports in America. **Stock Market** – This is another category that takes tons of knowledge, studying and research. Predicting the stock market is basically impossible. If you're not a finance major that's okay. There are many people on YouTube and Twitter that have prestige and share their knowledge. Buy books to learn more. Starting off with a simple mutual fund is a good start.

Drive for Uber/Postmates/GrubHub – There are a lot of these companies out there right now. Not just the ones I men-

tioned. If you have a car that is not relatively that old and are at least 19 years old, then you are set to go. It is about as easy as work can get. Just drive people around or pick up food and deliver it to people. The money is not amazing, but if you do a decent bit in a day, then you can make enough.

Rent your spare room on Airbnb – This has become a great way to make some extra cash. Just be careful with who you are renting out to. You don't want someone messing up your house. Daymond John rented out his basement to tons of people while he was building his Fubu empire. It was a part of his Rise N Grind.

Manage Social Media Accounts – If you're very good with social media, then look to manage social media accounts for some small businesses. Reach out to people working in the company on LinkedIn or via email. Send them your resume. A lot of older people that run small businesses are willing to outsource this side of the business.

Cut grass – If you have a mower and have experience cutting grass, then look to do this. Put up flyers around your neighborhood or other neighborhoods. It takes time to get customers but there are always people willing to pay others to do the job, especially retired people.

Walk dogs – Similar to the last side hustle. Put up flyers in your neighborhood to see if you can walk people's dogs. Reach out to people you know that own a dog as well.

Get paid to walk with a cute doggy. Can't beat that!

Babysit – Put up flyers and post on social media, especially neighborhood Facebook groups. Great way to get paid. It's not easy work just like cutting grass and always pays in cash or Venmo. Instant money.

Give music lessons – A lot of people dislike paying money at GuitarCenters and places like that. They have gained a reputation of just wanting money. If you have great skill in playing an instrument,

SEE MAKING MONEY IN
QUARANTINE, PAGE 29

Small businesses seeing help as country strives to reopen economy

BY JORDAN SMITH
SPORTS EDITOR

On Thursday, April 23, the House approved the \$484 billion bill to aid small businesses and hospitals during the coronavirus crisis. On April 21, the Senate originally approved the bill.

Lawmakers returned to Washington to vote. They arranged to take the stairs and avoid use of the elevators. They all wore masks and used hand sanitizer going in and out of the House. The vote took about 90 minutes as members had to stay at a distance and take turns voting.

It was a bipartisan effort as 388 voted yes, four no and one present. President Donald Trump officially signed the bill the following day on Friday.

The bill is focused on the small business relief programs, offering

additional assistance to hospitals and funds for expansion of testing capacity nationwide.

This \$2.2 trillion stimulus bill that was passed last month gave aid to normal U.S. citizens. About \$1,200 given to adults and \$500 to some young adults.

This second stimulus package since the coronavirus began will help replenish the Paycheck Protection Program. It'll assist small businesses in covering payroll and other essential expenses for roughly two months.

Loans are able to be forgiven by the government if the businesses maintain the size of their workforce.

\$75 billion of the bill is specifically being given to hospitals and healthcare providers who are fac-

ing budget gaps. Another \$25 billion in aid is set to accelerate the testing efforts for the coronavirus.

Entrepreneur, owner of the Dallas Mavericks, and investor on Shark Tank, Mark Cuban had high remarks for the small business loan. "It is literally the best stimulus bill ever for small businesses, so if you are an entrepreneur, if you're a small business operator, you need to be cognizant and you need to apply ASAP," Cuban said.

President Trump a few weeks ago met with all the major-league sports commissioners to discuss the issues around sports not being played because of the virus. He created the "Re-Open America" advisory committee.

Cuban will be on the committee. "I'm ready to help my country in any way I can," he said.

"We need to get our sports back," Trump said at a White House briefing.

Having the NBA, NHL and MLB return would be crucial for the United States. Citizens are in need of some sort of entertainment. It is likely if sports return that fans won't be able to attend games for quite some time.

If the entertainment industry picks up, then hopefully small businesses and other companies can work on getting back to normal.

Work from Home

English Department Chair Dr. Janine Bayer is working from home—even when her dog Calypso would prefer she plays with him instead.

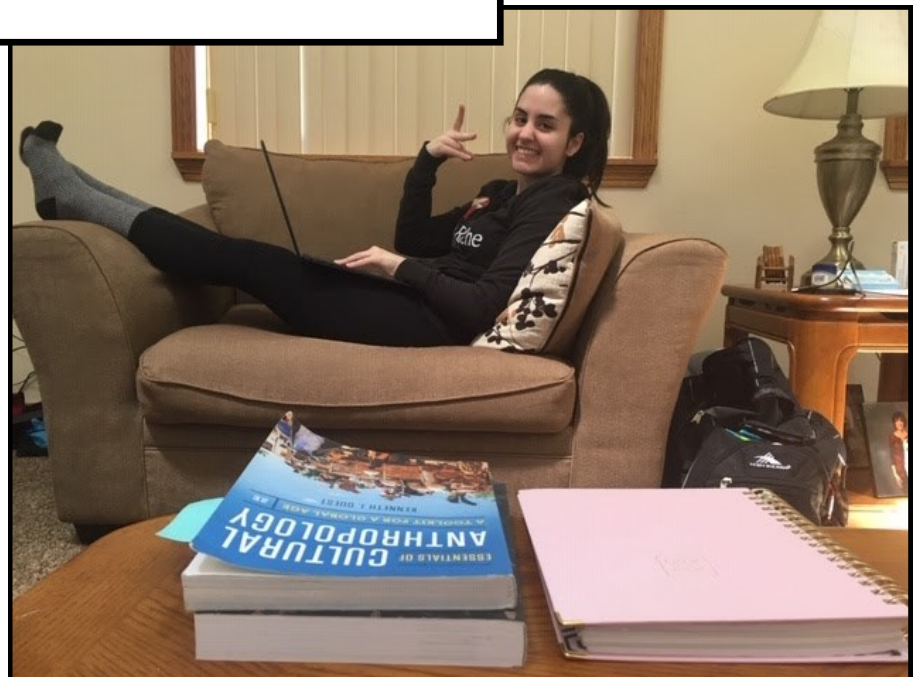


History professor Dr. Richard Grimes said he's working from home with a new co-worker: Flynn the cat.



Entertainment Editor Sarah Hefferin said her new workspace has been over-run by cats—who like to walk all over her laptop during Zoom calls.

Associate Editor Danielle DiNatale said she's working from her living room love seat—where she has a perfect window view for when she needs a distraction.



Taylor Snyder, coordinator of tutoring and student support, is working to help students remotely by offering Zoom tutoring and online Writers' Center help.

Academics

Students balance studies with jobs

BY MADELINE RICCARDI
CONTRIBUTING WRITER

All over the La Roche campus, fulltime students manage to balance their course load while also maintaining the responsibilities of a part-time job.

There are hundreds of students who attend La Roche University as full time students who also have part-time jobs, causing a difficult balance of school, work, and fun. Many students at La Roche find ways to manage this responsibility.

On a scale of one to ten, with one meaning not at all and ten meaning very much, freshman Jenna Davis rated the level of difficulty of balancing work and school as a seven or an eight.

"I feel as though work/classes are around 7-8 because both are rather heavy, meaning that my classes very

"If I had money and didn't need a job, I would absolutely not have one. I only work so that I have enough money to pay for my bills and other expenses that my parents won't help cover."

-Madeline Butch

math and science based and within my job, I am liable for mitigating risk, protecting against fraud, and providing financial wellbeing to anywhere between 60-120 people per day," she said.

Davis works for PNC bank as a customer care and support representative. She has been with the company for around eight months.

Caitlin Stewart, a freshman criminal justice major, works for the Dollar Tree as a cashier and stocker. She has worked there since September 2019, which falls right in line with the beginning of her college career.

Stewart said that her level of difficulty of balancing work and school is a nine, which is likely because of the timing.

Students who begin jobs right at the start of a big life change often experience more difficulty with the transition and balancing of school and work.

"I am constantly stressed and constantly feel busy with school-work. I feel like I never get a break," Stewart said. "But somehow, I maintain good grades."

Madeline Butch, a 19-year-old Cinemark Theater worker agrees with her classmates on the level of stress, rating it a nine.

"I would say that I constantly feel like I am drowning and anytime that I am spending not working on stuff I feel like I am falling behind and get confused," Butch said.

SEE JOBS, PAGE 27

La Roche offers variety of little-known programs

BY MADELINE RICCARDI
CONTRIBUTING WRITER

Everyone knows the big majors at school; but they aren't the only ones on campus.

La Roche University offers 56 majors, minors, masters, and certificate programs. But do you know what all of them are?

Every day, students at LRU take classes with dozens of classmates who are not after the same degree as them, and they might not even know it. There are certain programs at La Roche that exist, but do not have enough students to fill them.

Did you know that there is a pre-dental joint degree offered here? Well there is, and you have to be a lawful permanent resident or US citizen in order to take part in it. It requires a 1240 or higher on the SATs or a 26 on the ACTs.

It is an early acceptance program and has two phases – the major and the pre-requisites. You must pursue a related major before entering Phase II.

Phase II, however, is much more complicated, requiring 27 science and six English courses as well as no grades lower than a C. The program

does not allow students to take summer courses, but labs are welcome.

Finally, one must attend La Roche for two consecutive years before they take part in the program.

Pre-chiropractic, however, is very different. It is a six and one-third year program, resulting in a Doctor of Chiropractic degree from Palmer College of Chiropractic.

This degree consists of 32 credits of science and mathematics courses as well as specific courses depending on the type of bachelor's degree that the students choose.

Classes that students need to take include Human Anatomy, a course that involves the processes of the human body, Normal and Clinical Nutrition, a class regarding the relationship between nutrition and health, and several chemistry courses.

Speaking of science, did you know that there was a Medical Terminology class offered at La Roche? It provides a thorough



© MADELINE RICCARDI

review and analysis of the structure and understanding of medical terminology with an emphasis on spelling, pronunciation, and definition.

Definitions are also important for the La Roche and Salus University joint program of Pre-Optometry. This degree involves a detailed examination of the eye and its functions. In it, you learn how to diagnose, treat, and manage various diseases of the eye.

This is seven-year program

requires 90 hours of undergraduate studies. Students also have to maintain a GPA of 3.0 or higher.

Just like the Pre-Dental program, the Pre-Optometry program has several phases. Students complete the first phase at La Roche University, while the second phase takes place at Salus University.

At Salus, students need to complete 90 credits and must finish a four-year study program before

SEE LRU PROGRAMS, PAGE 30

Pandemic Perspectives

Teacher balances online classrooms, family, shopping

BY MADELINE RICCARDI
CONTRIBUTING WRITER

During a rainy day in Pittsburgh, an interview took place in lockdown. Stephanie Riccardi sat on a couch in her living room next to her interviewer. She was wearing cozy slippers and sipped a coffee while she waited for the interview to begin.

She drank so much that she began to smell like coffee.

Normally at that time, she would have been in her classroom teaching her eighth grade American History class.

Instead, she sat on the couch with her laptop and sent her students assignments through Google Classroom.

As the rain became heavier, the interview began.

Riccardi became a teacher twenty-two years ago, but a virus ruined her ability to teach her students.

For the past twenty-one years, Riccardi has taught middle and high school history and pop culture classes at Sto-Rox High School.

Although she is only five feet tall, Riccardi has a reputation around school for being a tough teacher. She also has a caring side, making her become a favorite.

But all that changed after the coronavirus approached Pittsburgh.

Although she was born in West Harrison, New York, Riccardi has lived in Pennsylvania since she attended Slippery Rock University in 1986.

While in college, she studied history with a minor in political science. Soon after, Riccardi

SEE RICCARDI, PAGE 31



COURTESY OF MADELINE RICCARDI

(From left) Madeline Riccardi and Stephanie Riccardi are navigating changes to working, shopping, and learning thanks to coronavirus.

Firefighter talks about tackling COVID-19 challenges

BY TAYLOR ELLIS
CONTRIBUTING WRITER

It's 6 am. While most people are still in bed sleeping, Justin Jackson is getting ready for a 24-hour shift. During this shift, he will respond to calls and help people who are sick and in danger. Although this is just another day on the job for him, he's on the front lines.

Jackson is a firefighter and EMT in Fairfax County, Virginia. He has spent the last decade helping others, and he finds himself at the station on most days. Working 24-hour shifts, the seasoned firefighter has made a home for himself at the station.

When call volumes are low, one can find Jackson cleaning the fire-trucks and ambulances, and cooking up delicious meals for his coworkers, or taking videos of the station, so kids stuck at home can see the fire-trucks.

Justin William Jackson is 29 years old. He's 6'2", 280 pounds. Nothing scares him, so he says. Justin started his career off as a volunteer firefighter. For about two years, he learned the ins and outs of the field. After

gaining some experience, he decided to become a career firefighter.

Jackson never went to college. Due to his lack of effort in high school, that wasn't an option for him. Instead, he decided to follow in his family's footsteps. All the members of the Jackson family are healthcare workers or first responders. His mom and sister are both nurses, and his brother and dad are both police officers.

Jackson loves helping others on the job and off the job. He is known by neighbors as the go-to handyman. Fixing curtains, moving furniture, and filling up tires, no task is too big or too small for him.

And now, while the world hides inside behind closed doors, the first responder is out every day, making sure that the people are receiving the help and care that they need.

Considering the pandemic, has your station implemented new safety requirements?

Yes, the station is closed to the public. The only people allowed at

the station are first responders.

Firehouses also can't visit each other. Lastly, we are always required to wear a face mask, whether we are in or out of the station.

Do you anticipate any big challenges for your station in the upcoming months?

A challenge that we anticipate is an increase of calls for possible COVID-19 patients. This is an uncertain time, and the media isn't helping in reassuring citizens. Therefore, we anticipate a lot of people calling in, which could take away our time from patients who need care.

Has there been an increase in calls already? If so, what calls are you receiving most of?

So far, we have had a low call volume because everyone is staying home. People are also scared to go to the hospital. Normally we receive calls for silly insignificant things, just so someone can go to the hospital and get checked out. Now, those people are scared to go to the hospital

because of the pandemic. We have had a handful of possible COVID-19 pick-ups, though. When we do pick up a patient who is clearly experiencing some type of illness, we don't go into their house, instead, we ask that they are outside waiting to be picked up. This way, it limits our exposure to the illness. If we receive any increase in calls, it will most likely be due to COVID-19.

Do you, or any of your coworkers feel nervous while working during the pandemic?

I personally do not feel nervous. I feel as if my station has taken the necessary steps to ensure my safety now. Some of my coworkers are nervous, most of them are older and are worried for their health and worried about being exposed to the illness and bringing it home to their loved ones.

Is your station dealing with a lack of essential supplies? For example, face masks, gloves, or sanitizing products?

SEE JACKSON, PAGE 30

Mental health concerns weigh on student during lockdown

BY ERIN RUSSELL

CONTRIBUTING WRITER

If there's one thing the world can agree on right now, it's that the quarantine set in place has manipulated our daily lives significantly. Students are now forced to attend classes via Zoom. Small business owners have been forced to shut down. Anyone who is not considered an essential employee is expected to stay within their home. Families have been separated through fear of passing the virus on to someone who is immunocompromised.

Social distancing is now in full effect, therefore, even if we wanted to interact with someone on the street, we couldn't. Smiles are hidden by makeshift masks. All that's left to give a stranger's expression away is their eyes... which look more panicked than friendly.

Smiles are hidden by makeshift masks. All that's left to give a stranger's expression away is their eyes... which look more panicked than friendly.

We are currently at war with an invisible enemy. Everyone is at least a little scared, and if you say you're not, you must be lying. Some people may even be more fearful than others given their current health situation, their age, their environment, or their access to necessities.

Allison is a 20-year-old sophomore at Carlow University who feels extremely threatened by the Coronavirus. And she has every reason to be. Allison suffers from severe asthma, which makes her a

high risk candidate for obtaining the virus. Allison also has been diagnosed with generalized anxiety disorder and depression. She is also currently dealing with acute symptoms from a concussion.

These implications, added with the piling stress from the virus outbreak, are detrimental to Allison's mental health.

A normal day in quarantine for Allison looks something like this:

- Wake up at 2 p.m. and take the medicine she needs to function.

- Play Lily's Garden on her iPhone for a few hours.
 - Eat dinner with her family around 5:30 p.m.
 - Watch a Netflix horror movie.
 - Look at her assignments piling up through Schoology, and close the laptop's lid.
 - Watch Bob's Burgers with her siblings while practicing embroidery.
 - Facetime with her boyfriend around 11:30 p.m.
 - Scroll on Reddit until her eyes get heavy.
 - Go to sleep around 4 a.m.
- Most would consider someone having this daily routine to be un-

SEE MENTAL HEALTH IN QUARANTINE, PAGE 28

Mother shares perspectives on working from home in pandemic

BY KRISTA LUKASZEWICZ

CONTRIBUTING WRITER

It is an unprecedented time in America. The Coronavirus has shut down schools and non-essential businesses. Many people have lost their jobs and those who are still able to work are working from home.

Suzanne Straka, 55, has worked as a secretary for a law firm in Pittsburgh for 27 years. Her hair is blond; dark roots are beginning to show.

She looks tired—she says that she has been up all night watching television. The smell of freshly-brewed coffee permeates the air. A cell-phone rests on the table to her left and a dog rests its head on her lap.

What kind of new challenges are you faced with working from home?

Just working in general; I feel like I'm always playing musical chairs with all of my dogs. I'll get up to get a cup of coffee and, when I return, there's a dog curled up on my chair.

I also miss my two big computer screens in my office. I hate laptops because they're way too small and, unfortunately, I have to work from one at home.

Are you having any difficulties motivating yourself to work with all of the newfound distractions?

Motivating myself is definitely an issue. Who wants to get out of bed? I have to send out a "good morning" email every morning so that my coworkers know that I'm there to help them. I've fallen into the habit of sending an email from my phone

while I'm still in bed so that I can sleep for another 30 minutes. Then I wake up and panic.

Are you looking forward to going back to working in an office?

Absolutely not. I'll have to go back to waking up early, getting ready, watching the news for the weather report, and running out the door to catch my bus. I've also been living in sweat pants; I'm in no rush to go back to wearing stuffy office clothes.

Do you think it's going to be difficult going back to work after this pandemic is over?

It's going to be an absolute nightmare. I don't remember what's sitting on my work desk and I still have projects coming in. There's a lot of processed paperwork that I'll have to put together when I go back. It's going to take forever.

How difficult has it been for you to keep up with friends/coworkers since the stay-at-home order was implemented?

My coworkers are my best friends. I just email them or text them when I want to talk. We'll call each other if we really want to, but usually we just do group chats over text. It's not that big of an issue.

What has been the scariest part of dealing with this pandemic?

Listening to my parents—

specifically my mother—talk about going down to the store for food. They yell at me for going to the food store because I have an implantable defibrillator and pacemaker, but they don't hesitate to go down themselves. My father has high blood pressure, kidney issues, and possible heart problems, and my mother keeps sending him down to the store. It's just frustrating. I don't get it.

This is a scary time for a lot of people, but has anything good come out of having to stay at home?

Absolutely. I get to clean out drawers and cupboards that I haven't touched in years. I get to catch up with all of my favorite television shows that I've been too busy to watch. I've been pulling a lot of all-nighters because I know that I don't have to wake up early and go to the office. It's great that I can go to sleep and wake up when I want.

Have you had to cut back on anything financially since this pandemic has started?

I'm inclined to say that I'm actually saving money. I can't go to stores and spend money on things that I don't really need. After a long day spent shopping, I'll usually go eat at a restaurant or buy coffee somewhere; I can't do that now. The money just goes toward the bills and food.

When this pandemic is over

and places start opening up to the public again, where will you go first and why?

I'll definitely go to the bookstore first. That was always my favorite place to go to every couple of weeks, usually on a Friday night. I know that I can order books online, but where's the fun in that? When I walk into a bookstore, the first thing I notice is the smell of all of the books. It's a lot of fun getting to browse through the titles. I'll also go to the hair salon as soon as I can because I definitely need a haircut.

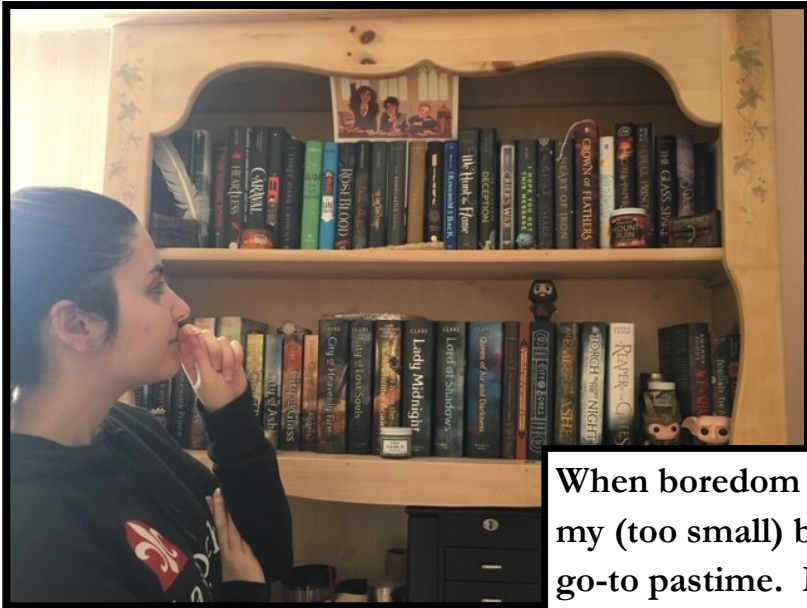
Has this pandemic changed your perspective on personal freedom, life, or the world around you?

Somewhat; there are certain things I'll never take for granted again. I don't think anything is going to be the same. Before all of this started, people on the bus would give coughing people strange looks and try to move away from them. When this pandemic is over, people will still be afraid. The virus will always be out there. Will anyone trust anyone? I imagine the fear will always be there, or at least for a long while.



Courier Call

Entertainment Editor Sarah Hefferin asked the Courier staff:
What are you doing at home during the quarantine?



When boredom strikes, rearranging my (too small) bookshelf has been my go-to pastime. My favorite game to play is figuring out how many books on the shelf I haven't read yet. Got any guesses?

—Associate Editor Danielle DiNatale



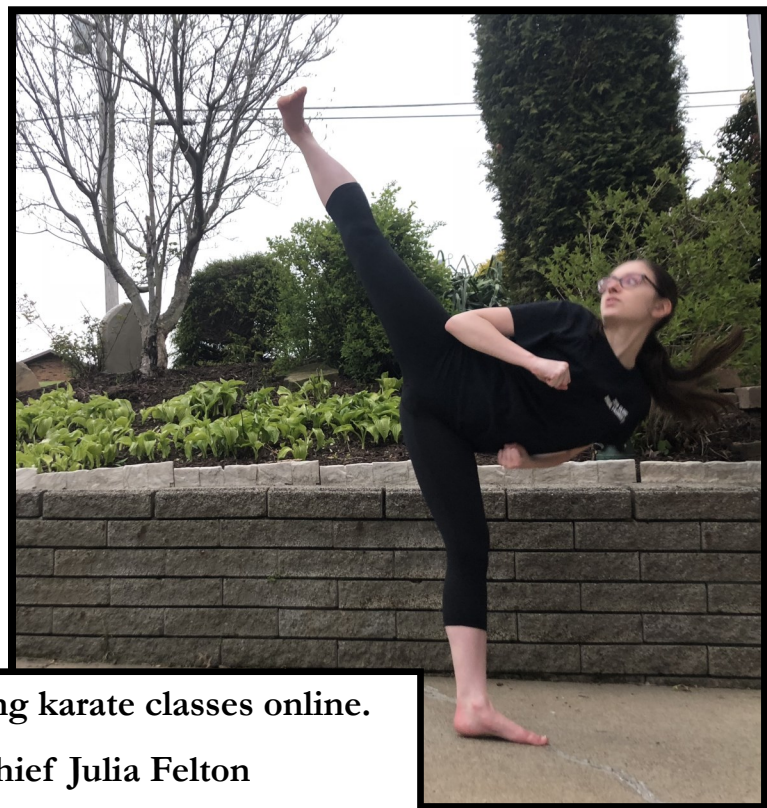
I've been playing wayyy too much Animal Crossing: New Horizons. I've got to get that five-star island though!

—Entertainment Editor Sarah Hefferin



I've been hanging out with dogs.

—Contributing Writer Kathleen Kenna



I've been taking karate classes online.

—Editor-in-Chief Julia Felton



I used to have a desk at home, but since my dad now works from home, he took it over. So, I have to sit on the floor to do my work. My back hurts badly after a few hours. My brother wanders into my room whenever he doesn't want to do his work, so it's an interesting time. But don't worry! I have a desk coming in the mail. The only problem is that it's supposed to get here on May 28th, a month after the semester ends.

—Contributing Writer Madeline Riccardi

Sports

BASKETBALL CHAMPIONS



COURTESY OF PAUL NOVELLI

Both the men's and women's La Roche University basketball teams won this year's AMCC championships.

Plans to reopen sports

BY JORDAN SMITH
SPORTS EDITOR

Professional sports teams are looking to resume play sometime this summer. It is a big ethical decision in the hands of league commissioners and owners. The majority of players have suggested they would be in favor of returning soon and playing without fans as long as everyone was safe.

Sidney Crosby and Alex Ovechkin both suggested being fine with immediately returning to playoffs without regular season games. Some players, on the other hand, want some regular season games to get back into the swing of play before getting into playoff action.

Back in the beginning of March,

SEE PRO SPORTS, PAGE 21

Alumnus excels in sports industry

BY JORDAN SMITH
SPORTS EDITOR

An immigrant from Vibo Valentia, Italy, Jonathan Mancuso quickly found success in the United States. But his successful mindset started way before moving to America.

Growing up in a small town in Italy of only 40,000 people, Mancuso took on the Italian culture. "I'm a family, faith, fitness and food kind of guy," he said.

At a young age of seven, he began mixed martial arts. He currently has a brown belt in Judo. He also swam at his high school and won a few championships in that sport.

Not only was he good at those two sports, but another: soccer. The young boy from Italy played soccer his whole life since being a kid. At only age 16, he was called up to play for a team in Serie C. This division is only two divisions below the top tier in Italy, the Serie A.

At his high school, he was the President of Student Government and a National High School Representative. He also volunteered at his local church.

Things changed around the time towards the end of high school. Mancuso went on a vacation during his senior year of high school in 2009 with his family and cousins. His cousin Greg Ceravolo Jr. was currently attending La Roche and playing soccer. His dad, Greg Ceravolo Sr. was also the goalie coach of both the men's and women's soccer teams.

After a long discussion with his cousin and family, Mancuso decided he would pursue a degree at La Roche and continue playing soccer.

In his four years playing soccer for La Roche, he was a four-year starter at the center mid position, and currently holds the record for games played with 70.

Mancuso quickly became involved on campus. He was the president of the Marketing Club, PR chair for Student Government, Redhawk Recruiter for Freshman admissions (did tours around campus for high school

SEE MANCUSO, PAGE 21

Bowling team strikes high GPA

BY JULIA FELTON
EDITOR-IN-CHIEF

The AMCC recognized the La Roche women's bowling team for striking academic success in their inaugural season.

The bowling team finished the season with the highest cumulative GPA of any team in the AMCC with a 3.645.

Coach Diane Jones said she was pleased with her team's academic

accomplishments. "I'm so very proud of the team for achieving such an incredible honor," she said. "To be No. 1 in the conference among all of the bowling teams is amazing in itself, but to be highest in the AMCC for all sports is truly a testament to the dedication of each of the ladies to their education."

SEE BOWLING PAGE 29



COURTESY OF ALYSSA SMITH

La Roche bowling had the highest GPA in the AMCC this season.

Tech Tips

Smarter ways to keep your information safe online

BY MELISSA UTZ

CONTRIBUTING WRITER

With all this talk of computer threats, you might be thinking that things look pretty bleak.

While it's true that new threats pop up every day, so do new ways to protect yourself. There are many things you can do to keep your personal information and your computer safe. Computer security suites, good online habits, and using common sense are all effective tools you can use to protect yourself -- and those around you.

First of all, there is a good chance that your computer already has some sort of security software installed on it. If you're running Windows 10, you may get notifications about a program called Windows Defender.

This is a good thing. The security software your computer comes with does a decent job on its own to keep you safe, but it's important to remember that you need to maintain it.

When your system says you need to update -- another thing Windows 10 loves to do—just do it. Regular

operating system updates are important for keeping your security software up and functioning.

If you would like an additional level of security, you can also invest in specific anti-virus security software. This includes programs such as Norton Antivirus and Bitdefender. These programs add an extra layer of safety to your system and will help in scanning for and defending against threats.

While it is more common today for businesses to invest in this level of security, an every-day person can still benefit from this investment.

Simply maintaining healthy habits online is an easy way you can be safe.

A good way to do this is to turn on privacy settings for websites that offer this. For instance, Facebook has privacy settings -- use them. Sites like Twitter also give you security features such as the option to opt out of market research.

Many sites like this will try to

get you to share your browsing history so they can better tailor advertisements to you. Opt out of these wherever you can. While the intention is not necessarily bad, this examination of your history can be an open door to your system if something were to happen to the website itself.

In addition to customizing your privacy settings, you should also practice good password habits when you register for any type of account online. It's tempting, and it's something many of us have done at some point, but you should avoid using the same password for every account.

If one account becomes compromised, the rest of them will too. Avoid creating passwords that use personal details that are easily found -- your name and your birthday are just a few examples of information that is very public and make for bad passwords. Try to create passwords that are at least eight characters, and use a variety of letters, num-

bers, and special characters -- such as underscores.

When browsing the web, you can always check if the site has something called an SSL certificate. This stands for secure socket layer. Websites that have this certificate are more secure because they mask all required data from everyone but the site's owner.

If a website has this, it's usually indicated as a small padlock icon in your web browser's address bar. Clicking this will give you even more information about the website and its level of security. Next time you see one, definitely take a look at it.

Lastly, one of the best tools in your computer security arsenal is simply common sense. Be careful of anything you download. Be vigilant of suspicious e-mails. Always remember to be sensible about what you post on social media -- the more personal information you have out there, the more easily it can fall into the wrong hands.

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

Anniversary

La Roche Courier commemorates 25 years

BY DAVID DAY

DIRECTOR OF STUDENT DEVELOPMENT

Congratulations to The Courier on 25 years! The importance of a free press cannot be overstated. The ability of people to communicate information freely is critical to a healthy society.

College campuses are no different and students must be allowed to have a voice. They must be allowed and encouraged to learn, discuss and critique different ideas.

The Courier has been a valued and trusted voice for the La Roche University students for 25 years. The

newspaper has survived and succeeded through a variety of challenges over the years. The Courier continues to serve its readers and develop student writers.

I would like to congratulate Editor Julia Felton and the entire staff. Each issue contains a wealth of stories and commentary about life at La Roche. The newspaper provides a critical medium for aspiring journalists and a unique lens of understanding. I have been especially impressed by Julia's extensive coverage of Stu-

dent Government Association meetings. She has always helped to communicate important information to the student body and held elected student leaders accountable.

Thank you to Ed Stankowski. Thank you for doing your job and going about your business. Ed has dedicated a great deal of time and effort to helping the staff of The Courier. He has provided expertise and passion that cannot be replaced. Ed has

made it very easy to support The Courier over the years and he has helped to create a secure future for a critical student organization.



The Courier Staff

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Julia Felton

Entertainment Editor and Lead Designer

Sarah Hefferin

Associate Editor and Social Media Coordinator

Danielle DiNatale

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Matt Brletic

Taylor Ellis

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Krista Lukaszewicz

Madeline Riccardi

Erin Russell

Ed Stankowski V

Melissa Utz

Courier Advisory Council

Rebecca Pasqua

Sarah Reichle

Faculty Advisor

Ed Stankowski

During these challenging times, the La Roche Courier would like to spread some words of encouragement from our La Roche community.

Dr. Howard Ishiyama, Provost and Senior Vice President for Academic Affairs

Try as we might, none of us has control over the pandemic. But all of us have control over how we, as individuals, respond to it. I promise you that there will be a time in the near future when we will look back and remember the fortitude and resilience displayed by La Roche University students. I miss seeing all of you. Good luck on your finals! Stay strong, become resolute...you got this.

Danielle DiNatale, Associate Editor

We're all missing out on something that we looked forward to: birthday parties, graduations, family events, and so much more. It's okay to mourn what we can't have. But even through this time, there are things that may have worked out for the better. Try to find those small pieces of light in this troubling time. This will end, and we will get through it!

Sister Candace Introcaso, President

As the spring semester draws to a close, most of us will soon take a break from daily invitations to Zoom classes or online meetings, chat rooms, FaceTime, and other forms of interaction. But social distancing and warnings to stay at home will likely continue.

As a nation, we are receiving messages of encouragement on a daily basis. Television commercials assure us that "we are in this together," that we will get through this. Musical specials lighten our mood and offer us hope. Free access to premium channels and streaming services help us escape the harsh reality of daily life, albeit temporarily. All are intended to help us round the edges of this unprecedented time and fix our sights on rejoining our circles of family and friends.

My spirits were lifted recently by the YouTube video of La Roche faculty and staff offering words of encouragement to our students. And just last week when I joined the Zoom meeting with our Student Government representatives, their leadership and dedication encouraged me. It was the first time since March that I had seen that many La Roche student faces at one time. Those faces, reflecting the La Roche spirit, gave me hope.

Offering encouragement and hope to one another is what we do at La Roche. It is what we are known for – not only in the days of a global pandemic but every day, and especially when life challenges us.

We are a concerned community. We are a caring community. We are La Roche.

Embedded in the word "encouragement" is the word "courage." Together or singularly, these words word evoke strength, commitment, confidence – all qualities that surely will be needed in the coming weeks and months. These are the very qualities that the La Roche community embodies. These are the very qualities we are accustomed to sharing, and that have become part of our identity.

Looking forward to brighter days – (and they are coming!) – my hopes for the La Roche community are that we may:

Be courageous in the face of uncertainty, in exploring new roads;

Be courageous as we encounter new patterns of daily life;

Be courageous and willing to risk failing, to meet challenges we never imagined;

Be courageous in sharing our feelings, in offering to help; and

Be courageous in accepting reality, looking forward to the day in which we finally find meaning in what we are experiencing.

I would like to offer a special word of encouragement to the graduates of the class of 2020. While certainly not what any of us imagined as a final semester, this experience will bind all of you together forever, as no combination of typical yearly graduation events ever could have done. You have been challenged to bid farewell without the opportunity to do so in person, on your own schedule, surrounded by familiar faces and routines. I can only imagine how difficult this is for you.

I pray for the opportunity to gather again soon as a community, to celebrate our accomplishments, including commencement, and our ability to stay connected during a time of physical distancing. That will be a time to celebrate and give thanks for all of you – for your stories, your outreach, your hopes and acts of encouragement.

I also pray that you may accept the recent challenges as an opportunity to grow, to be flexible and open to all that life can offer. I know from experience that the challenges we face often make us stronger.

I pray that the distancing imposed by this pandemic may lead you to more fully embrace the world that awaits you, full of special people, places and experiences.

I pray that you may come to appreciate the power of a gentle touch, of a random act of kindness, of smiling eyes.

And especially, I pray that some day in the future, you will come to realize that this period of history did not define your life. But rather, it profoundly refined your life.

God bless.

Colleen Ruefle, Vice President of Student Life and Dean of Students

All of us have had our own struggles with our current situation. The stay at home order has affected us in different ways and impacted our lives in ways we most likely never thought of before. For the members of the La Roche community who have lost a loved one as a result of the virus, we offer you our sympathies and our prayers.

At some point, the immediate crisis will end and life will resume to some sense of normalcy. I won't say we will go back to 'normal' because I believe we will all have a new appreciation of each other and our new 'normal' will be different. I believe we won't take for granted many of the experiences we have in the past. I look forward to connecting again in person with students and coworkers. This will sometime soon pass and we will gather again and celebrate and study and learn and meet and laugh and dine together again. Until that happens, continue to reach out to others and connect in ways that you can. Text someone you haven't talked to in awhile. Send an old fashion card in the mail. Smile behind the masks that you wear. (You can see a smile in someone's eyes). Let people know you care and that you are thinking of them just as La Roche cares about you and we are thinking of you.

We got this Redhawks. Be patient. Be kind. Be safe and know that La Roche is anxiously awaiting your return. Stay Blessed.

Dr. Joshua Bellin, Professor of English

I've been impressed by how the majority of students have adapted under exceedingly difficult circumstances. I think students should take pride in their resilience and hard work.

Dr. Joshua Forrest, Professor of History and Political Science

This has been a rough time for everyone, but I think most of all for younger people who suddenly find themselves restricted in ways that were previously unthinkable. It is important to leave your house and take a walk; good for the soul. Take solace in the fact that at least we all (hopefully) have electric power and the internet -- imagine living through the last pandemic (in 1918) when you would be lucky to have candlelight and a slice of bread for dinner.

And finally: this won't last forever. It will feel that way until normalcy resumes. But eventually, the freedoms that you have been used to enjoying will be there again. That is something to look forward to in a big way. Meanwhile, hang in there!

Jeff Dailey, Assistant Director of Student Development

I know that this is a hard time for most and I know many of you are saying that you didn't sign up for this but we are Redhawks and we will get through this together.

Ashley Testa, Director of Housing and Residence Life

I want the La Roche students and community to know that we are all in this together and that we are here for you. The Residence Life professional staff is always available to support you and guide you with any questions you may have. If you need us please don't hesitate to Zoom, email, or call us! We look forward to welcoming you all back to campus when it is safe to do so.

Dr. Janine Bayer, Professor of English

You are all amazing! The students have been mature, adaptable, and diligent in spite of the challenges. Graduating seniors who are missing all the fun celebrations are handling it like the remarkable adults they have become. And the faculty, staff, and administration have come together to support one another like the wonderful family we are. I have never been more proud to be a member of this community.

Taylor Snyder, Coordinator of Tutoring and Student Support

I am so proud to be part of the La Roche community, especially after seeing everyone collaborating to address challenges brought on by COVID-19. I want to encourage everyone to finish strong and to be proactive with communicating obstacles and successes throughout the semester. We got this!

Dr. Richard Grimes, Professor of History

I always tell students that as they go through the learning process of a university education, they must learn to get out of the comfort zones of their major and learn to adapt to different course demands and different instructors. I also tell them they must be willing to engage the challenges of new disciplines of learning. This also applies to me and other instructors. Working at home is comfortable but online instruction is time-consuming and at times, technically frustrating. But as I put together my classes, I am learning to streamline, condense, and be more efficient in the presentation of course materials. I am also learning more about the subject matter I teach. As an example, it took me 10 hours to put together a PowerPoint presentation for my Civil War class on the three-day Battle of Gettysburg. In doing so, I learned a great deal about Gettysburg and the next time I teach about the battle, I will be more ready than ever. Most importantly, I would advise students to adapt to online learning and enjoy the bonus that such learning offers; being at home with your family.

Sarah Reichle, Marketing Communications Specialist

Look at your progress. During these times it's easy to focus on single days. The catch is you don't see growth in a day. You've worked hard for weeks, months and years. Take it in. You're graduating college or are that much closer to graduating. Faculty, you've transformed your courses to online immersive experiences in a matter of days. Staff, you have shifted to provide students with the best experience and continued support during this disruptive time.

Keep going everyone. Better days are around the corner. And when they come, you'll have mastered another hurdle. Do what you need to do to get through this time. Reach out for help and be there for others. Wishing the La Roche community good health and safety.

**Dr. Michelle Maher,
Professor of English**

My message to the LRU community is that everyone is in my prayers. I am deeply grateful for each person, and feel privileged to be a part of this community. The poet Randall Jarrell, who I wrote my dissertation on, once said that if he were rich he would pay to be a teacher, and I feel the same way. Much love and many blessings to everyone.

Sarah Hefferin, Entertainment Editor

I wanted to say to everyone that I'm thinking of you all! It's not the same without you! But we are resilient. I know we will get through this! And when we all come back to school, or hug our family and friends, or just go out--remember to never to take anything for granted.

Steven Munshower, Associate Editor

I know this pandemic is confusing and scary, but we can get through this. I encourage you all to stay inside so that we can return to our normal lives soon. I look forward to hopefully seeing you all on campus this fall.

Jordan Smith, Sports Editor

Be patient and positive. Our country always gets through everything. Help anyone you can. If you're graduating, keep working hard on finding a job. Be creative and find ways to make money and support yourself and your family.

Julia Felton, Editor-in-Chief

My hope is that this edition of the Courier—though produced remotely and with limited resources—was able to help uplift, encourage, and educate the La Roche community in some way. I am so appreciative of everyone on our Courier staff who dedicated their time and talent to our newspaper even in these challenging times. I'd also like to thank everyone in the La Roche community who supported us with interviews, photos, quotes—or even just by reading the Courier. This is our way of sending our love and thoughts to all of you! I can't wait to be back together with our fellow Redhawks soon!

Rebecca Pasqua, Marketing Communications Manager

I think about you every day, and I pray that you are healthy and finding the support you need right now. I'm sorry that your spring semester has been disrupted and your world turned upside down. We're all grieving different things; for some of you, it's senior year and commencement. For others, it's sport seasons, study abroad trips or just a traditional spring semester.

But, even though the delivery of your education has changed, the people who care about you have not. All of the faculty and staff members here want you to succeed and care how you are doing. Reach out to them when you need that connection. Rely on the kindness and compassion of this campus community; it will get you through your hardest days and inspire you on your best.

Using quarantine time to help the environment

BY ED STANKOWSKI V
CONTRIBUTING WRITER

In the past several weeks, countless messages have started with a variation of "In these uncertain times" or similar allusions to the chaos caused by COVID-19.

The truth is that the times were uncertain long before any pandemic. Climate change does not disrupt day to day life in Pennsylvania as much as any virus, but it is still an existential threat.

With social distancing measures in place, there is more time to do any number of things. There are limitless options for how to fill this time, but some things only take a few minutes

and can help save the planet.

The National Oceanic and Atmospheric Administration has guidelines for how to live more sustainably. They are simple and easy to follow with a measure of education and awareness.

Recycling is an ubiquitous example of easy environmental action. By knowing what local recycling plants accept, one can ensure that plastics stay out of sensitive ecosystems. Also, using reusable items is cheaper and more efficient.

There are many disposable prod-

ucts that have sustainable alternatives, but reusability is not the only solution. For example, light bulbs are not reusable. They burn out and are useless. However, there are longer lasting bulbs that may be more expensive but do last longer than alternatives. This sort of practicality keeps more waste out of landfills and helps reduce emissions.

Not all of this is practical at the moment. Changing consumer behavior is limited by shortages and closed businesses. However, more time presents an opportunity: education.

This is the most potent weapon against climate change. One can learn how to find more sustainable products, how to use less toxic cleaners, and limit vehicle usage. One can also devote time to being more mindful of consumption, especially water usage.

It takes a great deal of energy to purify and pump water. Wasting water wastes all the resources that went into preparing it for consumption. It is a plentiful resource in Pennsylvania, but it is still a finite commodity.

SEE ENVIRONMENT, PAGE 33

Reading survey, continued from page 7

seniors, four faculty, and seven staff. Their majors ranged from criminal justice to ESL, and their departments ranged from the Bookstore to the Study Abroad Office.

The LRU community filled out the surveys in February.

Fifty-eight members of the La Roche community said they read between one and five books last year for leisure. Of the 100 surveyed, 25 said they read zero books, 11 stated they read six to 10, six read 11 to 15, and six read 16 or more.

The respondents rated their enjoyment of their reading on a scale of 1-5, with one meaning not at all and five meaning very much. Forty-one out of 100 rated their enjoyment as a five.

The survey asked when readers found themselves reading the most in their lives. The respondents had the options of elementary school, middle school, high school, and college.

Those who responded described when they read the most:

- Seven percent while in college
- 28 percent while in high school
- 27 percent while in middle school
- 28 percent while in college

Books come in all shapes and sizes, catering to every taste. What genres are the most popular on campus? There is a wide range of taste on campus, and according to the survey, not everyone prefers only one genre.

Forty-three members of the La Roche community said they like to read action and adventure books. Forty-two out of 100 also indicated they like mystery and horror/thriller novels. Romance is a popular genre, with 34 readers saying they prefer it. Historical fiction is also quite popular, with 33 choosing that type.

There is likewise a wide range of people who stated they prefer less traditional genres. Eight people said they enjoy reading books falling into the inspirational and educational categories. Eight people also indicated that they like to read fiction books, including young adult novels.

Twelve La Roche community members said they prefer to read sci-fi and fantasy novels, while six said they enjoy reading non-fiction works about sports, wars, and true stories.

People often judge books by their covers. The one hundred respondents of this survey described their visual preferences with multiple category selections:

- 98 percent favor cover art
- 40 percent like colors
- Sixteen percent enjoy minimalism

The visual design is not the only thing that catches reader's attention. Twenty-five of 100 said they found the author's name to be important. Four people also found the title of the book to be significant.

What readers found significant on the cover were also important to them when they are recommending books to friends. Ninety-nine people said that they would recommend a book to a friend based on its storyline. Characters, a major part of the storyline, are also popular to readers, with 40 percent of people likely to recommend a book based on them.

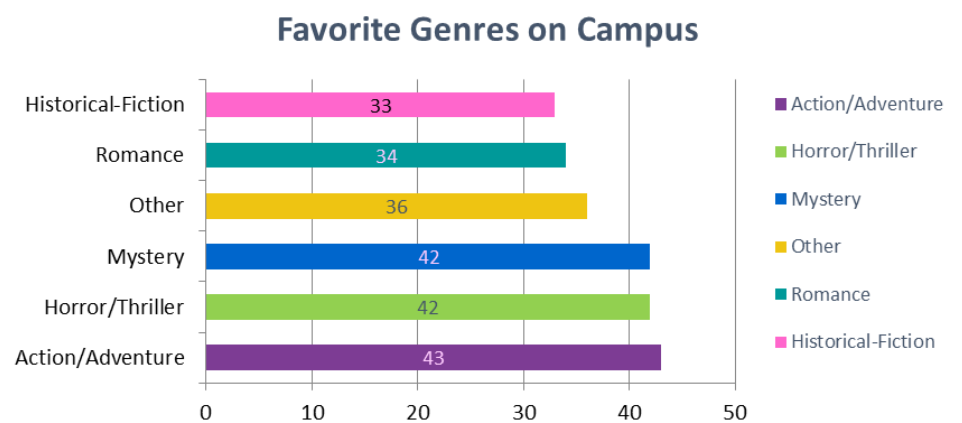
The author is important too, with 45 of 100 participants recommending a book based on the author's name.

Big-name authors often write books that find their way into book clubs. The majority of the La Roche community have never experienced this with eighty percent of the La Roche community stating that they have never been a member of a book club. La Roche has its own book club that is open to new members.

Although La Roche readers do not take part in book clubs, 54 percent said they would prefer to read a book with a friend instead of alone.

Everyone enjoys reading in their own way. This can mean alone, in a group, on paper, or digitally.

The digital age has taken over, but this survey determined that 18 percent of the La Roche community members prefer to read digitally. This survey defined digi-



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tal as anything read through technology, including Kindles, Nooks, or websites.

Eighteen percent of readers said they enjoy reading print because they find themselves becoming distracted less.

"It's nice to have a physical book and no distractions," a 19-year-old chemistry comprehensive major said. "If using a digital book, we become drawn into other things."

Thirty-three percent of the La Roche community said that they get frequent headaches or have eye strain when reading digitally.

A female interior design professor said, "Digital starts to hurt my eyes after a while."

A 20-year-old sophomore said, "I get horrible migraines when reading digitally. I have to take a lot of breaks, even when doing homework."

However, not everyone's eyes or heads begin to hurt after reading digitally for a long time. Some have other problems, including bad eyesight.

"I am old," an English department professor said.

Of the 82 people who prefer to read on paper, there is a common theme why. Forty-one of the 82 said that they like the feel or smell of a physical book.

A 51-year-old faculty member said, "I like to hold a book and know the pages easily. I like to look to see how long a chapter is, and I love the smell of a book."

English majors are no different, as a 19-year-old one said she

enjoys picking out her books in person through libraries. "I like going to the library to borrow books, and I just like how paper books feel."

Similarly, four out of 82 said that they like to read on paper because it is more satisfying and likeable. "The feel of an actual book and turning the pages makes reading more enjoyable," a female accounting major said, "and digital takes away from that."

Contrary to the larger part of the La Roche community, not everyone likes the texture or smell of books. "I do not like the feeling," a 20-year-old student said, "of turning the pages or holding a physical book."

Like that student, seven readers said they prefer digital books due to how convenient they are.

One 19-year-old student simply said, "Digital is more convenient. I can have more books and not have all the extra weight."

Readers observed that digital books are convenient because of how easy they are to customize.

"It just makes it easier to pop out any of my electronics. Also, they add a bunch of features," a male marketing student said.

A 20-year-old female criminal justice student said, "I like digital because I am able to control the color, background, and text size."

SGA, continued from page 4

quest online about what you need help with, whether it's food or housing costs or you had to get a new computer. It doesn't matter what it is. We'll have a process where you can indicate that you have a need and we'll do our best to funnel those monies from the relief act."

She added that students can also expect to see prorated refunds for room and board by the end of May.

Sister Candace said she also wanted to congratulate the SGA board on their work this year, particularly applauding Bosworth and Vice President Lauren Ranalli. "It made a big impression on me that when you say you're going to do something, you follow through

with it," she said. "I've seen it in the small things and in big ways."

Despite widespread lockdowns and cancellations, SGA members said they've still been able to accomplish some of their goals.

Christian Mukungilwa, director of multicultural and international affairs, said he's still supporting international students remotely. "I've been spending time tutoring [international students] and some of my friends through Zoom. It's actually pretty fun. I like seeing them," he said.

Director of Student Activities Natasha Florence said the La Roche Activities Forum (LAF) is hosting online meetings, Zoom bingo, and virtual elections.

During their online meetings, SGA finalized plans for their annual SGA gift. According to Bosworth, options included installing lockers in Kerr Fitness Center, renovating Bold Union Room, and installing water fountains.

The board ultimately decided to use the SGA gift funds to repair the gazebo near Schneider Hall.

Because SGA was forced to cancel events this year, Bosworth said they decided to donate the rest of their annual budget towards the student emergency fund. "That's a great way to use the money that we don't really need," Bosworth said.

Bosworth said the SGA board also voted for the annual Outstanding Student and Outstanding Staff awards online.

After holding online elections in early April, Bosworth said they would hold inductions over Zoom on April 28.

David Day, an SGA advisor and director of student development, offered an update on students still living on campus during the closure. "Campus is fine," he said. "I've been seeing some of the students staying on campus and they report to me that they're doing fine and they have access to everything they need."

Mancuso, continued from page 14



COURTESY OF JONATHAN MANCUSO

La Roche alumnus Jonathan Mancuso enjoys a successful career in the sports industry.

students) and was a La Roche College Student Ambassador.

Even with being this busy, grades were important to him. He held a 3.9 GPA during his time at La Roche. He was also taking six classes a semester to get ahead. "I learned you could take 12 to 18 credits for the same cost, so I immediately started taking six three-credit courses every semester," he said.

In the summer of 2013, Mancuso began his internship experience with the Pittsburgh Steelers. While working training camp lead-

ing up to the season, his responsibilities entailed executing all marketing events and had various game day responsibilities.

In the spring of 2014, he once again interned for another Pittsburgh sports team, the Penguins. This was a corporate sales internship. His duties included managing partnership contract books and it was also heavily involved in data base management.

Mancuso would finish college being on the "Who's Who Among Students in American Universities and Colleges" list

and also be awarded the President's Scholarship award at graduation by Sister Candace.

After his graduation in 2014, it was time to start working. Mancuso applied to the Pittsburgh Pirates and became an Insides Sales Representative.

For the Pirates Sales team, he was responsible for new business development. Mancuso would go on to achieve 150 percent higher than his original annual sales goal. He would finish top three in his sales class which is a team of 15 to 18 people.

After a year of working for the Pirates, Mancuso moved back to the Steelers. He started off as a marketing assistant but was quickly promoted after a year to marketing coordinator. After three years in that position, he was once again promoted in 2019 to event marketing manager.

In this role he has a vast amount of responsibilities including overseeing domestic and international events, handling on-site and experiential sponsorship activations, working closely with fan marketing team to develop marketing promotions, working heavily on game day entertainment in both planning and executing, and managing the marketing internship program.

Back when Mancuso was in the marketing coordinator position, he created the Student Brand Ambassador Program. This position provides a one-year paid contract with no office hours and allows students the

ability to earn money with flexibility. "I created this program because I wish I had something like this during college to make money with flexibility, while also gaining great experience," he said. His fellow coworker Brandon Artman, the event operations marketing coordinator, currently runs the program.

Working in sports is not an easy industry to get into, but with Mancuso's passion and work ethic, he made his way in and excelled. It is also time consuming. Mancuso decided to do even more besides working the long hours at the Steelers.

He is the owner and Managing Director of Ledalgo LLC, a marketing agency he started. It is an agency that provides marketing campaigns, sponsorship activation and national event management.

On the side, he is also the host of his own podcast, Brain Fuel. You can find it on Spotify or Apple. The podcast covers career and professional encouragement.

In 2019, he became an adjunct professor at Point Park University. He teaches one class: "Contemporary Marketing Topics." This course focuses on marketing trends and strategies.

He also has stayed involved with his alma mater. Mancuso sits as the current president of the Alumni Association executive board. He oversees the planned events and works with others on keeping the college alumni in contact. Mancuso also donates money to the school yearly as he finds it important to give back.

Pro sports, continued from page 14

Lebron James said "I ain't playing" if there are no fans in attendance.

Clearly, the atmosphere will be lacking if there are no fans. But, if Lebron James and others want to make their fans happy, then still having the games is better than nothing.

If games return without fans, it would be very weird. Teams will lose out on the ticket sales, food revenue and partnership activation but they will still get the TV/Broadcasting revenue. That's where most of the money is anyway.

Team personnel, security, employees and media will be able to attend games as that was announced already if games do return.

Post-game interviews will be handled at a distance, so there will be no recorders shoved in the faces of players in the locker room after games.

The NFL recently held the draft online. A lot of people got a laugh out of this as they saw the commissioner Roger Goodell announce the picks via his basement. (I expected him to have a nicer basement.)

The NHL has taken more initiative than most leagues (probably because their revenue is much smaller than all the other leagues. They really need the money). They plan to start training camps in the beginning of June and begin games in July.

It is not determined how many regular season games are being played before playoffs start, but they would like to continue the regular season. Deputy Commissioner Bob Daly said he would "prefer this season not interfere with the full 2020-2021 season of next year." I would say that makes sense, but there is more revenue in the playoffs than regular season. I would suggest making sure this Stanley Cup is won, even if it means a shorter regular season for next year.

The league is looking to play games in neutral sites. Preferably two to four arenas. Players would be nearby in a hotel while following the social distance guidelines. Players would therefore not be with their families at all for months, unless the league allows families to be there.

Pittsburgh is certainly in the

running to host games if the NHL continues.

The NBA is following the steps of the NHL for the most part.

The NFL is one of the most powerful organizations in the world and in this country. They will most likely continue games this fall, but with fans or not is the big question.

The MLB may be in the worst boat out of all the professional leagues. They can only really play in the spring and summer.

There has been much discussion on how the MLB would like to return. They have talked about completely changing the divisions and more. It will be interesting to see how it pans out. Attendance was down six percent overall last year.

Soccer on the other hand outside of the United States is looking to return as soon as possible. A lot of the European countries besides Italy have not been hit too hard by the coronavirus.

As far as in America, it may be tough for the MLS and USL to start up as not all of the teams have big TV contracts and huge

attendance at their games. The players don't get paid much to begin with so teams might cut back salaries. It'll be hard for them to come back from this this summer.

If I had to bet, the NHL and NBA will return in July and August. The NFL will start on time. Fans won't be able to attend training camp, but maybe games. We will have to see the outlook of the virus by the fall.

What worries me, is in South Korea they have returned to playing baseball, but if one player gets the virus, then the league is postponed for three weeks. That is certainly bound to happen, right?

What if it happens in the NHL season a week before the Stanley cup final round is played? Then what happens? A player or two is bound to get it, or someone won't follow social distancing guidelines.

So therefore, I ask, if all it takes is one player, is this really worth it?

Stress Survey, continued from page 7

To some, it may seem unsurprising that students are stressed, because they have to juggle their academic workload and other obligations simultaneously. If anyone remembers from their Intro to Psych course, exposure to short-term stress can actually help us to perform better; however, experiencing too much stress can negatively impact our health.

The survey asked students to indicate any harmful patterns that they notice about themselves when they are undergoing stress during the academic year. Of 100, six students noted that they are not negatively impacted by stress. Participants that indicated experiencing the following behaviors when experiencing stress:

- 52 participants notice changes in their appetite, such as overeating or eating less
- 61 participants notice they have an increased irritability
- 68 participants notice a change in their sleeping patterns, such as sleeping too much or too little
- 33 participants notice they are more likely to avoid classes
- 59 participants notice they experience an increase in self-doubt
- Six participants indicated they also experience other negative patterns

This information is important because it shows that a significant number of students are (at least) experiencing one of these negative impacts from stress. However, it is likely that one student is experiencing several of these factors at one given time. Fourteen percent of students reported they experience all of the factors listed in the question. This group of participants also indicated that there were other negative patterns they notice themselves doing when stressed.

Study Hours

The survey asked students to report how many hours they study weekly. The data shows:

- 55 percent of students study 1-5 hours weekly
- 33 percent of students study 6-10 hours weekly
- Five percent of students study 11-15 hours weekly
- Five percent of students study 16+ hours weekly
- Two percent of students reported that they do not study during the academic week

The survey also questioned the students' study habits during the week of midterm and final exams. The respondents reported:

- 34 percent of students study for 1-5 hours during midterm/final exams
- 36 percent of students study for 6-10 hours during midterm/final exams
- 20 percent of students study for 11-15 hours during midterm/final exams
- Nine percent of students study for 16+ hours during midterm/final exams
- One student reported that they do not study during the mid-

term/final exam period

The bar-graph below shows a comparison in student study habits during a regular academic week versus during the week of midterm/final exams. This infographic makes the conclusion that students increase their study time during midterm and final examinations. This increase in studying could provide an explanation for why stress levels among students increase during midterms and finals.

How Students Cope With Stress

There are healthy and unhealthy activities one can engage in to cope with stress. Someone may find going for a jog to be just as beneficial as lighting a joint.

The survey asked participants to select as many options as they wanted from a list of healthy and unhealthy activities. According to the survey:

- 67 participants find exercise helpful
- 23 participants find reading helpful
- 19 participants find crafting helpful
- 16 participants find meditating helpful
- 67 participants find talking to others helpful
- 13 participants suggested that they have other healthy ways of coping
- One participant finds using hallucinogenic drugs (LSD, Shrooms, PCP, etc.) to be helpful
- Two participants find using stimulant drugs (Adderall, Cocaine, Ecstasy, ect.) to be helpful
- 36 participants find drinking alcohol helpful
- 43 participants find drinking caffeine helpful
- 15 participants find smoking marijuana helpful
- Seven participants find smoking cigarettes helpful
- Five participants suggested

that they have other unhealthy ways of coping

Changes That Can be Made on Campus

The survey encouraged participants to identify any changes that could be implemented on campus to decrease their stress levels. The majority of participants either indicated no changes could be made, or chose not to respond at all. However, among those who did respond, there were common themes in their responses. In short, the most common replies included more therapy dogs, more counseling service options, more counseling seminars, more stress-relief events and more quiet spaces.

La Roche University offers free health and counseling services to students, staff, and faculty members. The survey showed that 26 percent of students utilize these services.

What could be contributing to this low number of students utilizing these services? The amount of readily available counselors and the hours of operation could be to blame. There are currently three counselors on campus, and, before quarantine, the office's hours were from 9 a.m. to 5 p.m. Monday through Friday. Despite 26 percent of the study's population utilizing these services, several students said they wanted more counselors on campus.

One education major said she would like to have "longer hours for the counseling and health services office."

A psychology major simply stated, "More counselors on campus!"

La Roche University invites the therapy dogs on campus once a month. Twelve percent of students stated having the therapy dogs more often on campus would help them to relieve stress.

One health science major stated, "I feel that the campus could have more therapy dogs and

more group meditation."

A communications major said, "Make counseling more available, and bring therapy dogs more often."

Five respondents indicated they would enjoy having seminars on campus to help learn different ways of coping with stress. A professional writing major indicated, "I think La Roche does a pretty good job with helping their students with stress. Maybe the counseling department could hold more groups for how to handle different types of stress. Maybe they could do seminars or hold events to make people more aware."

Another professional writing major said, "Maybe having some workshops that discuss stress and provide healthy coping mechanisms."

Seven respondents stated they would benefit from having more de-stressing activities on campus. A chemistry major wrote, "I feel that stress is something you have to deal with personally. If there are any activities that can be implemented, one could be having a quick 30-minute physical activity that will get everyone engaged. For example, having Pin The Tail on The Donkey in CC Square, or something more creative, will work."

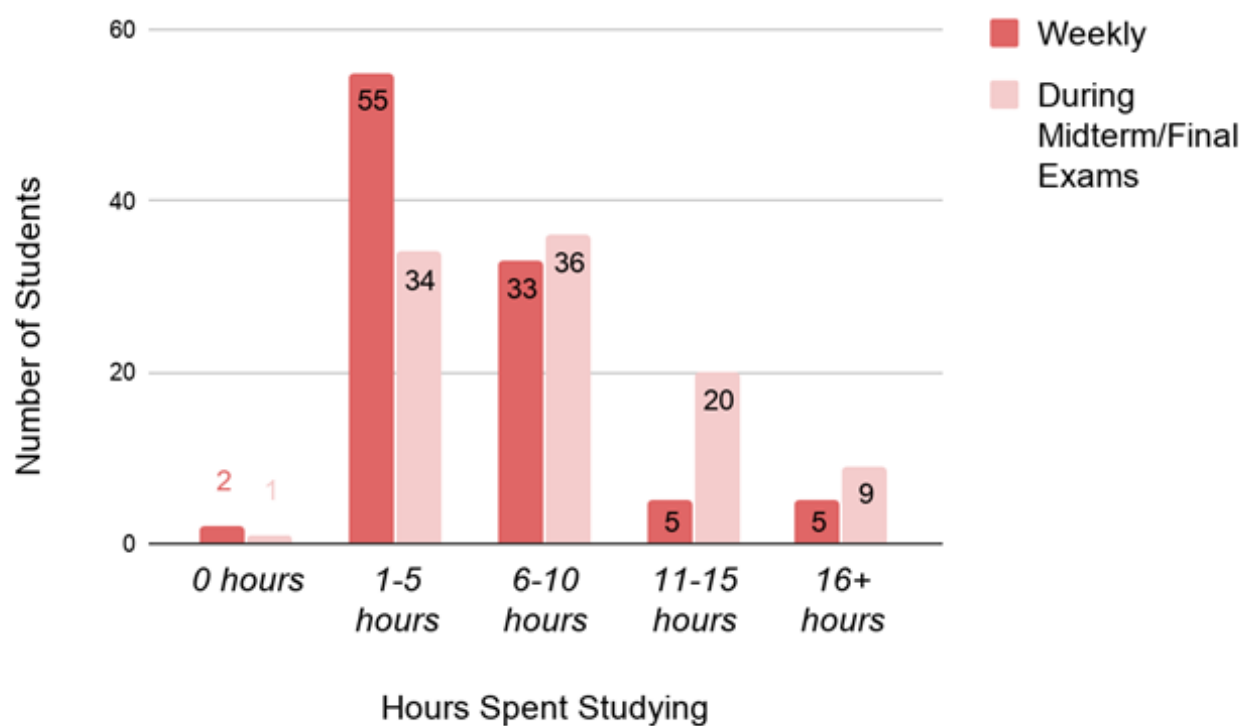
One exercise and sports science major said, "There could be more activities to relieve the stress. Such as more social events."

Three responses included having access to more quiet spaces on campus would help decrease their stress levels.

A political science major responded, "More quiet rooms in the library instead of just desks that are up against another person's desk, which creates distractions." He also said he would like for the campus to "find more ways to accommodate people with attention deficits."

A graphic design major suggested, "Maybe a study room in every dorm building."

How Much Do La Roche Students Study Per Week?



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PINK SKIES



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SGA Survey, continued from page 4

have been in September or October. The last SGA meeting at the time was on Feb. 11.

As for the Open Forum, one of the surveyed students had attended that was not a part of the SGA. There were six students who were not part of SGA that were present.

All of the students surveyed said that students' opinions still matter whether or not they attend SGA meetings. Nearly every student said that their opinions matter because they are members of the La Roche community.

Like many of the students, one senior health science major said that people don't have the time to go to the meetings.

However, while one freshman film major felt the opinions of these students are important, they also said, "They are still students, but I don't think they should expect to have their concerns heard as much as those who do (attend SGA meetings)."

Eighty-two percent of students said that they do not feel well-informed about when SGA meetings occur. One student, a political science major, said, "Meetings as of late are not advertised well."

In fact, more than half of the students surveyed said that they would attend SGA meetings, open forums, and other opportunities if there was more of an effort made to make them aware.

All of the students surveyed said that students' opinions still matter whether or not they attend SGA meetings. Nearly every student said that their opinions matter because they are members of the La Roche community.

Students had many suggestions for changes that would allow their participation if they cannot attend SGA meetings:

- Streaming the meetings
- Online submission box
- More surveys
- Publishing the minutes
- Newsletters
- Having the times of meetings be more advertised
- Making the meetings at different times

Some students believe that the student body can change certain aspects of campus life, but there are many who disagree.

One student, a sophomore history major, said, "No because, honestly, we don't matter to the higher ups."

Another student, a junior, said, "No because I believe there is no actual value towards students."

One senior political science major said, "No, everything that people try to change feels like a half measure. Whether that's from lack of student commitment or

administration not listening, we're stuck."

When asked what they thought was the biggest issue on campus, students had very diverse answers. These issues were:

- Student involvement in campus life/ not enough good events
- Lack of campus security
- Lack of coherent information
- Parking
- Classrooms in trailers
- The administrations misplaced attention on aspects of campus life
- Drinking on campus
- Racial issues
- Theft
- "Inconsiderate noisy people"
- Not enough seats on quiet side of the library
- Lack of hand sanitizer
- Handicap accessibility in dorms
- Street lights on Babcock Blvd. in order to see students in the dark
- Twenty-four-hour food op-

tions

- Unfriendly housing staff
- Most students answered that they did not do anything personally to solve these issues. One student, in reference to the issue of the administration's misplaced attention, said her solution is to, "leave 'em alone."

A few students said that they have tried to speak to faculty about their issues or have sent emails to the administration.

However, many expressed concern about their attempts to solve these issues.

One student, a junior professional writing major, said, "Sometimes I feel too insignificant to do anything about certain things."



Okello, continued from page 6

For my undergrad, I went to a college that was predominantly white. There were six people of color in my class. It was a culture-shock. I had an idea of what it could be like, but you don't realize that that experience is completely different than what you had previously thought until you're in it.

As a result of me being a student in the minority, when I was from a community where I was a part of the majority, I realized how that impacts my ability to exist and show up. I became more vocal about adversity and about justice as a result of that. I was the Diversity Chair on student government because, even then, I realized there was a need for students like myself who were showing up in spaces where they weren't being seen. I saw that they were in the minority and it was tough to navigate. Had I not had that experience, I would not be doing this work. That's why I think it was so intentional, for me to have had that experience, because I now understand students when they come into my office and say "Candace, I'm struggling."

That is why I do this work. I do this work so I can look a student in the eye and say, "I understand." I want to continue the work to help these institutions as they begin to shift to help them understand how students are showing up at their institutions. I want to continue to show how we become more inclusive to ensure that when people are there, they succeed and they thrive.

What has been the most valuable experience(s) you can take away from working at La Roche University?

I was recently reflecting with a student about the number of students that have come through this office and the memories sitting in this space—having students on the floors and in these chairs and to just find a space and to find that community. It was rewarding but also humbling because of the things that they shared here. They felt safe enough to share some of their deepest moments and experiences.

And as I'm reflecting on it, how humbling is it for them to feel like this is their safe space and to know that they have someone who's rooting for them and who sees them, not just as the student but as a person and can relate to their experiences. So, that has been the best part of this job. To see the students grow, to watch them from when they first come into the office to then walk at graduation, that does something to me.

There's this student affairs theory called "self authorship." Essentially, it says that when you are self-authored, it means that you have found this internal foundation where you will be able to articulate who you are and your values for yourself and for your relationship to other people.

There are these stages. When students first come in, they are in-

"My message to anybody is: don't quit. Because it's too important. For students, the world needs you. So you can't quit."

-Candace Okello

fluenced by external things, so they adapt to what people are telling them that they should adapt to. Then they hit the crossroads, when they're trying to wrestle with what they are told to feel or think, and being able to discover those things for themselves. This is like who they want to be and where they want to go. Then they start to become their own self-author, where they start to become more secure in who they want to be in their lives, and what they want to do in relationship to other people. They then become self-authored, where they hit that final phase of, "this is who I am, and this is who I want people to know and recognize as who I am."

To see students move through those stages to self-authorship is beautiful. Some people reach it sooner than others, and that's when you start to see them become more confident in their student leadership and in their vision for the future for themselves.

When I started to see that in them, how that matters to them and how they figure it out, that's been a privilege to watch. All of that has made me a better person, but also a better professional. But also there's the institutional part to my experience. To even have an opportunity to have the Office of Diversity and Inclusion and be a part of that has been a big accomplishment. I can see how, as an institution, we are being more mindful of diversity and inclusion, not just coming out of my office, but in other spaces.

From the establishment of the Inclusion Council, to getting more people more involved in our efforts, and to see the way we are being trained around diversity and inclusion, including the way we are thinking about hiring practices, to the way we are thinking about language—all of those things coming as a result of the work that I have done. It's amazing to see. But you know, with every institution, there's a lot of work to be done, and I don't know if we'll ever arrive. But to see the movement towards is wonderful.

Even in creating spaces, like with the Martin Luther King Lounge, and seeing the way, by creating an extension of this office, I've helped create another space where people can go and be reflective of the legacy of Dr. King in regards to justice and peace and equality, is another great thing. The lounge has allowed students to be in a community of people who might not think like them or look like them,

who may have different values, and yet exist in the same space and still find commonalities.

I also think about all the opportunities I've had outside of my everyday work. I've had the opportunity to teach, which has been amazing. I went to South Africa with the SASU program two years ago with Dr. Azlan Tajuddin. We took 25 students and I remember crying in the airport because of how impacted I was by that experience. I remember other students and I saying, "If we could have just one more week..."

There was something about the spirit there—the people—that was beautiful. They're the type that say, "If I have, my neighbor will have, and you will have." It wasn't just this individualistic society. To be in a community and a spirit like that, that is the way it should be!

When you find these values in other cultures, do you find yourself constantly adapting what you do to bring them to your job?

One hundred percent yes, because it should be about the collective. It should be about how we are existing in a community in order to lean on each other. Because it gets hard; people go through things. So how are we building a community in a way where we say "I see you," and how can we be present? I value that. I think to a degree we see that here at La Roche. I can name some times within student life where we've had some tragedies within our division, and to see how we rallied around to meet a need—that's amazing. So yes, I see how those values are reflected here at La Roche.

What will you take away most from this job?

I've been challenged. I think one thing I've learned, the biggest lesson, is when I came in, I had a vision for what I wanted to see. I had these expectations that it would happen overnight. I was very idealistic and very ambitious. But it wasn't until I started doing the work that I realized that there were going to be some roadblocks along the way.

I had to reevaluate and shift my perspective of what change looks like. I had to embrace those challenges and realize that those roadblocks didn't mean that it couldn't happen. It just means I had to be creative and find ways to get there. I think that's my biggest takeaway. A change is not impossible, but it may take some time.

Another thing I've learned is

to not get so discouraged that I would want to stop. I'd have those moments where I'd get really frustrated...and want to give up. There's actually this Frederick Douglass quote that says, "Where there's no struggle, there's no progress." So I ask myself, "How do I push through the struggle?" Those challenges have shaped me and grown me. And so I think I now look at change differently than when I first came in.

I've also been incredibly blessed with the people that I have worked with. David Day has been just a wonderful supervisor. One thing that I have learned from him, in regards to the same idea of struggle, is that he would remind me of what IS happening. He would remind me of all the positive things that WERE happening, and I really needed that.

I have learned a lot from him about what it means to be a supervisor, and what it means to support your staff, and to see them not just as employees, but as people. I want to be present, to challenge and encourage, and to give space for them to create. I think that's one thing that this job has given me. I was given this space to create.

What do you consider to be your greatest achievement of working at La Roche?

When I started, I was looking at the retention rate of our students, specifically our black students. It was low. As a result of that, I established Black Student Achievement. It was designed not only to build community, but also to think about academic success, and provide a very holistic approach to addressing certain needs. I think as a result of that, we've seen the retention rate of our black students at an all time high. My hope is that we continue to see an increase, and that we continue to see students being served with intention. To see the way retention rates have consistently increased, I think is what should be happening.

I think also just having the Office of Diversity and Inclusion was a big achievement. My hope is that whoever comes in after will be even better. I hope they build on the foundation that has already been set. That is my hope—that the work continues. I hope that the person who comes in is even more passionate, even more diligent, and even more committed to the work.

Is there anything you want to say as your final message to La Roche University before you go?

I hope that people, when they think about me and about my legacy, say that Candace loved them. I hope they say that she left a legacy of love, not only for the work, but for people. And my message to anybody is: don't quit. Because it's too important.

For students, the world needs you. So you can't quit.

Coping with stress, continued from page 7

While a total of 0 percent said they never feel stressed, 34 percent of the participants said they feel stressed very often.

Respondents then rated their current stress level on a scale of 1 to 5, 1 being not stressed at all and 5 being very stressed. When answering, 39 percent of respondents said they were currently somewhat stressed.

While 11 percent said they were not stressed at all, 5 percent of students reported that they were currently extremely stressed.

Stress can stem from many aspects within a person's life. The survey asked participants to choose what was causing them the most stress from a list of: school, work, family, future, intimate relationships and finances.

Over half of the participants chose school as the leading factor of stress with a 53 percent pick rate.

The second leading cause of stress for students was the future, with a total of 25 percent of responses recorded.

When it came to what students were least stressed about, 39 percent said family and 34 percent said intimate relationships caused them the least amount of stress.

Dealing with stress can be hard, especially alone. The survey asked participants the likelihood of asking a friend or relative for help dealing with stress.

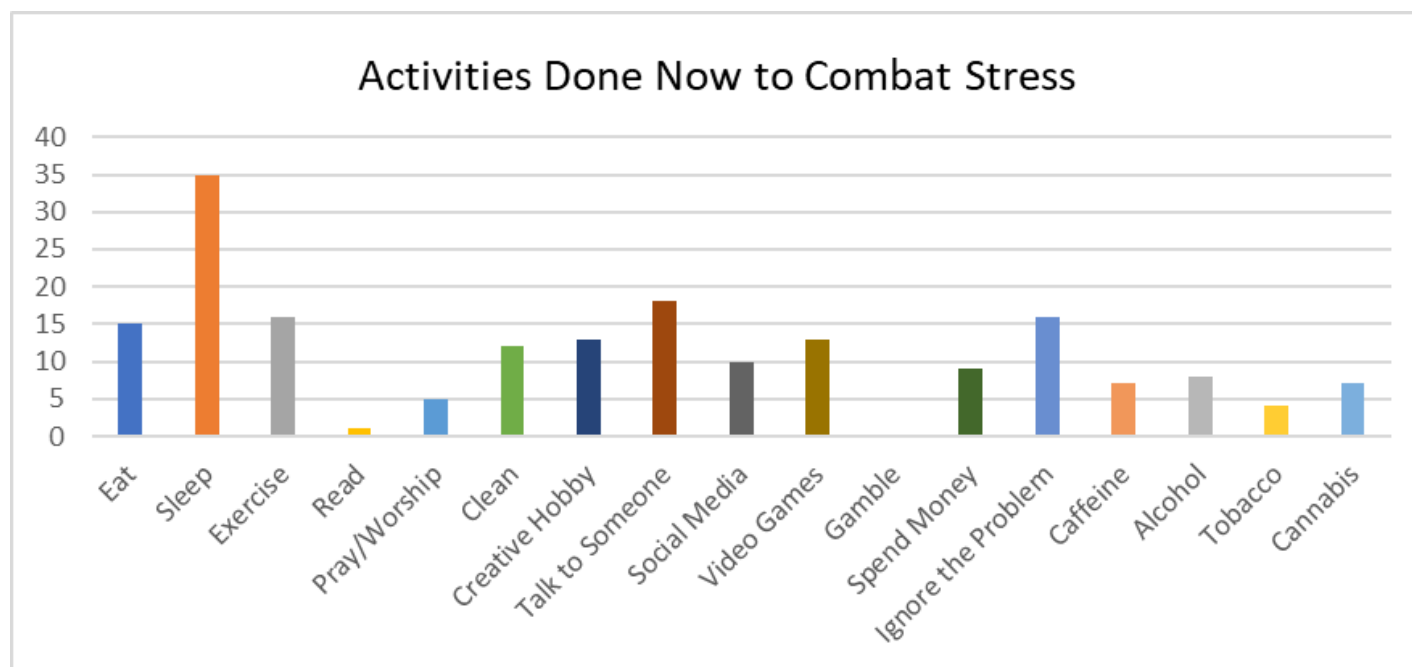
The answers were almost split down the middle, with 48 percent saying they were likely and 52 percent saying they were unlikely to ask for help.

Sometimes stress can become a problem that a professional may need to address, such as the counseling services La Roche offers on campus.

The survey asked participants if they have ever utilized any counseling or therapy services to help them deal with stress.

Over half of the participants (62 percent) said they have never used counseling or therapy services to help deal with stress.

"I find it really hard to open up to people. I've always been one to help others but not ask for help



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myself," said a 19-year-old chemistry major.

While 11 percent of students reported that they only considered counseling or therapy, 27 percent said have used such services to help cope.

"The school has always advocated strongly for this asset," said a senior dance major, "so I figured I would utilize it."

People can cope with stress in all sorts of ways, some may be considered healthy and some unhealthy.

While some students may reach out to God, others may reach for vodka or a joint to help cope with stress.

Participants were asked to disclose any and all methods from the list they have used in the past to help them cope with stress.

Methods ranged from a variety of "healthy" to "unhealthy" activities, with a total of 668 responses recorded.

Students were then asked to choose just one of the activities that they would be most likely to do currently in their lives to combat stress.

The participants must have been very stressed though because many did not read the instructions and chose more than one option.

Out of the 189 responses recorded, sleeping was the most rec-

orded form of coping with stress in their lives now at 35 responses.

Although La Roche advocates Catholic teachings, five people said they would pray or worship to help cope with stress, being one of the least selected forms of coping.

When questioned about how often stress would lead them to using their coping mechanism, 47 percent of participants said they cope a few times a week.

Because of the variety of "healthy" and "unhealthy" coping mechanisms listed, participants were then asked if they believed their current forms of coping were socially acceptable, or if they would be comfortable telling a friend or family member about how they cope.

Of the 100 responses, 80 percent said they believed their forms of coping are socially acceptable.

A 20-year-old biology major who copes by exercising a few times a week offered scientific facts to back up her reasoning.

She said, "Exercise is good for physical health and releases endorphins that are good for mental health."

Not everyone copes in a way that they believe is socially acceptable. A freshman film major reported that he consumes cannabis once a month to help cope with stress.

"Weed has a stigma in society, though I disagree," he said. Just because a form of coping may be deemed socially unacceptable, that doesn't mean it can't help.

It is assumed that a person will respond to stress in a way that will make them feel better. The survey asked students if they feel better after coping with the options of always, usually, occasionally, and no.

Over half of the responses stated that they usually feel better after performing their preferred coping mechanisms with a total of 55 percent.

Surprisingly, 8 percent of respondents said their coping mechanism does not make them feel better at all and chose the

answer of no.

One such student reported that ignoring the problem was their go-to coping mechanism. "Ignoring the problem creates more stress," said the 21-year-old health science major, yet they admitted to doing so multiple times a week.

Dealing with stress can be a roadblock in people's lives, and 42 percent of participants admitted that they have missed or skipped class in order to deal with stress and utilize their chosen coping mechanism.

There are still some things people will not do even when experiencing stress. The survey asked participants to choose three activities they would be least inclined to do when facing stress. Not everyone chose three, some people chose more or less than the three asked.

From the 289 recorded responses, 40 people said they would not consume tobacco. The second least likely activity was gambling at 29 responses.

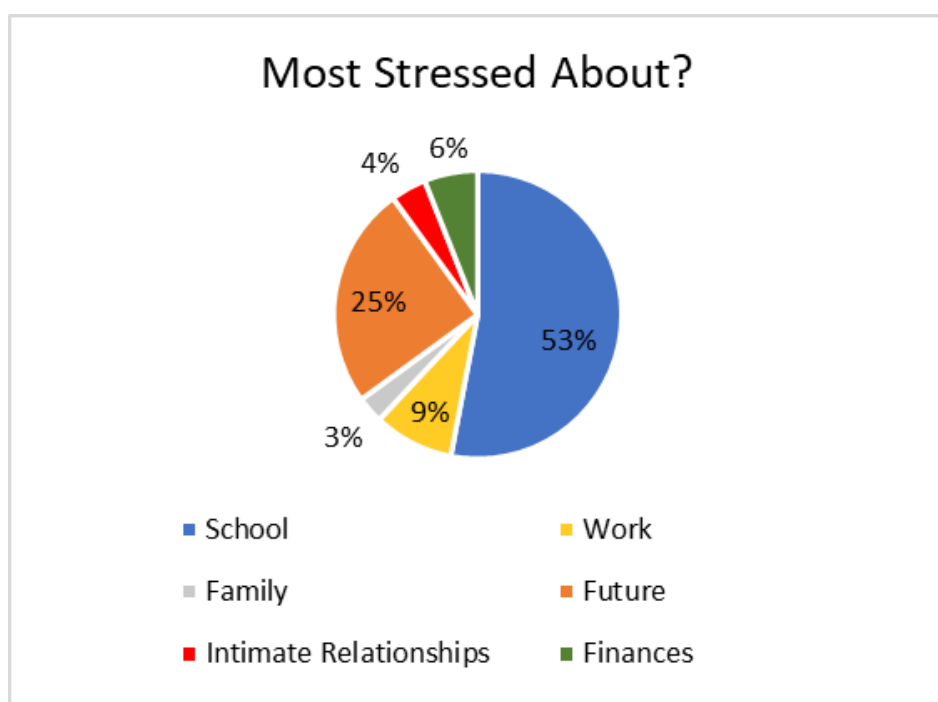
The survey concluded with a question asking participants to choose three activities they would recommend to a friend who was dealing with stress. Again, some people chose more or less than the three asked, giving a total of 291 responses.

The activity that most people would recommend a friend is to talk with someone, with 79 recorded responses.

The second most recommended activity at 46 responses was performing a creative hobby, such as art or music.

With the goal of understanding how the La Roche student body handles and copes with stress, it became apparent that there is no one best way for students to deal with stress.

Just as people come from all different walks of life, everyone has their preferred ways of dealing and coping with stress that work best for them as individuals.



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Bosworth, continued from page 4

ship for not just me, but for other students as well,” Bosworth said, explaining that she felt it was important for students to communicate with their school president.

Bosworth said another highlight of her student government presidency was improving SGA’s highway clean-up initiative. This year, she worked out a system for cleaning a dangerous stretch of Babcock Boulevard that often went undone. She added that she was also happy to have students outside of SGA volunteer with them.

As president, Bosworth said she wanted to use her position to do as much as she could. “You have your bylaws and your ten bullet points of what you’re supposed to do, but there’s so much more you can do,” she said. “You’re given that opportunity with the position.”

One of the opportunities she saw in SGA was honing her leadership skills. She said she was motivated by the saying, “Let us all be the leaders we wish we had.”

Bosworth acknowledged that she’d seen many different leadership styles, but she said she wanted to be an encouraging, down-to-earth leader. “I’m trying to inspire people to believe in the cause, rather than telling them what to do and having them losing the passion for it. I wanted to be a more friendly and caring leader,” she said, adding that she was gratified to watch the SGA board form a close bond this year.

Though Bosworth said SGA gave her opportunities to improve her leadership and communication skills, her true motivation was helping her fellow students. “I do SGA because I care about the student

“If you think about the motto of La Roche, ‘to light through love,’ I think the meaning is to go after your dreams.”

-Allison Bosworth

body. I want to see La Roche do better and be better,” she said.

Even with the campus closed and students separated, Bosworth said she’s encouraged by her SGA board’s willingness to continue working over Zoom. She said, “I’m really proud of how this year went, even with this weird situation we’re in right now.”

While working with SGA was one of Bosworth’s favorite aspects of her time at La Roche, she said she was grateful for everything she did over the last four years.

A self-proclaimed introvert, Bosworth said working with SGA, serving as an orientation leader, and working as a Resident Assistant allowed her to grow as a person. She said she’s learned to go after the things she wants and be a better problem solver.

Her time at La Roche took her places she’d never imagined—literally. During her sophomore year, Hurricane Maria ravaged the Virgin Islands. Bosworth joined a group of students who dedicated their spring break to helping with reconstruction efforts in St. Croix.

“We got to help rebuild an amphitheater after it was damaged by the storms and we also got to build a playground. I look back at that and I feel a great feel-

ing that we were able to help everyone. That was a really amazing thing,” she said.

While Bosworth took advantage of a variety of extracurricular opportunities at La Roche, she said she also appreciated her classroom experiences in the graphic design department. She said, “My relationship with all my professors is really great, because we’re a small school. It’s really great to have that one-on-one relationship with professors, knowing they’re there for you. They hold you to higher standards because they know you well.”

Bosworth said one of her favorite La Roche memories was recognizing a mentor with the SGA Outstanding Staff Award last year. She presented the award to Todd Hoffman, who runs the print center and serves as a mentor for many design students. “Giving him that reward was so rewarding,” she said. “I could finally give back to someone who gave me so much.”

Bosworth said she also used her design skills to work with the spring concert over the last two years, designing all the material for the event. She said, “Being the sole designer for that entire thing was so amazing. For the spring concert, everything was

real. My work directly affected sales.”

The next step for Bosworth is a graduate program at Kent State, where she’ll be able to continue pursuing her passions. “Graphic design and leadership—I’m hoping to combine both of them,” she said.

But Bosworth said she wanted to share a final message with La Roche before she moves on to her next chapter.

She said she wanted to extend her appreciation to the people who helped her throughout her time at La Roche. “Thank you to all of the professors and advisors for helping me along the way,” Bosworth said, specifically thanking SGA advisors David Day and Jeff Dailey, as well as her SGA board.

For next year’s SGA board, Bosworth encouraged them to keep chasing their goals. “I just hope that people still go after what they believe in,” she said.

Bosworth said she wanted to share a message with the La Roche community: “If you think about the motto of La Roche, ‘to light through love,’ I think the meaning is to go after your dreams. If you’re unhappy, make a change. If you’re dissatisfied with something, you have all the opportunities to voice your opinion. One of the amazing things about La Roche is everyone has a voice. At La Roche, you have that opportunity to go talk to your student government. Make your college experience as amazing as it can be. Learn everything you can while it’s available to you.”

DORMS DEVOID OF STUDENTS



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LOTS OF EMPTY SPOTS



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Jobs, continued from page 10

When asked what she believed La Roche could do to make her life easier while balancing a part time job and classes, Davis said that she'd benefit from the drop-in tutoring programs provided if La Roche offered them more often and at later times.

Currently, drop-in tutoring services at LRU are with trained peer tutors several times a week during weekly scheduled hours. You also do not need an appointment to attend.

"I have always enjoyed keeping busy and my time at work provides me with the chance to talk to dozens more people in a day than I normally would."

-Jenna Davis

La Roche also offers one-on-one peer tutoring for those who are unable to attend the drop-in tutoring hours. Students can request these tutors for up to two hours of tutoring a week. Tutees can also schedule tutoring services for times that are convenient for them and their tutors.

Tutoring is not the only thing

that students at La Roche could use in order to make their lives easier while balancing work and school.

Butch simply just needs more free time. "I think that if I had a little more free time," Butch said, "then I could get things done and work while not being so stressed out."

LRU students can obtain free time by doing a variety of things, such as studying or doing homework in the quiet part of the li-

brary to avoid distractions. Students seeking free time could also make a study group with kids in their classes in order to set a designated time in which to do work.

When asked whether or not she would still have a part-time job if the opportunity was presented to her, Butch said she would not continue to have a job.

Students who begin jobs right at the start of a big life change often experience more difficulty with the transition and balancing of school and work.

"If I had money and didn't need a job, I would absolutely not have one. I only work so that I have enough money to pay for my bills and other expenses that my parents won't help cover," Butch said.

Not everyone has the same view of work, especially when you work in very different places. Unlike Butch, Davis would rather work than have some free time.

Davis said, "I would continue to stay with the bank. I have always enjoyed keeping busy and my time at work provides me with the chance to talk to dozens more people in a day than I normally would."

When asked a similar question over whether or not she would keep her current job if she received her diploma right now, Davis continued with her job positivity.

"I would continue my current position for a while to strengthen my abilities there while still looking for a position with my degree," Davis said.

Butch, however, would take the diploma and quit her job at the Cinemark Theater. "I really like what I am doing in my chosen field, and I think that this is the thing for me. I have definitely found the thing that I love."



Mental health in quarantine, continued from page 12

healthy. But, at a time like this, who can blame her? With the number of outbreak cases increasing daily, it's obvious that someone who is immunocompromised and struggling with mental health would be experiencing severe anxiety over the global pandemic. Depression is also a factor that weighs down Allison's motivation to get out of bed and be productive.

The navy-blue haired, emerald eyed student agreed to sit down with me to discuss how this pandemic is affecting her mental health, and, ultimately, her everyday life.

Allison's hands remain folded on her desk during the interview, the skin around her fingernails is visibly irritated from her anxiously picking at it.

Her left leg bounces nervously as she prepares for the questions. I remind her that if she doesn't want to partake in the interview, she is not obligated to.

"Mental health is important to talk about, especially during this crisis" she said, "and I want to be able to share my story."

Before the lockdown and quarantine were set in place, how would you describe your life?

Before the lockdown and quarantine were set in place, I would describe my life as wonderful. I have a loving, supportive family, friends, and boyfriend. Even though balancing life, college, and different relationships was difficult, I would not change anything for the world. I have a really good life.

Now that the lockdown and quarantine are set in place, how would you describe your life?

Now that lockdown and quarantine are set in place, I can honestly say that my life is still wonderful. I try to view the bigger picture, so I think about being in lockdown with my humorous, kindhearted family, and how lucky we are to have food, water, gas, and a roof over our heads. By having this mentality, it helps my mental health and stops me from hitting rock bottom.

Currently, what is your main priority?

Currently, my main priority is maintaining my relationships with my family, friends, and boyfriend. I have a tendency of putting people before myself, which means I will go above and beyond for the ones I love.

I feel as though you're like questioning me, thinking, "isn't school a priority?" And I would answer that with yes, it is. However, it is difficult for me to persevere because I have no structure to my life currently, and, on top of it all, I have depression, anxiety, and a concussion.

If the coronavirus were a person, what would you say to it?

I'd say, "Fuck you, Coronavirus." I have this attitude because this virus has taken a toll on me, physically and mentally.

How has the coronavirus

lockdown affected your behavior?

I am unsure of whether or not this virus has changed my behavior... maybe this is just how I act all the time. But now I am realizing that I cannot escape my thoughts due to me being trapped in my house. So, I have no way of actually distracting myself. I would say that my behavior has changed in a way, because I am isolating myself and becoming more depressed by the minute.

How has the coronavirus lockdown affected your academics (i.e. have your grades improved or dropped)?

The Coronavirus lockdown has definitely affected my academics, but it would be stupid of me to just blame this pandemic. My mental illnesses and concussion prevent me from beginning and completing assignments as well. My grades have not changed yet, but if my professors entered the grades I have right now, then I would possibly be failing. I am thankful to have understanding professors who give me extensions on assignments.

What negative impact has the lockdown had on your life thus far?

Some negative impacts this lockdown has had on my life would be my mental health, relationships with people, and lack of structure within my daily routine. For example, I sleep most of the day, and have no motivation to get out of bed to do anything, let alone take care of myself.

Why do you think the lockdown has this immense effect on your daily life?

Well, I think it's been taking a toll on me because I don't know when it's going to end. Like, does anything I do during this time actually matter? What if the world doesn't reopen? I have a lot of anxiety about my own health, of course, but also the health of my dad and grandma, who are also asthmatic, and my grandparents, in general, because of their ages. Pap turns 70 in June... I'm horrified.

What positive impact has the lockdown had on your life thus far?

Some positive impacts this lockdown has had on my life would be bringing my family closer together by seeing them every day, and allowing me to stay inside every day, because I am mostly introverted and prefer to stay inside, anyway.

How are you dealing with the stress brought on by the lockdown?

I am unsure if I am really dealing with anything or if I am just hiding behind this "mask" pretending everything is fine. I just sleep my anxieties off or try to distract myself, so I do not have a mental breakdown every day.

How has your family life changed after the lockdown

was set in place (i.e. financially, in terms of bonding, is there increased irritability, etc.)?

I believe this lockdown impacted my family and allowed us to change. Due to the pandemic, my mom is the only person that is working as of right now. She works as an assistant manager at an essential store. This is also anxiety provoking because I don't know if she'll face a dangerous, asshole customer, or be so worn down from working so many hours that her immune system is affected by exhaustion. She comes home daily with stories of encounters she's had with people who do not understand the simple concept of wearing a mask in public, or abiding by the social distance rules.

My dad was asked to stay home from his boss, so he has the privilege of spending time with us, cleaning, and cooking dinner every day. On the plus side, he still gets checks from his occupation. So, I guess I could say that we are managing financially.

I have three siblings; an older sister, a younger sister, and a younger brother. This is important to mention because we always find a way to get under each other's skin and drive each other crazy. With that being said, there is increased irritability, but this pandemic somehow allowed us to come together and bond more as a family. I can honestly say that I have never met a family that is as close as we are.

What do you think your school is doing better than other universities during this time? (Are they giving students special treatments, are teachers being more understanding, etc.)

This is a good question! In a way, I do believe my school is doing better than other universities; however, we were the last school to announce that we will be doing online classes for the rest of the semester because of Coronavirus, which I was unhappy about. However, the university found a way to redeem themselves by having the professors be more lenient and understanding.

Also, the university just announced that commencement for seniors is being postponed to December, which is amazing. Any senior deserves to walk across the stage and receive their degree.

I also think it's helpful that my school's counselors are doing sessions through Zoom. Because of this, I am able to meet with my therapist twice a week. This has helped me a lot in terms of coping with the lockdown, and just being able to get things off my chest.

How has the lockdown affected your relationships with people (outside of your family)?

Yes, the lockdown has affect-

ed my relationships with people outside of my family. I am unable to visit my boyfriend and his family as well as my friends. Even though I communicate with them almost every day, this pandemic is making it extremely difficult because I want to see them in person.

What do you miss most about not being on lockdown?

I miss seeing my boyfriend and his family nearly every day. I miss seeing my friends and hanging out. I miss seeing my grandparents and some other family members. I am not the type of person that is affectionate and gives hugs, but this virus is making me crave hugs from the people I love and care about.

Compare your mental health now from before the lockdown and quarantine. What has changed? What has remained the same?

My mental health now compared to my mental health before the lockdown and quarantine is different in some ways. The Coronavirus forced me to realize that I have a tendency of isolating myself and bottling up my emotions, and ever since I have noticed that, I have been more open to people about how I am feeling.

Before the lockdown, if something happened and it hurt my feelings, I would just let it go because I did not want to hurt the other person's feelings by confronting them.

My anxiety makes it difficult to keep my mouth shut because my mind floods with intrusive thoughts of how I am a horrible person, daughter, sibling, girlfriend, and friend. My anxiety convinces me that I am always doing something wrong, and if I do not say or do what I am thinking, I will go crazy because the inner thoughts do not stop. So, in terms of my mental health, the feelings are more intense. Some days I feel as though I am a day closer to hitting rock bottom, and other days I get random bursts of energy and I feel as though I have to do every single thing on my agenda to feel accomplished.

Having a mental illness is exhausting, and it affects everything in my life, but somehow, I have made it this far, so I believe I have it under control and I know I will be okay.

Are there any challenges you have been facing now that your university is strictly doing online classes? If so, what are they?

Yes, there are challenges that I am facing now that my university is strictly online. I can honestly say I have not touched or completed more than four assignments since this pandemic began.

I have a concussion, which makes it challenging to read, write, comprehend, and apply myself. I want to really put this into perspective for you. For instance, if I am reading a sentence, the words

are jumbled together, and move all around the page. This makes it really hard to read and comprehend assignments.

Having a concussion and mental illness make me want to sleep all day and not do anything, and some days that is what I decide to do. My concussion makes me zone in-and-out when I am just sitting down, so when I am in front of a computer, straining my eyes, it gives me migraines and prevents me from doing my homework.

Does having a concussion

affect your mental health in any way?

Having a concussion has made me experience more depression. It makes it harder to do things, and harder to become motivated to do simple assignments, because I just can't completely focus.

Would you say your mental health has been negatively affected by this lockdown? If so, what could make it better?

Yes, I would say my mental

health has been negatively affected by this lockdown. It made me fall into a deeper depression where I cannot sleep, but when I do, I sleep till 2 in the afternoon. I have no motivation to get out of bed, brush my teeth, or shower. I will go days without taking care of myself because I simply cannot find the energy.

During this time, what keeps you hopeful?

There are many things that make me feel better, and continue to give me hope, such as my fam-

ily, friends, boyfriend, and my dogs. I can always find something to keep me going and that is what I am most thankful for! Some activities I enjoy doing, that I hope to continue practicing when life returns to normal, include drawing, painting, and cross-stitching.



Bowling, continued from page 14

"When I look at the group of hardworking girls I play with, it's not surprising. We're all dedicated to our studies and work hard to keep our grades up. It's definitely an honor to see all that hard work paying off."

-Isabelle Orange

Junior Isabelle Orange said, "When I look at the group of hardworking girls I play with, it's not surprising. We're all dedicated to our studies and work hard to keep our grades up. It's definitely an honor to see all that hard work paying off."

Junior Alyssa Smith said this recognition was especially exciting since this was the team's first season. "It was a huge accomplishment and set the bar high for next year," she said.

Ashley Kennedy, a freshman member of the team, said she's proud to see herself and her teammates succeed both academically and athletically. "It's always rewarding to see my late nights and study sessions pay off by my grades," she said. "It's also rewarding to see practicing as much as we do pay off on the lanes."

Smith acknowledged that juggling academics and athletics wasn't always easy. "Our teachers work with us, as well as our coaches, to make sure we are achieving both our academic and athletic goals. It really comes down to the time you put into it, being prepared, and staying on top of things," she said.

Orange, who also plays soccer, said being a student athlete has taught her time management. She said, "As a science major, I learned some great techniques to help me stay on top of my studies and get assignments done as soon as possible so I have time for practice.

Once you have a schedule for yourself and learn how to time manage, it becomes easier and things flow into a routine."

Despite the challenges of balancing school and bowling, Orange said she and her teammates can rely on their coaches for support. "[They] always encourage us to study hard but enjoy our practice as a study break," she said. "They always keep our heads high and cheer us on."

Jones explained that she tried to help her team balance their academics with their bowling matches. She said, "When scheduling matches for the season, I try to work around the academic calendar for midterms and finals. The players need to have appropriate focus during matches as well as sufficient time for studies and homework."

Smith added that she also found help from her teammates. "As teammates, we always try to support each other in everything we do," she said.

Jones said she often saw the team helping one another study while they traveled to their matches.

Orange said that the benefits of being a student athlete always outweigh the challenges. "Teams, no matter what your sport, become a second family," she said. "Also, I love that sports keep me active."

"To be No. 1 in the conference among all of the bowling teams is amazing in itself, but to be highest in the AMCC for all sports is truly a testament to the dedication of each of the ladies to their education."

-Diane Jones

Making money in quarantine, continued from page 8

then try to train some people virtually online. Even if you're not amazing, look to tutor some little kids as they start out. Also, during quarantine, maybe look into learning an instrument with extra time on your hands.

Writing resumes – If you are good at writing resumes, and have a good one yourself, look to help some high school and college students who are trying to make one and don't know where to start. Post your services on LinkedIn, Facebook and other social media websites to gain business. I would just suggest if you're going to help design a resume for a graphic/interior design or marketing student then make sure you have good graphic design skills yourself, as those

professions prefer the resume to look more aesthetically pleasing.

Reduce Expenses – Cut out monthly subscriptions you don't use anymore. If you have a gym membership, then cancel it for the time being. Look for cheaper alternatives on monthly expenses.

Sell notes – Were you a good note taker? If so, look to sell your notes to people who are eventually taking your class. This is easier to do at bigger schools because there are more people. But if you don't want your notes anymore then sell them off for some cash.

Start a hobby – Learn to play an instrument, read more books, exercise. Do something. Don't waste all your time during quarantine.

CAMPUS CLOSED



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VACANT CAMPUS VIEWS



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LRU Programs, continued from page 10

they receive a bachelor's degree for all of their hard work.

Radiologic Technology is another major at LRU that requires lots of hard work. The program has been around since 2013 and has a one-hundred percent job placement rate.

Students who choose this field receive clinical rotations in Pittsburgh's very own Ohio Valley Hospital. Through this, students will learn how to correctly perform radiology examinations and protection measures as well as examine the results.

This program is different from other ones offered at La Roche because students have to complete it within two years. Those in this program take classes both on campus and at the hospital during the fall, spring, and summer sessions.

Once degree hopefuls complete the program, they can be employed

in clinics, hospitals, imaging centers, physician's offices, and more.

Did you know that gaming is a minor at La Roche? It prepares for a variety of potential job fields, including producing, writing, managing, and promoting.

This program requires eighteen credits in areas including a narrative component and perspectives.

It also has classes including Introduction to Psychology, Human Communications, World Mythology, and Games, Culture and Society.

For more information on these and the other programs offered at La Roche University, visit the Areas of Study guide at https://www.laroche.edu/Academics/Areas_of_Study/.

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Jackson, continued from page 11

And now, while the world hides inside behind closed doors, the first responder is out every day, making sure that the people are receiving the help and care that they need.

Fortunately, no, we were pretty stocked up before the madness began. We are also able to skip the line at some stores like Costco, so if we are low on anything, we can get in early and grab what we need.

Do you personally know anyone who has tested positive for COVID-19?

Yes, my chief's mother has it and it's not looking too good for her. There are also some first responders from other stations who have tested positive as well. This is a serious illness and it should not be taken lightly.

Since you are a first responder, and you are on the front lines, has the community reached out and offered any service or made any donations?

Yes, we had a citizen randomly order the whole station pizza last week. We have also had multiple local restaurants delivering

food for us. We are extremely grateful for all the support we have here in the community.

When you're not at the station, what are you doing to help relieve some of the stress you are faced with from working?

Whenever I'm not working, I like to spend my time outside for some fresh air. I usually try to go biking for at least 30 miles. It really helps me to take my mind off the craziness that seems to be our new normal.

Have you been distancing yourself from friends and family members since you have been exposed to the illness?

Yes, most definitely. I have resorted to virtual hangouts and video calls with friends and family. It's hard to get used to at first.

What is the first thing you are going to do once this pandemic is over with?

I'm going to go to the gym, I hate working out at home.

Riccardi, continued from page 11

earned a master's degree and a certificate for teaching grades seven to 12 social studies. Her teaching career began in 1998 with a teaching assistant job at North Hills High School.

She has two children in their late teens and early twenties who attend college, and a husband who works as a call center supervisor.

This is a stressful time for Riccardi, a 51-year-old whose brown eyes crinkled when the interviewer asked her if she was ready to begin.

Riccardi answered questions on how the virus affects the City of Pittsburgh and her life with a focus on shopping, family, teaching, and her mentality.

Shopping

You went to several grocery stores before the virus officially hit Allegheny County. Could you describe what you saw and experienced at these stores?

The first store that we went to was Target, and in Target, I experienced people who were very casual, buying things for parties, baby showers, and everyday essentials.

Then there were people like me who were buying things for several weeks because we were not sure what would be going on. I saw several things that were missing in shelves, like bottled water. People cleared out the pasta aisle. I felt bad for the pastas that shoppers left behind because I felt like they were the rejects. There were canned goods missing and I've never seen the Campbell's Soup section without any soup. It was very bizarre.

Giant Eagle was interesting. People were shopping like they would normally shop. They were pretty well stocked when I went on March 12. You could tell what was going to leave the shelves quickly. There were no cleaning products and limited toilet paper.

Panic is spreading and there is a rise in toilet paper sales. This spreading panic is resulting in stores and their suppliers being unable to stock their toilet paper efficiently. Could you explain how this toilet paper panic is affecting you?

Prior to March 12, I actually needed toilet paper. I went out and bought a pack and ordered another one from Sam's Club. We had been using a roll a week, so I was not worried about it. But then, everyone came home from college and things started to change, so I thought I would order more. It is almost like it is something magical. I cannot get ahold of it. I try to order it and there is none. We had placed another order from Amazon on March 16 for toilet paper and it will be coming April 20. That can tell you how much of a crazy toilet paper rush there is in Pittsburgh.

With the rise in online shopping and delivery, shipping and package arrival are taking a longer time. How do you feel this elongated delivery is affecting your ability to obtain the items that you need?

The thing that is upsetting me is

"I feel bad for my seniors because they were excited to tell me about their future plans. Now, I feel as though they are in limbo and are worried about whether or not they will graduate. It has really changed my relationship with them."

-Stephanie Riccardi

trying to get ahold of fresh food. I can put my items in my cart, but because the cart is set up a day or two ahead of arrival, the items I ordered are out of stock. Getting those kinds of things has been very hard. What is actually arriving I know has been sitting in the store and it is just not the same quality as I know these stores regularly have.

Family Life

You went from having just you and your husband at home to you, your husband, and your two kids. Could you elaborate on some of the difficulties you are experiencing with the extra people?

I feel like I am acting as a short order cook. Both of my kids have dietary restrictions, so trying to deal with those restrictions is difficult. I have to make bigger portions again, so I am constantly having to order more stuff and more frequently.

As the mother of two children in college, could you describe what was going through your head while both of them were at school and the virus was approaching?

I was wondering what their schools were doing to keep them safe and how this was going to play out. My son was at Slippery Rock during Spring Break, same as my daughter at La Roche. She was home, but he was there working, and things were progressing differently in Butler County. I had faith that the schools would make the right choices and do the right thing to protect my kids. I am very impressed by the schools.

Will you please describe your experience moving your daughter out of her college dorm?

Moving somebody in or out of their dorm is always a sad moment to a parent. You are anxious for them. This time, I felt really sad about it because I felt like she did not have any closure or was able to say goodbye to her friends. I was worried the whole time about running into people, because of social distancing, and if it was safe to go on the elevator. Everything was very quiet and almost eerie. There were only a few cars there at the time that we went.

Riccardi became a teacher twenty-two years ago, but a virus ruined her ability to teach her students.

Mentality

You have been in your home for three weeks while only going out when you need to. Could you explain your mindset while being stuck in the house and whether or not you believe it is different from your normal mindset?

It is very different from my normal mindset. I would say that being a teacher and having that constant demand on me every day, my mindset was always 'I have to get this done.' Now, I know that I have to be home for the safety of my family and myself, and I am fine with not going anywhere. Is it hard? Yes. I miss going to stores and interacting with people.

Studies show that creating a schedule and sticking to it is good for you during this time. Could you walk me through your current schedule?

I 100 percent agree with that. During the first week, I felt like I was in some kind of turmoil and I couldn't get myself to go to sleep or stick to a schedule. I was working ten to eleven hours to get my schoolwork done because we were switching from face-to-face classes. It was very hard.

This week, I started going to sleep and waking up earlier. I have a routine where I'll be working at 7:30 a.m., answering student emails, and making phone calls. By 4 p.m., I know it is time to stop and take time for myself.

This is hard because I have nothing else to do and I feel like I need to keep working, but I need to take time for myself.

In what ways is your schedule different now than it was before?

It is very different. I used to lay out all of my clothes the night before and be in bed by 9:30 p.m.

During the weekend, I would go to the grocery store and prepare the menu for the week. Unlike before, I am not getting up at 4:45 a.m. The school hours are now 7:30 a.m. to 2 p.m., which has just happened this week.

Work Life

Working from home can sometimes be a difficult thing. Can you describe your new relationship with home and work?

Well, being the mom, every-

one still has the 'mom I need' questions. So that is hard. My husband works for home too, and when it is time for him to work, he goes up to the third floor and we know not to bother him because he is working. But everyone thinks, 'Mom is a teacher. People interrupt her, so let's bother her.' But we have a schedule now. I wake up first and when everyone else wakes up, I take a little break to grab something to eat with them. It has taken some adjustment, but it is working out well.

As a middle and high school teacher, how do you feel the virus has impacted your ability to teach your students?

It has greatly impacted them. They are suffering so much with their inability to use technology. I have had to make phone calls to reassure them that I will not be taking points off for technology issues and that sending a picture of the work is fine when they are unable to upload it. I feel bad for my seniors because they were excited to tell me about their future plans. Now, I feel as though they are in limbo and are worried about whether or not they will graduate. It has really changed my relationship with them.

Governor Wolf announced that he closed all K-12 schools in Pennsylvania until further notice. What were you feeling when he announced that you would not be returning to school for some time?

I was speechless, relieved, and shocked at the same time. I was relieved because I was afraid for them to go back to school. They have no spatial relations at all. I was in shock because I felt like, 'Why didn't we just make that decision before?' It's nobody's fault, but it would have been better if there was a clearer plan earlier on. Everything that is happening is confusing the kids because they do not understand why they have to do work when they are not going back to school. Immediately, I was thinking, 'What does this mean for me? Do I need to stop teaching?' I started thinking that I would have to teach school in the summertime.

Do you have anything else that you would like to add?

I would like to say that I assigned for my students an assignment that explains that they are a part of history. Their assignment is to tell me how they are dealing with being a piece of this difficult history. But I am very glad that our governor is making decisions in a much better way than other governors. Will this end? I do not know. Virginia is saying it will be over by June 10. I was thinking June 1, but we will have to see what happens. Maybe we won't go back to school in the fall. We might have to continue with Google classroom and online college classes. I just want everyone to be safe.

Campus Closure, continued from page 1



COURTESY OF JANINE BAYER

Dr. Janine Bayer's Writing for Broadcast class—including guest speakers like Pulitzer Prize winning journalist Paula Reed Ward—is meeting through Zoom.

Dr. Michelle Maher, an English professor, said she never imagined she'd have to teach online. "I'd already used Canvas for years to post class documents and to keep an electronic grade book, but I'd never taught online before, or intended to," she said, describing her transition to online teaching as "a process of nausea, anxiety, and dread."

Even once they organized material online, professors admitted that online courses are lacking some key aspects of the college experience.

History and political science professor Dr. Joshua Forrest said he can't replicate in-person classroom interaction on a computer.

"I—and many of my students—perceive a loss of the texture of the classroom, the sense of shared space in which instructor-student interactions can be immediate and direct," he said. "Despite the many ways that engagement can be fostered in Canvas and Zoom, being together in the same physical classroom provides a shared experience that cannot be truly matched in virtual classrooms or in communicating on Canvas or by email."

Dr. Richard Grimes, a history professor, added that it's harder to assess how his students are engaging with material presented remotely. Grimes said: "It has been difficult for me to gauge whether my lessons are getting across online. In the classroom, I can quickly evaluate whether my main points are hitting the target—if not, I can emphasize the points. Online courses take you out of that element of knowing. The only way you can see if students are grasping your course objectives is through viewing the quality of their submissions of assignments and exams. That puts more pressure on students."

Bayer also said it's harder to teach without direct student interaction. "My favorite part of teaching is interacting with students—having conversations and getting to know them—learning from them, laughing with them, and gauging the success of my teaching by their responses and questions," she said. "It has been so difficult to teach without that daily interaction. My computer never even smiles at me."

The transition to online courses challenged students, too. Senior Danielle DiNatale, a journalism and professional writing major, said it's hard for her to work without close contact with professors. "The most challenging part of moving online is balancing all the work," she said. "It's also more difficult to ask questions when something isn't working and you don't have your professor right there to show them what is going on."

Junior Riley Polacek said she's also struggling to work from home. "My whole family is home a lot, so it makes it hard to find quiet time to focus," she said.

But Polacek said her professors are accommodating student concerns well. "All of my professors are very understanding. They have extended deadlines, extended extra help, extended test taking time," she said.

And students still have support from other campus resources. Taylor Snyder, coordinator of tutoring and student support, said her office is still available to help students.

According to Snyder, subject tutoring is available online. "I encouraged tutors to be creative when addressing issues," she explained. "My goals are to support students now and to use this ex-

perience to build a stronger tutoring platform for the LRU community."

Snyder said she's also providing tips to help students stay organized with online material. "I emailed each student who registered for tutoring and provided instructions to organize their LRU Gmail," she said, adding that she's reaching out to students individually to connect them with additional resources.

In addition to subject tutoring and online Writers' Center resources, students can request a tutor to help with basic organizational techniques. "Tutoring services have now expanded to general organizational help as well," Snyder said. "Many students are feeling overwhelmed, so I have trained two tutors to assist with organizing final exams and assignments."

For resident students who have had to move out for the remainder of the semester, Director of Housing and Residence Life Ashley Testa said she's trying to support them remotely. "The Residence Life professional staff has been continuing efforts to support resident students during this difficult time by providing consistent email updates on any changes or new information about COVID-19, and by responding to calls, emails, and questions in a timely manner," she said.

Testa added that her office will have weekly office hours over Zoom beginning on May 4

Grimes said he's seeing an upside to the extra work he's putting in now. "I am a bit of a perfectionist and slow to develop meaningful, informative, and visually stimulating slides. It can take me all day to put together one class session. But because of the current situation, I am adding a great deal of new substance to my armada of history material. I will be better prepared when the in-class courses resume," he said.

According to Bellin, a semester of entirely online instruction is preparing him to be better in person. "The silver lining for me is that I'm confident this experience is going to make me a better classroom teacher: more organized, more on top of things, and, importantly, more responsive to my students' needs," he said. "Not that I don't try to be all of those things already, but teaching exclusively online has emphasized how important these qualities are."

Forrest added that he's improving new skills working online. He said, "Many faculty and students have had to learn how to adjust to online teaching and learning more intensively than in the past. The new skills gained will provide all of us with more teaching and learning flexibility as we move forward into the next academic cycle."

Bayer added she only got to learn about new technologies like Zoom, the Big Blue Button, and Google Hangouts because of the pandemic.

Vice President of Student Life Colleen Ruefle said she's proud to

"Despite the many ways that engagement can be fostered in Canvas and Zoom, being together in the same physical classroom provides a shared experience that cannot be truly matched in virtual classrooms."

-Dr. Joshua Forrest

so students can reach out with questions—or just to talk.

Plus, Testa said students can expect to see prorated credits or refunds for room and board from this semester soon. "Refunds and credits will be based on a prorated amount," she explained. "La Roche anticipates crediting accounts or issuing checks to students who do not have a balance owed to the University by the end of May."

Despite the challenges students and faculty face as they work remotely with online platforms, some students said they're also seeing silver linings.

DiNatale said, "My professors have been amazing during this time. They have reached out to all of my classes repeatedly to check in on us and update us on any changes to the class. They've made this process much less stressful than it could have been."

She also said having longer deadlines has helped.

"Moving tests online has definitely made it easier," Polacek added.

see the La Roche community's generosity and resilience in the midst of the chaos. "We still were able to send students to Puerto Rico to help that community recover from natural disasters over a year ago. We still have donations coming in to our student emergency fund and our Providence Food Pantry—both of which have seen an increase in demand over the past two months," she said, adding that she was also pleased to see student organizations, including the Student Government Association, were meeting online to stay in touch and plan for the future.

"But, I think the true silver lining is that we've been given an important reminder about why we chose this profession and this university: we love being with our students in the classroom," Bayer said. "It's what fulfills us and keeps us young; it's what motivates us and brings us joy; it's what many of us miss so much right now that it actually hurts."

"We've been given an important reminder about why we chose this profession and this university: we love being with our students in the classroom. It's what fulfills us and keeps us young; it's what motivates us and brings us joy; it's what many of us miss so much right now that it actually hurts."

-Dr. Janine Bayer

Environment, continued from page 19

One particularly vulnerable resource is fish. Not everyone consumes it, but it is a popular food and it has been harmed greatly by pollution and other factors. Now, overfishing and unethical fishing techniques are putting greater strain on fish populations.

An easy way to support efforts to conserve the world's fish population is to simply buy American-caught fish. This supports the American economy by providing jobs for fishermen, dockworkers, truckers, and countless other people. It also en-

ures that the fish was harvested sustainably. The United States government regulates commercial fishing so that all fish harvested are from healthy populations.

The extra time granted by social distancing is an opportunity. It can

be used for frivolous things or it can be used to make a difference. The planet is under strain already. Lightening the burden is worth an afternoon of time.

Open Forum, continued from page 3

its from 16 to 18, meaning that LRX actually allows you to take more credits for the same amount of money," she said.

Director of Student Activities Natasha Florence asked if La Roche would consider scheduling a common hour. She suggested a common hour with no scheduled classes would make it easier to schedule activities and sports practices.

Sister Candace said it wasn't feasible at this time, adding that implementing a common hour might cause scheduling problems that would lead to later evening classes and more classes on Fridays.

A senior accounting major expressed concerns about the price of textbooks.

Sister Candace encouraged students to reach out for help with these expenses if they need it. "We do have a book fund. We also have textbooks on reserve in the library, which students can check out for two hours at a time. There's also an emergency fund," Sister Candace said.

Senior Mara Baronick suggested implementing a system in which students could donate used books to the library or other students.

Sister Candace encouraged SGA to explore those possibilities.

Tashai Thompson, director of resident affairs, asked whether student feedback was considered when evaluating faculty performance.

The answer, according to Sister Candace, is yes. "Feedback is how you change, how you update things," she said. "That kind of assessment is important. It's taken very seriously, so please give us your input."

Several students also voiced concerns about certain majors revolving around outdated curriculums.

"Perhaps we need to do some assessments of some of the majors," Sister Candace said. "One way we can get at that is to survey our students about content and about the ability to get an internship."

Tuition

Judicial Vice President Gracie Kann asked Sister Candace to explain the healthcare options for students.

Sister Candace explained that all students must have health insurance, but they do not have to use the student insurance option if they have health insurance through their families.

She added that the student support fee included in tuition covers the cost of Urgent Care services.

Public Safety can drive students there free of charge—even if they're not using the student health insurance through La Roche.

Bosworth asked about La Roche's efforts to avoid raising tuition.

"We do our best. When we look at our peers—and we're talking about private [schools]—we position ourselves in the bottom quarter. We think affordability is important," Sister Candace said, adding that La Roche students graduate with the lowest average debt in Allegheny county.

Student Life

Christian Mukungilwa, SGA's director of international and multicultural affairs, said he felt Redhawk needed healthier food options.

Sister Candace encouraged him to take his suggestions to Sage's monthly food council meetings. "I think they're open to doing whatever students want," she added.

Riley Polacek brought up a common student concern—Wi-Fi issues in residence halls.

Sister Candace acknowledged the Wi-Fi troubles. "Technically, students shouldn't have routers. But when they don't have routers, they struggle," she said, suggesting students reach out to the student help desk for technical support.

SGA Vice President Lauren Ranalli asked if students could have 24/7 access to the main academic building and access through the courtyard on weekends.

Sister Candace said she was working with Colleen Ruefle, vice president for student life, to accommodate that request.

Kann mentioned concerns about dining hall hours on weekends, when hours are limited and Redhawk is closed. She said this poses particular challenges for students whose work schedules conflict with dining hall hours.

Sister Candace said, "I think we should be able to, on an individual basis, figure out how to accommodate work schedules so [students] can eat. You pay for it."

Residence Life

The first concern students expressed about Residence Life was about maintenance and work orders. Students said they are concerned about maintenance entering their rooms at unpredictable and inconvenient times. Other students shared their experiences of maintenance entering their rooms when they were showering

or when they were still asleep early in the morning.

Bosworth suggested that maintenance could have a system where they give the students a window of time where they will be coming, like cable companies do, so the students can prepare for them.

Sister Candace supported this idea. She said, "It really does sound like a communication thing." She added that the idea of maintenance texting before they arrive was definitely doable.

Ammiel Francis, SGA's director of clubs and organizations, told Sister Candace about an experience he had where there was an issue with the toilets in his room over a weekend and maintenance did not fix the issue until Monday.

Sister Candace said she was surprised and explained that there is someone on call all through the weekend who should be responding to calls, especially those that are considered an emergency like toilets and water issues.

Sister Candace said that she will be looking into this and that in the future maintenance will respond to weekend calls.

Florence asked the next question about Residence Life. She said there has been a lot of interest in having 21+ housing on campus. This was discussed in length, but Sister Candace's definitive answer was no.

In the past there has been 21+ housing, but according to Sister Candace, it created a lot of problems. There has not been any consideration in changing back to allowing people over 21 to drink on campus.

Sister Candace said allowing dedicated housing for people over the age of 21 on campus created many issues. First, it was hard to enforce alcohol rules. It was common for people over the age of 21 to host parties, but allow people underage to come in and drink.

There were also a lot of issues with vandalism in the dorms where drinking was allowed. While this would most likely be less of an issue with the abundance of security cameras we have now, it is still a concern for Sister Candace.

There were two points brought up by students to contest Sister Candace's decision. First, Florence suggested that it would be a draw for potential students, especially considering some of the programs that are popular with students of an older age.

Thompson also brought up

the fact that drinking would not be the only attractive thing about having 21+ housing. She believes that it is sometimes uncomfortable for older students when they have to room with people who are 18 or 19, and housing that was reserved for older students would remedy this.

Sister Candace agreed with these ideas and said that she would be willing to discuss it with Residence Life staff. She also suggested the opportunity for students to live at Terrace Place, just down the road on Babcock Boulevard. Terrace Place is an intergenerational living space, and La Roche students have the opportunity to apply to live there for free if they do six hours of service for the people who live there.

The last question asked about Residence Life pertained to the heating in Bold Hall. Francis brought up that it is sometimes uncomfortable for students; especially for those from warmer places in the world. He asked if there was any consideration of changing it to the kinds of heating systems they have in other dorms where students can control the thermostat.

Bold Hall works on an "on or off" system. In the winter, the heat is on. In the summer, the air conditioning is on. There is no in between.

Sister Candace recognized that there may be issues with this for some students, but it cannot be changed.

Commuting

There was only one question asked about commuting, but it was discussed at length. Nathan Polacek explained to Sister Candace the concern that commuters have about the lack of quiet space at La Roche for studying. There have been complaints that the rules in the quiet spaces in the library are not always enforced.

Sister Candace suggested that if people are talking in the quiet space in the library, the first thing to do is tell the person working at the circulation desk. Sister Candace said they will be more than happy to speak to the students who are being disruptive because the quiet rules should always be enforced.

She also suggested some other places that might work for students who need absolute quiet for studying. One place is the Fisher Room in the library. If it is not being used, students are welcome to use it for quiet study. She also suggested that some places in the chapel might be used if students are absolutely quiet. But these places should be used with the utmost respect.

This conversation brought Sister Candace to bring up the new cam-

pus master plan. With this plan, Sister Candace said the library will be completely redone from “a repository of books to a learning commons.”

With this plan, the library will gain more silent study places. In addition, Student Academic Support Services will be relocated to the library. There will also be three new classrooms put in.

Diversity and Inclusion

The first concern about diversity at La Roche, from Francis, was whether or not there has been any efforts being made to make our faculty and staff reflect our student population.

Sister Candace responded that, yes, there are many. La Roche has hired multiple companies to aid in their search for new hires of people of different gender and race.

“We do have a commitment to making our faculty and staff more like our student body,” Sister Candace said, “and we have a lot of work to do on that.”

She recognized the importance of that for our students, not just in the faculty and the staff, but also on the board of trustees. She said, “Diversity is an asset here at La Roche.”

Sister Candace assured the audience that La Roche is making every effort to expand the diversity here on campus, but recognized there is a lot of work to do. She also said that they are making efforts to educate current faculty and staff on how to be more inclusive.

The next question, also from Francis, was about whether there are storage options for students over the summer.

Thompson explained that there is actually a service that La Roche is working with right now that would allow students to store their belongings over the summer for a low fee.

Francis suggested that La Roche should build their own storage unit on campus and Sister

Candace said that she would suggest it to the vice presidents.

Athletics and Intramurals

Ranalli brought up the student desire for the Kerr Fitness Center to be open for 24 hours a day. This would allow students to swipe in at any time and would help club sports since their practice hours are so limited.

Sister Candace said she was open to the idea, but worried about the students’ safety. She said if it were to happen, then someone would have to be on staff to supervise at all times.

There are also concerns about people who are not students using the Kerr Fitness Center. There are alumni who use the gym, as well as people from the community. Students expressed concern about this because it sometimes is uncomfortable to be in the gym with people they do not know.

Sister Candace explained that we cannot close the gym to alum-

ni, but she said she would look into the security to make sure there is someone at the front desk at all times to check who is coming in.

The last question, from Florence, was about if La Roche is considering adding more sports. This is a big draw for potential students. Sister Candace said she agrees that it would always be good to have more teams at La Roche.

One of the most requested sports is track and field. The only issue holding La Roche back from having this team is not having a track. Sister Candace explained that she would love to put in a track if we had the space and the funding. La Roche is always trying to do fundraising for athletics, and if the interest for a new team is there, then it is always possible to have a new team.

Sister Candace said that building a track might be an investment the school would consider. Or, if that is not possible, then the school can find another local track to use.

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Congratulations to Ed Stankowski on 20 years as Courier advisor!
The Courier staff thanks you for sharing your time, support, and wisdom with us.

Celebrating our 25th Year